

Self management of breathlessness using foot reflexology



Reflexology is a therapy that uses the feet and hands to treat the whole body. It is based on the principle that areas act as a map with specific points or reflexes, corresponding to systems and organs of the body.

Comfort levels should be maintained at all times, so ensure you are in a good position. Lowering the lights & some soothing background music can enhance the treatment. Use the technique as and when required with your choice of cream or oil. Hold each position firmly for approximately 5–10 seconds, then release. This can be done for 1–2 mins per section. Complete the routine on each foot, keeping the other foot covered for comfort. This can be done by yourself or with assistance from another. Feet can be elevated on a foot stool or rise and recline chair or resting on the bed for comfort.



1 The Warm Up

Apply cream or oil to your hands and warm before gently massaging over the foot area.

2 Knuckling the Foot

Gently rotate knuckles over the ball of the Foot which relates to the lung reflexes. This can release tension in the lung area.



3 Toe Pressure

Gently apply pressure to each toe, providing a slight stretch. This can relieve congestion in your sinus area and bring further relaxation.



4 Thumb Walk

As illustrated walk across the base of the ball of the foot using your thumb. This relates to the diaphragm line which can bring deep release.



5 Central Pressure

Gently place thumb in the centre of the feet and place some pressure for a few seconds. As you apply pressure gently take a breath in and out which is comfortable for you. This relieves stress and brings a sense of calm.



6 Ending the Treatment

Finish by gently massaging over the whole foot area.

Contact Details

If you require further advice please contact Weldmar Hospicecare Allied Health Care Professionals (Physio) on **01305 215322** or the Weldmar Complementary Therapy Team complementarytherapy@weld-hospice.org.uk



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