

Self management of breathlessness using hand reflexology



Reflexology is a therapy that uses the hands and 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.

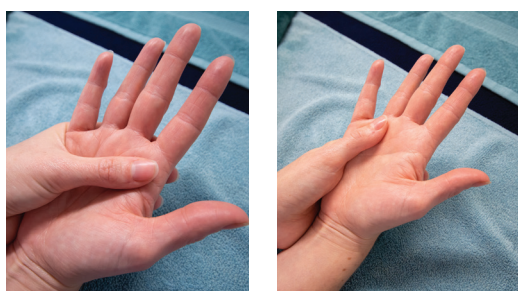
Comfort levels should be maintained at all times, so ensure you are in a good position. Use the technique as and when required with your choice of cream or oil. Hold each position firmly for approximately 5–10 seconds, then release. This can be done for 1–2 mins per section. Complete the routine on each hand. This can be done by yourself or with assistance from another.

1 The Warm Up

Apply cream or oil to the hands and gently massage into the hands and fingers to warm the area.

2 Knuckling the Palm

Gently rotate thumb over the top area of palm, below the fingers which relates to the lung reflexes. This can release tension in the lung area.



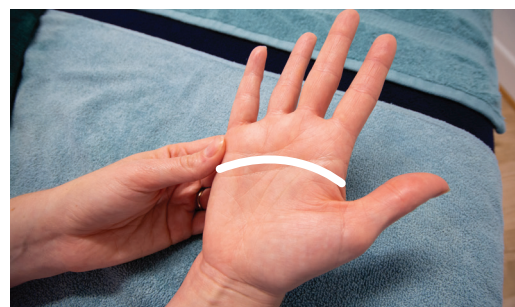
3 Finger Pressure

Gently apply pressure to the top of each finger and gently rotate. This can relieve congestion in your sinus area and bring further relaxation.



4 Thumb Walk

Use your thumb to walk across the top of the palm below the fingers following the arched line on diagram. This relates to the diaphragm line which be deeply releasing.



5 Central Pressure

Gently place thumb in the centre of the palm. As you apply pressure gently take a breath in and out which is comfortable for you. This relieves stress and encourages calm.



6 Ending the Treatment

Finish by gently massaging with a sweeping motion over the hand, fingers and wrist 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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