

Foot and leg massage



Massage uses a variety of techniques to manipulate the soft tissue, helping ease tension, pain and discomfort in the body. The power of touch can also help to calm the mind and provide a sense of relaxation and peace that will help to ease emotional and mental distress.

Massage can be easily adapted to suit palliative care situations, using gentle pressure and restful rhythms. Comfort levels should be maintained at all times, so ensure you are in a good position. Having low lighting, soothing scents and calming music can help add to the treatment. Use the technique as and when required with your choice of cream, oil or massage wax. Use a slow pace, light pressure and take 1–2 minutes for each section.

Never massage on limbs or joints that are swollen, inflamed, or on red or broken skin. Do not massage directly over the front or back of the knee.



1

To Begin

Warm a 50p sized portion of the massage wax or cream in your hands. Using the whole hand, apply to the person's foot and leg in long, slow, stroking movements from toes to below the knee. Use this time to receive physical information about the person and connect with them on an emotional level.



2

Ankle

Using the fingers or thumbs, softly make circles around the ankle bones, slowly moving up and down the front and sides of the ankle area. Then, gently slide upwards towards the top of the foot.



3

Top of the Foot

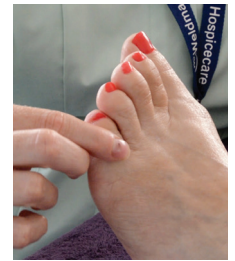
Lightly smooth the top of the foot with your whole hand, being very careful not to drag the skin. Using your finger tips make small circles over the whole area.



4

Toe Roll

Starting with the little toe, lightly stroke downwards towards the tip and softly squeeze the end of the digit. Repeat three times on each toe. Then sweep down the foot towards the heel and end with your thumbs on the sole of the foot.



5

Sole Sweep

Use your thumbs to sweep from the heel, up towards the toe pad and across in a 'T' shape, repeat three times. Then using small thumb circles, cover the entire sole of the foot.



6

Ending the Treatment

To finish, repeat the long, slow strokes from the toes to below the knee. At the end hold the foot between your hands for a few seconds to complete. Cover the leg to retain warmth and repeat the technique on the other foot and leg.



Contact Details

If you require further advice please contact the Weldmar Complementary Therapy Team
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