

SUMMARY OF REFLEXES

Reflex	Zone	Location on RIGHT FOOT	Location on LEFT FOOT	When it is worked
Head	1	Tips of all toes. Pads of big toes for occipital region (back of the head) Side of the big toe for side of the head		Headaches
Brain	1	Tip of the big toe representing right side of the brain	Tip of the big toe representing left side of the brain	Any stress – related disorders (encourages optimal functioning of parasympathetic nervous system which helps the body cope with the effect of stress) Any pain in their body (this is to encourage the release of endorphins and enkephalins which are the body's natural pain-relievers)
Hypothalamus / Pineal	1	Top of the spine reflex – top of the big toe, medial edge. When thumb walking down – it is where the bone is felt, usually in line with toe nail		Hypothalamus: Vital connection to the pituitary gland – work together Hormonal balance Pineal: Help with biological clocks and sleep disorders (insomnia, jet-lag) Mood disorders, depression, seasonal affective disorders
Pituitary	1	Pad of the big toe, where the skin creates a circle		Any conditions concerning growth, development, metabolism or reproduction When low energy level Menstrual or reproductive disorders
Eyes	2 - 3	Beneath the pads of toes 2 and 3		Problems with eyes, headaches Ear pain Sensory problems
Eye – ear helper reflex	2-5	Ridge at the base of toes		
Ears	3-4	Beneath the pads of toes 3, 4, 5		
Inner ear	3-4	On the toe 3 (lies behind the eye)		
Outer ear	4-5	On toes 4 and 5		
Eustachian tube	4	Base of 4 th toe and on the lateral edge of the big toe extends into eye and ear helper reflex		
Face – mouth, nose, teeth	1	Dorsal aspect of the big toe, below the nail		Problems of the mouth, jaws and teeth, runny nose or any problems related to this area
Sinuses	2-5	Tips of 4 small toes		Sinusitis, headaches, hay-fever, colds or flu
Neck	1-5	Sides/stems of all toes		Problems with necks, headaches, shoulder tension or issues with arms (nerves from the cervical area supply arms)
Tonsils	1	Lateral edge of the neck of the bog toes		When suffering from tonsillitis or sore throat
Larynx (voicebox)	1	Neck of the big toe + webbing between big toe and second toe		Any disorders of the voice box

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Throat, tonsils	1	Neck of the big toes		Tonsillitis, throat ache
Thyroid and parathyroid gland	1	Helper reflex for thyroid gland is found on the ball of the foot – it starts in the space between the big toe and second toe and curves down the ball into diaphragm line		<p>Thyroid: Conditions concerning metabolism, growth, development (hypo / hyper active thyroid) “Third ovary”- menstrual disorders or sub-fertility</p> <p>Parathyroid: to maintain the correct amounts of minerals (Ca, Mg, Phosphates) in the blood and bones:</p> <ul style="list-style-type: none"> - Problems with bone density, osteoporosis - Nervous and muscular function - Kidney stones
Thymus gland	1	On the thoracic spine reflex – slight hollowing / dip (where the proximal phalange joints the first metatarsal)		Poor immunity, recurrent infections
Cranial nerves I-XII <i>I Olfactory n. – nose, smell</i> <i>II Optic n. – eyes, vision</i> <i>III Oculomotor n. – eyes, movement</i> <i>IV Trochlear n. - eyes, movement</i> <i>V Trigeminal n. – eyes, jaw movement, skin sensation</i> <i>VI Abducens n. – eyes, movement</i> <i>VII Facial n. – facial expression, taste, saliva, tears</i> <i>VIII Vestibulocochlear n. – ears, hearing, balance</i> <i>IX Glossopharyngeal n. - tongue, pharynx, saliva</i> <i>X Vagus n. – thorax, abdomen</i> <i>XI Accessory n. – head, pharynx and larynx</i> <i>XII Hypoglossal n. – tongue, talking, swallowing</i>		Along the edges of all the toes, incl. the big toe		Stress or stress-related disorders (e.g. depression) Any disorders related to cranial nerves (e.g. Bell’s Palsy)
- Cranial nerve V - Trigeminal nerve		Dorsal aspect of big toe – begins at the base of the toe nail, on the lateral side, runs down to the base of the distal phalange		
Spine	1	Medial edge of each foot and it runs along the arch of the foot from the base of the big toe nail to the heel. Each foot represents half of the spine.		Any disorders of musculo-skeletal and nervous system.
- Cervical curve (7)	1	Medial edge of the big toe starting from the bone at the line with the toe nail (C1) and ends on the shoulder line (C7)		Spine houses the spinal cord from which 31 pairs of nerves emerge and influence every cell in the body.
- Thoracic curve (12)	1	From the shoulder line to the waist line		
- Lumbar curve (5)	1	From the waist line to the pelvic line		

