



# Foot Reflexive Zone Therapy

an online resource  
created to accompany

## *Pre- and Perinatal Massage Therapy:*

*A Comprehensive Guide to Prenatal, Labor and Postpartum Practice*  
(Third Edition)

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(Handspring Publishing Ltd. 2021)

**this resource links to:**

**Chapter 5, page 191**





## Foot Reflexive Zone Therapy

### ***Intentions***

To promote normalization of function throughout the body and in specific areas, and to stimulate relaxation.

### ***Procedure***

May be performed in any position; with or without lubricant.

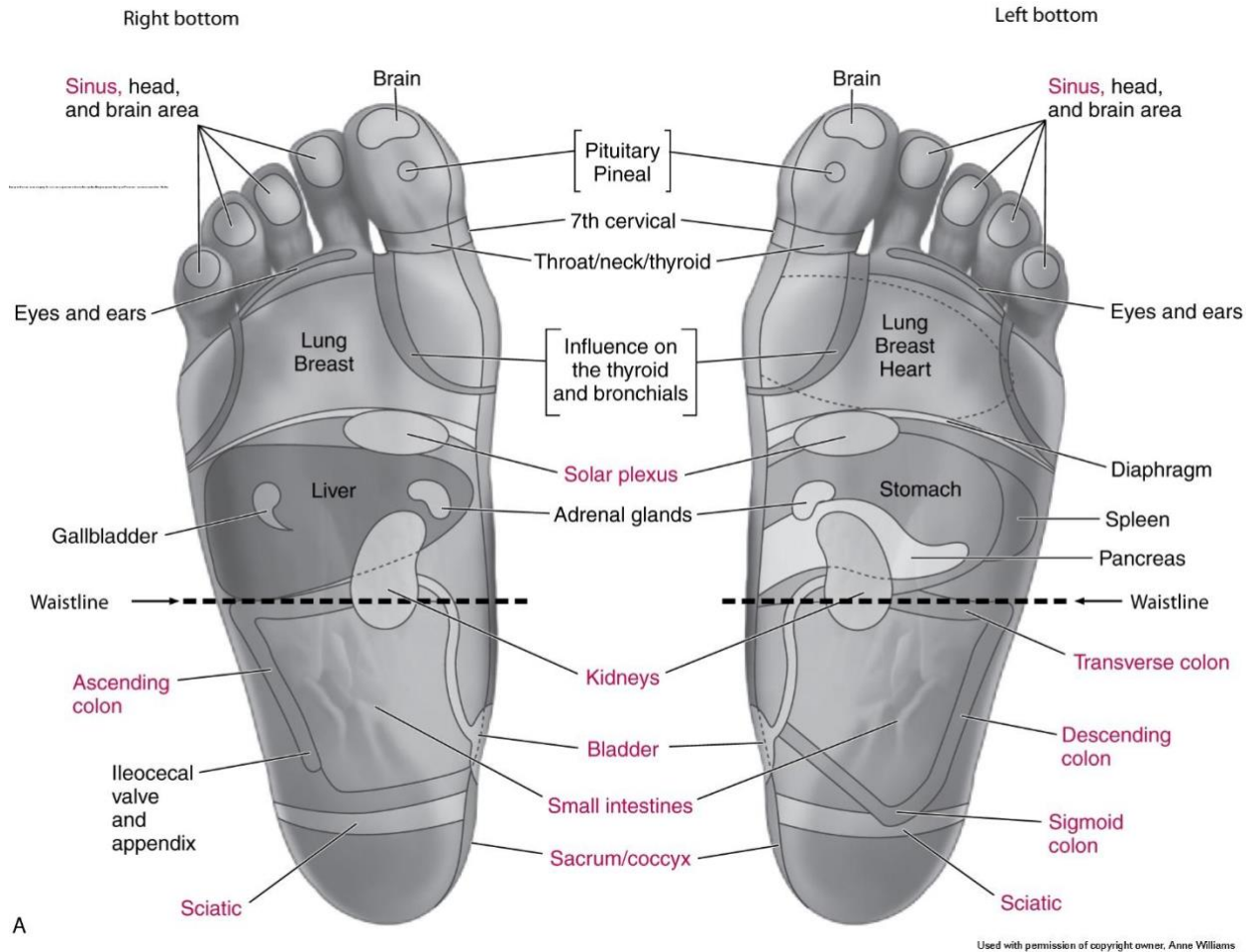
1. Use the side of your thumb and/or a finger or a knuckle to create bone-to-bone pressure into the foot. Travel with tiny, overlapping movements, compressing the skin and undifferentiated nerves of the foot against the foot bones.
2. Rhythmically inch along the entire foot. Press rather than rub to achieve the desired effect. Imagine that your finger or thumb moves like a tiny inchworm.
3. Repeat three times in each zone to specifically address areas of client complaint or observed tension.
4. Consult the illustrations (Figure 1A-D) below to identify specific zones most relevant for your client. In those illustrations, the red labels mark zones most commonly helpful prenatally and postpartum.

