

FOOT ROUTINE

You can give feet a clean with baby wipes before starting this routine. This helps freshen them up and wipe off any fluff or bits stuck to them, then apply some oil when dry.



1. Place one hand under the heel and other around metatarsal area. Rotate foot clockwise and then anticlockwise.

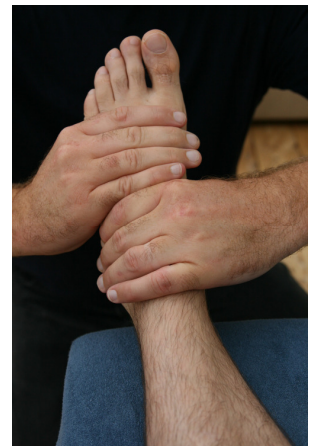
2. Dorsi-flex foot (towards head) and then

plantar-flex foot in the opposite direction (towards you). NOTE: Pushing heel towards head when doing plantar flexion will allow for greater comfort for your client. (Do both of these techniques slowly to allow better a progressive stretch).



3. Sandwich foot between both palms. Slide up and down foot. Increase pressure, you can then use deeper friction techniques. Incorporate front, back and sides of foot. And base of toes.

4. Perform foot squeezes using a wringing motion petrissage (looks like you are flapping your arms). Work up and down foot allowing the technique to become firmer and deeper.



FOOT ROUTINE (cont.)



5. Circular thumb friction to the sole of foot using both thumbs.

6. Fist rotation to tarsals, metatarsals and phalanges. (Mortar and pestle action, with fist and hand).



7. Work friction techniques into the channels of metatarsals and phalanges using thumbs or fingers

8. Rotate toes and effleurae between fingers and thumb, light pull to stretch toes.



Repeat whole procedure for other foot.

Finish work to both feet by effleuraging and brushing off.

Can allow hands to rest on feet at end, relax and take a moment to pause in the routine.