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- Sacral / Coccygeal curve	1	Between the pelvic line and the base of heel		
Lymphatics of the upper body (chest, breast, head and neck)	1-5	Dorsal aspect of both feet. Webbing between all toes and fingers Webbing between zones 1-2 represents where the lymphatic ducts empty their content into blood at subclavian veins		Any condition associated with poor lymphatic drainage – such as water retention or oedema, poor immunity, repeated infections, lethargy, exhaustion
Lymphatics of the lower body (legs and groins)	1-5	Dorsal aspect of both feet at the same place as Fallopian tubes – band running from the ovaries/testes, across the front of the ankle to the uterus/prostate.		
Shoulders	4-5	Between the shoulder line and diaphragm line		Any problems with the shoulder – stiffness, tension Any neck problems and headaches Any respiratory disorders Stress and anxiety <i>Also work spine and solar plexus and brain.</i>
Arm	5	Lateral edge, starts at the shoulder reflex and runs down zone 5 to approx. 5 th metatarsal notch.		Problems with arms or hands. Be sure also work the neck and cervical reflexes. e.g. tennis elbow
Elbow	5	5 th metatarsal notch		
Heart	RF: 1 LF: 1-3	Ball of the feet between the shoulder and the diaphragm line		Cardiovascular conditions such as hypertension Circulatory disorders (oedema) Associated reflex for endocrine, respiratory, digestive and musculo-skeletal systems
Oesophagus	1	none	Running from the throat reflex (lateral edge of the foot, just below the shoulder line) to the stomach reflex (just above the waistline)	When acid reflux or indigestion, a hiatus hernia or any problems with oesophagus
Trachea / bronchi	1-2	Medial edge of the balls of the feet – very small, helper reflex starts in the space between the big toe and second toe and runs down vertically from the shoulder line to diaphragm line		Asthma, bronchitis or any other problems with this area
Diaphragm	1-5	Diaphragm line		All respiratory conditions Stress and stress related conditions as it encourages dee breathing and helps to slow a person down.
Lung	1-4	Lie in the ball of the foot between the shoulder line and diaphragm line		Chest infection, emphysema, Depression or any stress related condition Fatigue and exhaustion (as accompanied by shallow breathing)

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				<i>Also work shoulders, neck, thoracic spine – poor posture can make breathing difficult.</i>
Stomach	RF: 1 LF: 1-3	Between the diaphragm and waist line		Any problems with the stomach (e.g. gastric ulcers) When suffering from stress or anxiety
Pancreas	RF:1 LF: 1-4	Head of pancreas – smaller part, just above the waist line	Tail. Just above the waistline, overlaps with stomach and kidney	Blood sugar imbalances (diabetes mellitus, hypo- or hyper glycaemia) Digestive system
Liver	1-5	Large reflex extending across the entire area between the diaphragm line and waistline	none	Any problems with liver (hepatitis, cirrhosis) To help detoxify body Blood sugar disorders (hypo-/hyper-anaemia, diabetes mellitus) Blood disorders (anaemia) Headaches and migraines Problems with the spleen If the body struggles to eliminate waste (e.g. constipation)
Gallbladder	4-5	Top right corner of the liver reflex, underneath the diaphragm line	none	Problems with gallbladder (gallstones) When feeling nauseous after eating rich or fatty foods
Adrenal Gland	1	Half way between the diaphragm line and waist line. Just above the kidney – between the 1 st and 2 nd metatarsal work up from the waistline and towards the side of the 1 st metatarsal.		Metabolic disorders Regulation of fluid balance and blood pressure Sub-fertility Stress related conditions Inflammation / pain (incl. allergies)
Solar Plexus	2-3	Just below the diaphragm		In every reflexology treatment Calming and balancing effect on nervous system. Gently work in case of negative reaction, such as crying, during the treatment
Spleen	4-5	none	Bellow the diaphragm, overlapped by the lateral edge of the stomach and tail of pancreas	Poor immunity, infection, in case of anaemic person (filtering, cleaning and storing blood)
Small intestine -all (duodenum, jejunum, ileum)		Large reflex between the waistline and the pelvic line, outlined / edged by the large intestine reflex		Disorders of the small intestine or any general digestive problems.
Small intestine - duodenum	1-2	C-shaped reflex, just above the waist line and below the pancreas	none	

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Ileocecal valve (payer's patches) / appendix	4-5	Above the pelvic line, medial to the ascending colon	none	In case of excess mucus (helps to control its production and elimination) Respiratory infections (runny nose, cough, colds, sinusitis), food allergies or intolerances. Sluggish bowel movements or constipation.
Large intestine	1-5	Plantar aspect of both feet between the waistline and pelvic line, it runs from RF to LF. Begins with the reflex for the appendix / ileocecal valve / caecum		All conditions in which the body is struggling to eliminate waste: Digestive disorders (e.g. constipation) Skin disorders (e.g. acne) Headaches Bad breath Fluid retention In cases of fatigue and depression Sigmoid flexure – when boating or flatulence
Appendix / Caecum	5			
Ascending colon (ascends from the caecum up)	5	From the start of the heel to the waistline	none	
Transverse colon	RF: 5-1 LF: 1-5	Just below the waistline		
Descending colon	5	none	From the waist line to the start of heel (pelvic line) and here it angles inwards and descends, diagonally to the centre of the heel (v-shaped reflex = sigmoid flexure)	
Sigmoid colon	3 - 1	none	From sigmoid flexure toward the bladder reflex	
Rectum / anus	1	none	Medial edge of the foot, next to the bladder	
Kidney	2-3	Below, on and above the waist line		Problems within this area (cystitis, kidney stones, incontinence...) Excretory problems or if any of the other organs of elimination are not functioning properly (lungs, liver, large intestine, skin) High / low blood pressure Build-up of uric acid in the blood (gout)
Ureters	1	Runs from the kidney reflex at waist line to the bladder		
Bladder and lumbar	1	On the medial edge (above, on and below the start of the heel)		
Urethra	1	Worked as part of the bladder reflex		
Uterus / Prostate gland	1	Depression midway between the medial malleolus and the back of the heel.		Problems with that area Menstrual disorders When trying to get pregnant Problems of the male reproductive system
Fallopian tube (uterine) tubes / spermatic cord,	2-4	Across the front of the ankle joint from below the medial ankle bone		Problems with fertility or when trying to get pregnant

