

Supplement to the Sadistic Reflexology Primer



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Foot Chart, from
http://en.wikipedia.org/wiki/File:Foot_Chart1_small.png

The green bands on the toes indicate places we might hold, squeeze, and pull.

The brown and blue areas under the toes are where pressure is applied using the knuckle or fingertip.

The dark area inside the big toe is meant to indicate the area of the big toe that faces the toe next to it. Pressing in that area can be very painful. Use this mainly for people who are not as sensitive to pressure elsewhere on the foot.

The main area normally used by SR is the area along the inside edge of the foot, starting from where you see the orange band on this chart, up to the ball of the foot, where the green band ends.

Only use these listed areas on the bottom of the foot unless you gain experience in interpreting reflexology charts and understand the risks and benefits of exploring the foot.