

Learn to give the BEST FOOT RUB EVER! Foot Massage for the Beginner

PRECAUTIONS:

1. If your partner bruises easily, have them check with a doctor before getting any foot rubs.
2. If your friend takes any anticoagulants (such as Coumadin or aspirin) DON'T MASSAGE TOPS OF FEET.
3. In the case of athlete's foot or any warts, wear gloves, or wait until it's cleared up.
4. If they have diabetes, look carefully, checking for cracked skin or ingrown toenails. Wait until it's cleared up, but let them know what you see.

GET SET UP:

1. Be sure to get enthusiastic consent.
2. Agree beforehand about how long you will be massaging.
3. Keep them warm – have blankets nearby
4. Set the mood with music, aromas, etc.
5. Elevate their knees, calves and feet with cushions.
6. Make sure their head and shoulders are comfortably propped.
7. Consider wrapping their feet in hot towels before you start (dampen some hand towels with hot water, wring out) to warm the feet and eliminate dirt/odors.
8. Get your lotion nearby.
9. If you are going to use gloves, put them on before you use lotion.
10. Make sure YOU are comfortable. Move your chair or cushion so you're not having to bend or twist awkwardly.

LET'S GET STARTED!

Focus and center:

Take at least two deep breaths. And wait until you can sense your own heartbeat. Do this while doing the **Foot Sandwich**.

Foot Sandwich:

Over a blanket or sheet (or socks), just hold their foot in your hands. Let them adjust to your touch.

Taffy toes

Alternating hands (and with enough lotion to eliminate dragging), pull from heel to toes, gripping firmly.

Break the chocolate bar

Using thumbs on the back of the toe/ball area, fingers under, make a gentle “breaking” or bending motion. Repeat a few times.

Knuckle circles to the sole

Using the flat of your knuckles (making a fist), roll your knuckles in circles over the sole of the foot, then do long, straight strokes. These can be fairly firm.

Heel pressure circles

Using less lotion, do pressure points in circles around the heels, spiraling in toward the center of the heel. Then do deeper pressure glides in circles around the heel, making smaller circles each time.

Between ball of the foot knuckles

With less lotion, using thumb and pad of first finger, mobilize the joints of the ball of the feet (in between each joint), taking care to not pinch.

Inchworm up the arch

Starting at the side of the heel, “inchworm” your thumb up the inner arch of the foot, all the way to the side of the nail of the big toe. Turn your hand around and inchworm back down, pressing firmly but not enough to hurt at all.

Outside edge squeeze

With less lotion, use your thumb and first finger/knuckle, squeeze a bit at a time going from heel up to pinky toe, and back down.

Ankle wiggles

Using the heels of your hands on the outsides of the heels of the foot, cup the ankle bones in the palms of your hands, and shake back and forth, allowing the foot to waggle back and forth.

Calf Strokes

Beginning at the ankles, alternating hands, stroke UPWARDS towards the knee.

Calf polka dots (OMIT if varicose veins, or easy bruising)

With less lotion, using all four fingers of each hand on both sides of one ankle. Do compressions in “polka dots” moving up the sides of the calf, up to the knee. OMIT if your friend has varicose veins or bruises easily. Do multiple passes from ankle to knee, then switch to the other calf.

Toe smushing

Using less lotion, sandwich all the toes between the heels of your hands, and roll them gently but firmly back and forth, and in small circles.

Repeat Taffy Toes**Repeat Foot Sandwich****Focus and Center, mentally saying “goodbye.”****All done!**

Wash your hands, and if you saw or felt anything concerning, tell your friend. Be sure to ask them how they feel.

If you have questions, feel free to email me at kate@patientrelaxation.com

Enjoy being the most popular person at any party!

Fabulous Foot Massage Overview

Focus and Center

Foot Sandwich

Taffy Toes

Break/Bend the Chocolate Bar

Knuckle Circles to the Sole

Heel Pressure Circles

Between Knuckles/Ball of the Foot

Inchworm Up the Arch

Outer Edge Squeeze

Ankle Wiggles

Calf Strokes (omit if varicose veins)

Calf Polka Dots (omit if varicose veins/easy bruising)

Toe Smushing

Taffy Toes (repeat)

Foot Sandwich (repeat)

Focus and Center (repeat), mentally saying “goodbye”

All done!