SUMMARY OF REFLEXES

Reflex	Zone	Location on RIGHT FOOT	Location on LEFT FOOT	When it is worked
groin, lymphatic system for lower body				
Ovary / testes	5	Depression midway between the lateral malleolus and the heel area (in the middle between the ankle and top of the heel)		Any problems with the testes / ovaries Sub-fertility Impotence Problems with menstrual cycle
Penis / Vagina	1	Medial aspect, running from the prostate gland reflex to the bladder reflex – very small and worked through the prostate and bladder reflex		Problems with penis or in case of impotence Inflammation, infection of vagina Incontinence
Pelvic muscle	5	Lateral aspect of the heel below the lateral malleolus		Hip problems
Brest	1-4	Dorsal aspects of both feet between the shoulder line and diaphragm line		When tender due to premenstrual tension When breastfeeding – stimulates lactation (do not massage when woman trying to stop breastfeeding)
Sciatic nerve	1-5 na	Just below the pelvic line Medial and lateral aspect of the foot, ankle region, 3 inches above the ankle bone to the heel		Sciatica or any problems with the legs and feet. <i>(Sciatica = inflammation of the sciatic nerve – pain, numbness or pins- and-needles along the nerve path running down the beck of the leg)</i>
Sacro-iliac joint	4	Dorsal side of foot, Just below and in front of the ankle bone		Problems with hip joint
Hip, knee, pelvic	4-5	Lateral edge of dorsal side of the foot from start of the heel to 4 th metatarsal and waist line to 4 th metatarsal.		In case of problems in this area incl. problems with the feet. Be sure also work the lower spine and the sciatic nerve reflexes

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System	Main Reflexes	Associated Reflexes
Lymphatic System <ul style="list-style-type: none"> - <i>Transport of fats and fat-soluble vitamins (A, D, E and K)</i> - <i>Repair of injuries</i> - <i>Immunity</i> - <i>Closely linked to cardiovascular system</i> - <i>Organ of elimination and supports lungs, liver, kidneys, large intestine and skin</i> 	Lymphatic of the upper body Lymphatics of the lower body Groin Thymus gland Spleen Tonsils Ileocecal valve (Peyer's patches) Appendix	Heart reflex - to benefit cardiovascular system Organs of elimination (lungs, kidneys, large intestine, skin) to help remove waste Diaphragm – encourage movement of lymph Spleen and Liver – to help body to fight infection Adrenals – in case of inflammation Kidneys – if there is fluid retention
Digestive	Mouth Oesophagus Stomach Pancreas Liver Gallbladder Small intestine Large intestine	Solar Plexus – to relax client Nervous system – to relax the client Adrenals – stress, inflammation Cranial nerves Thyroid gland – its hormones control metabolism Lungs – in TCM large intestine and Lungs are partnered and directly affect one another Organs of elimination (lungs, liver, kidneys, lymphatics and skin) – to help body remove its waste Diaphragm – to encourage peristalsis if there is constipation Cardiovascular - to encourage the distribution of nutrients by the blood Lymphatics, spleen and kidneys – if there is infection
Endocrine <ul style="list-style-type: none"> - <i>Works closely to nervous system to control all the functions of our body (metabolism, growth, development, reproduction)</i> - <i>Unbalanced by the poor habits and lifestyle (nutrition, stress, lack of sleep)</i> 	Hypothalamus Pituitary gland Pineal gland Thyroid gland Parathyroid Thymus Pancreas (Pancreatic islets) Adrenal glands	Cardiovascular – all hormones are transported by the blood Nervous – close cooperation
Musculo-skeletal system <ul style="list-style-type: none"> - <i>Linked to lifestyle and habits, exercise, good posture and ergonomics</i> - <i>Some disorders (gout or arthritis) involve a build-up of waste and poor elimination</i> 	Head Neck Shoulders Elbow, Arms Spine Hips/knees/leg	Adrenals – for pain and inflammation Brain – for the release of endorphins (pain) Cardiovascular (heart and recommended relaxation techniques) - to improve circulation so that nutrients and oxygen are brought to the affected areas and waste product are removed Solar plexus – relaxation

