



## techniques

Most reflexology points are worked with the fingertips and the edge of the thumb, using firm pressure. You will probably use all the following methods during the course of one treatment on someone else. When working on your own foot, thumb- and finger-walking, rotation and flexing or pivoting on a point are the easiest methods.

### **Thumb- and finger-walking**

Thumb-walking is carried out by flexing the thumb at the first joint while simultaneously sliding it forwards-similar to the movement of a caterpillar (see 1 and 2) . Finger-walking is carried out in the same way (see 3 and 4). The thumb or fingers never leave the skin, but their pressure fluctuates as they move.

### **Rotation on a point**

Keep your thumb or index finger on one spot (5) and rotate it with slightly increased pressure in order to activate that point.

### **Pivoting on a point**

Keep your supporting hand still and use your other hand to rotate the foot on your thumb or index finger while pressing into a point (6).

### **Flexing on a point**

This is like pivoting, but instead of turning the foot you flex it towards the stationary

thumb (7), gradually increasing and reducing the pressure.

### **Hook and back-up**

Use this when you want to apply pressure to a special reflex point and when the point is deep within the foot and difficult to reach, or when you need to be very precise. Hold the foot so that the four fingers of the working hand are used as a lever and, with the outside edge of the thumb, press firmly on the point. Keep a steady pressure and - without moving the thumb from the point - draw the thumb backwards so that the tissue beneath it moves, while the thumb remains stationary. Hold for five seconds.

### **Hooking**

The technique of hooking is sometimes used without the back-up when accessing a specific deep reflex such as the liver point or spleen point. In this case it is wise to hold for a count of five, then gradually release the pressure before moving the thumb (8). Hooking can be used to soothe a sensitive reflex.