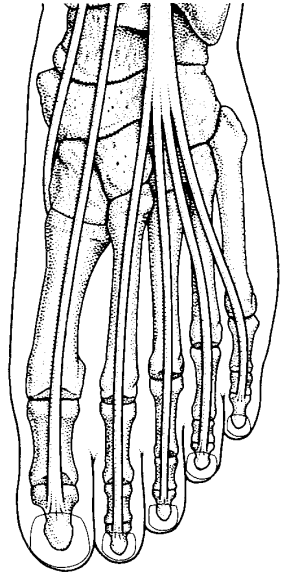
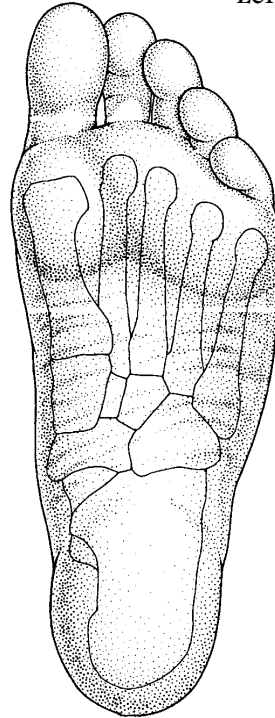
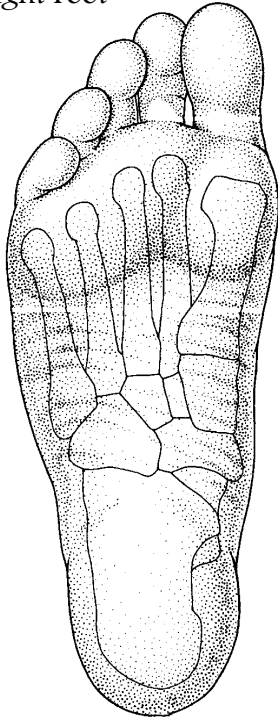
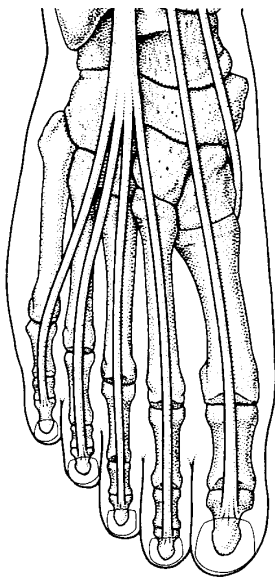


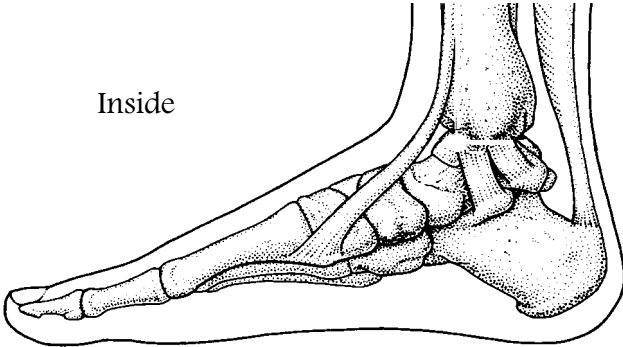
# Home Reflexology Prescription

Right Foot

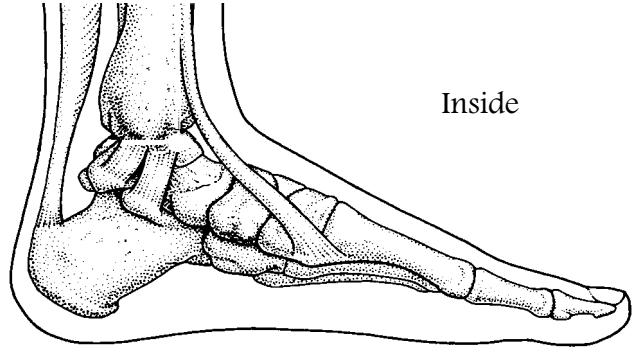
Left Foot



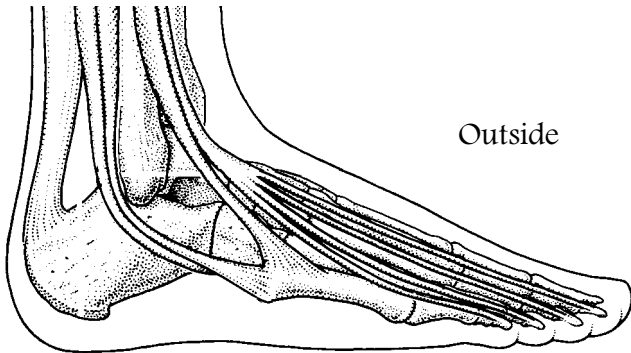
Inside



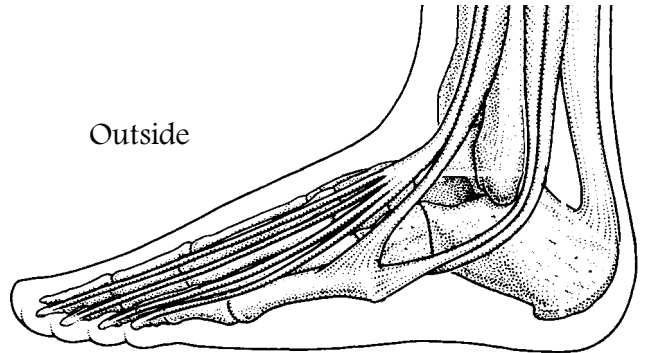
Inside



Outside



Outside



Patient's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructions: Apply lotion or oil to the feet if desired. Work the zones in the order indicated, focusing on each zone for a few minutes using a thumb or knuckle (or, if necessary, a blunt massage tool) with firm pressure. Try to use your body weight to “sink in” to the points. Follow proper physiological direction (may be indicated with arrows on charts). It is normal to experience mild pain. Make note of any areas with intense tenderness or a “crunchy” feeling under the thumb.

Notes: \_\_\_\_\_