### ***Precautions***

- Maintain a level of pressure that does not exceed slight pain. If the client perceives a high level of pain, move to another area, returning to the painful zone later.

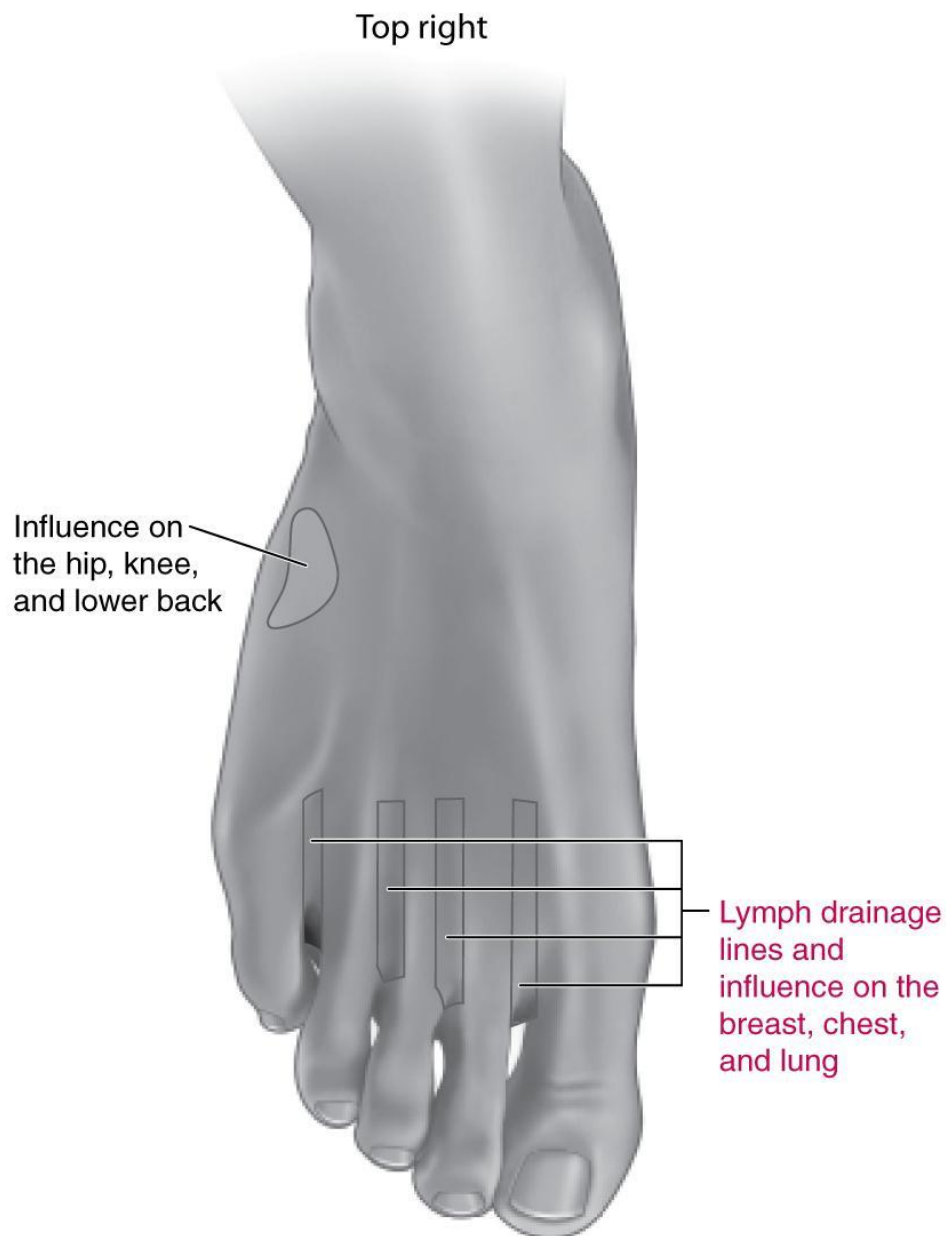


- Prevent calf cramps by keeping the ankle joint in a neutral or dorsiflexed position.
- Avoid calcaneus reflex zones to ovaries and uterus and avoid overstimulating the endocrine glands (see Chapter 2, pages 58-60) for more on location and types of pressure to avoid).
- Avoid acupuncture points Liver 3, Kidney 3 and Urinary Bladder 60, which may stimulate uterine contractions under certain circumstances (see Chapter 2, pages 58-60 for more on location and types of pressure to avoid).
- Exercise caution with substance abusers, if the pregnancy is tenuous, or if this is the first session of zone therapy.
- Refer to guidelines in Labor Stimulation Points (see Figure 5.12) and Points of View: Induction and Augmentation of Labor on pages 170-171.



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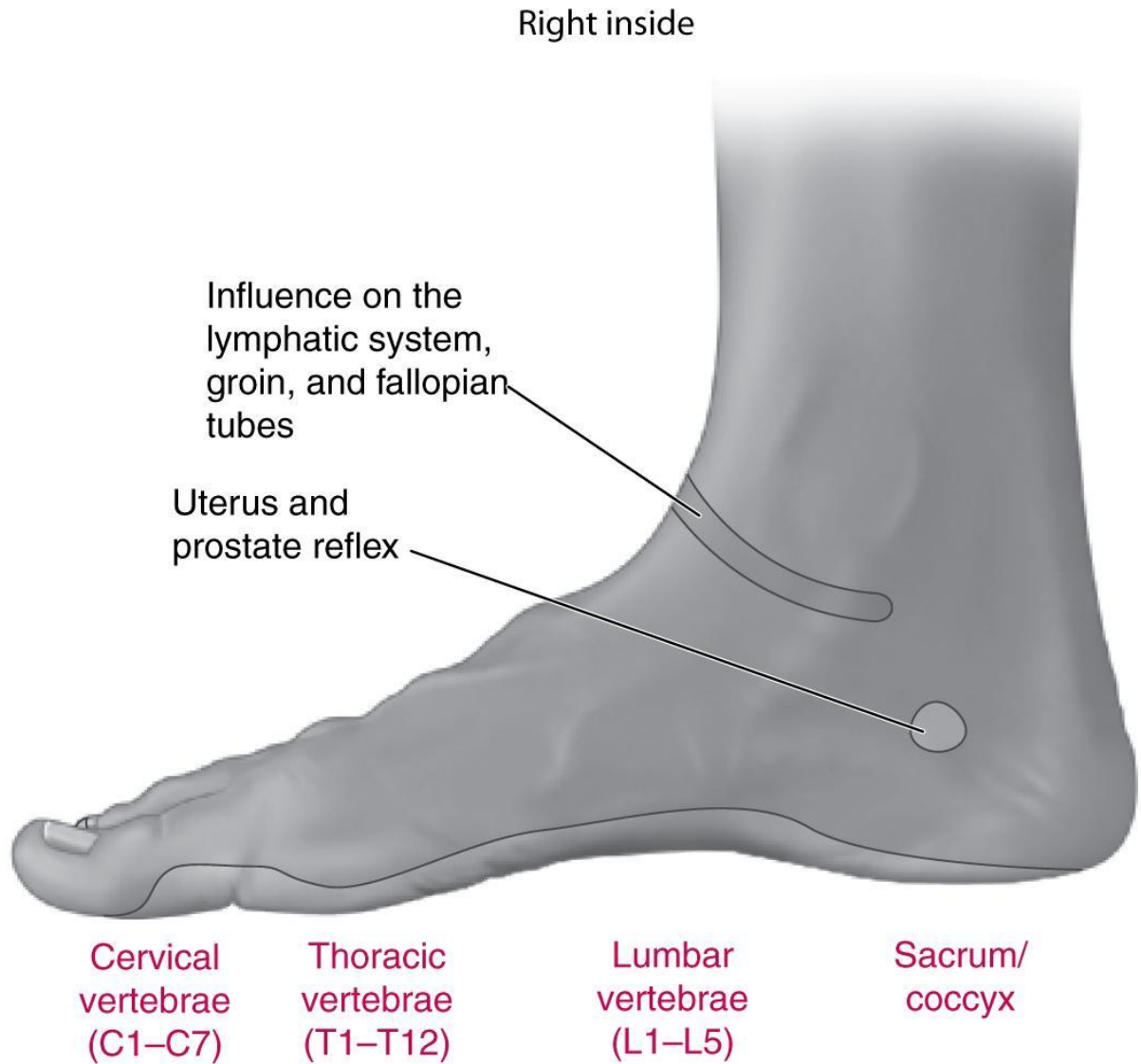
Figure 1A: Plantar reflex zones



B

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Figure 1B: Dorsal reflex zones



C

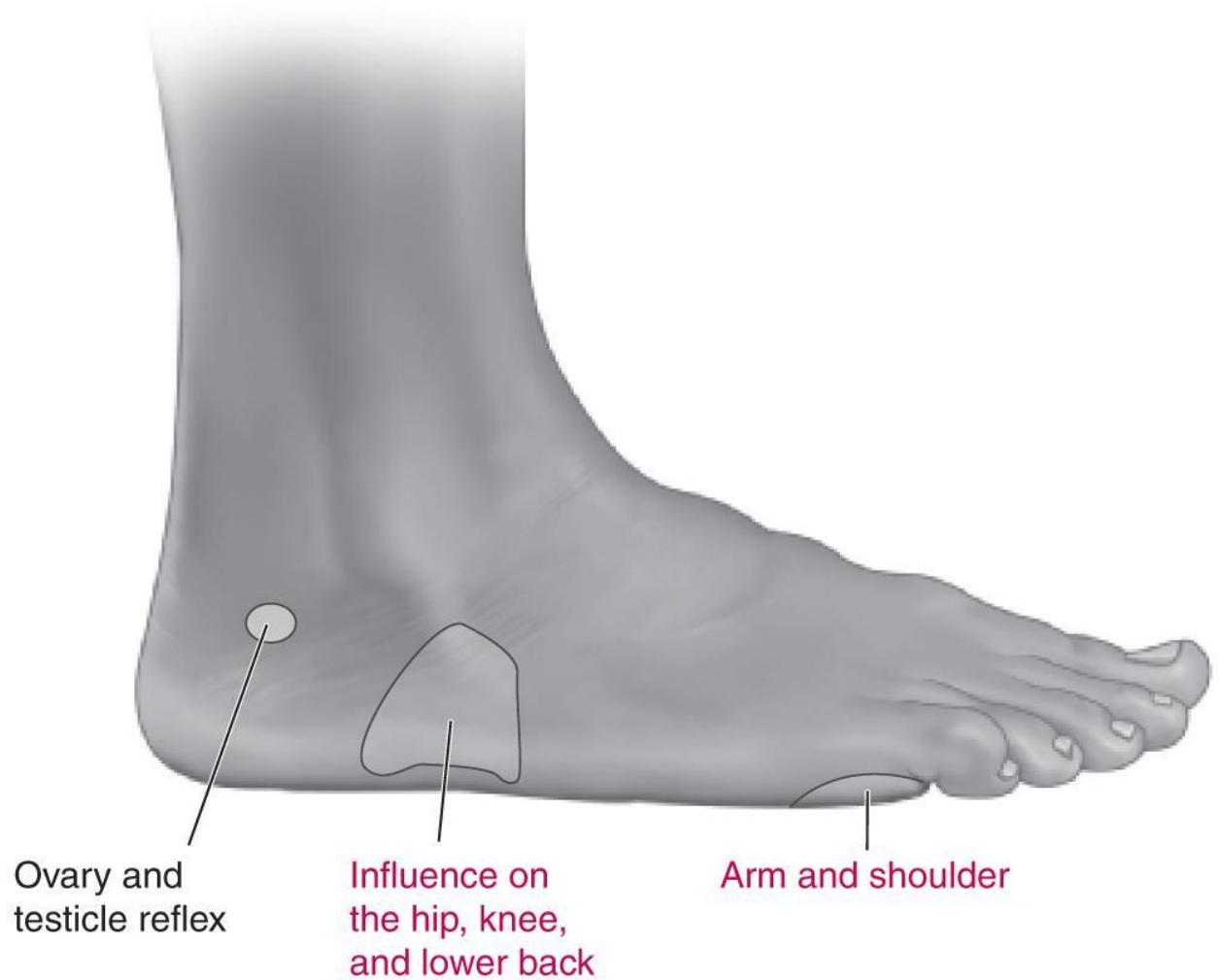
Spinal reflexes

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Figure 1C: Medial reflex zones



**Right outside**



**D**

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Figure 1D: Lateral reflex zones