



Teaching Self-Help Reflexology to the World

Self-Help Workshop on Shoulder Joint Pain and Inflammation with Foot Hand Ear Reflexology

The World Reflexology Foundation (WRF) provided a free online workshop in June of 2022 for Self-Help Reflexology targeting Shoulder Joint Pain and Inflammation. This site specific workshop provided the participants information on where and how to use Reflexology techniques on their ears, feet, and hands to help relieve pain and inflammation in the shoulder joints. The instruction was provided by WRF volunteer trainers who, in the past, have provided in-person workshops and are now offering online instruction which has the potential to reach even more people.

The trainers who led the workshop are all Reflexologists who have passed through a thorough WRF training program. This training is specifically aimed at how to most effectively educate the layperson where and how to work on themselves to find relief using Reflexology.

Tina Meyer acted as moderator, introducing the participating volunteer trainers and their areas of instruction, and gave a synopsis of the reflexology maps on the hands, the feet, and the outer ears. **Bill Flocco** provided information about the World Reflexology Foundation; their mission to help empower everyone around the world with the healthful benefits of Reflexology, and, as a nonprofit, these workshops are provided free to the public.



Tina explaining the Foot Reflexology Map



Kathy explaining how to hold the Adrenal Gland Reflex Point on the Ear

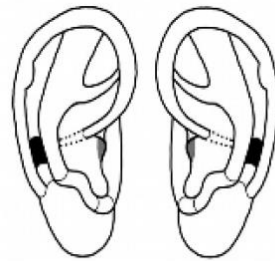
The hands-on portion was led by WRF volunteer trainers **Sage Grabler**, **Kathy Reynolds**, **Mitta Wise**, and **Sara Chameides**. Instruction began with an ear reflexology routine for total relaxation. Working on the outer ridge of the ear where we find the spinal cord reflex, it was unfurled gently and slowly, using index finger on top of the ear and thumb supportive behind the ear. Zero Point was demonstrated next. This powerful Master Point can be found between the upper and lower valleys of the ear on the center ridge. This point was shown and held gently with the tips of the index fingers, working both ears at the same time. It was encouraged to take care that the shoulders are relaxed while doing this, resting the elbows on a table or pillow to take any stress or pressure off the neck and shoulders.

Applying the “priority” method of reflexing, which is the order in which to work so as to get the maximum benefit, the first area of focus for shoulder joint pain and inflammation was the ears. The shoulder joint reflex is located in the lower part of the long valley between the inner ridge

and the outer ridge. It was explained to hold this reflex point with the index finger on front of the ear and the thumb behind the ear with a tip of the thumb and tip of the index finger hold. The adrenal reflex point on the ears was next, as this is a good point for reducing inflammation. This point is located on the Tragus, also called the face flap, which is the prominence above the external opening of the ear. This hold was gentle and was to be held for several minutes.



Kathy showing the Shoulder Reflex location on the ear.



Right Ear Left Ear
Shoulder Reflex location on the ears.



Tip-To-Tip Techniques for holding the shoulder point on the ears.

The feet were demonstrated next, with attention to the outer upper area below the 3rd, 4th and 5th toes on both plantar and dorsal sides. Work was demonstrated from the pad of the plantar side of the foot to the outer edge and then the dorsal area, keeping close to the toes and working with the thumb roll technique and a hold and press, using the tips of the index and middle fingers in the grooves of the dorsal side between the 5th and 4th toes, and the 4th and 3rd toes. On the grooves, a slow movement was encouraged.



Sara showing how to reflex for relief of Shoulder Joint Pain on the dorsal side of the foot



Bottom Right Bottom Left Top Left Top Right
Shoulder Reflex location on the feet.

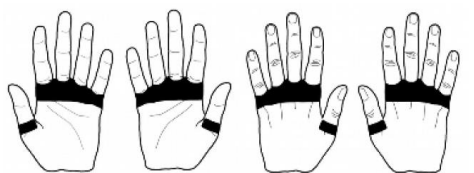


Sage Showing how to reflex the Shoulder Joint Reflex on her own foot

The hands followed and mimicked the feet. Working both the palm and back of the hand, from the 3rd to the 5th fingers, as well as on and around the edge of the hand to the back of the hand, making sure to include the grooves, using the same techniques shown on the feet. Cross fiber work was offered, using a diagonal direction, in addition to the lateral direction previously explained on the feet.



Mitta showing how to reflex for shoulder pain on her own hand.



Left Palm Right Palm Back of Left Back of Right
Shoulder Reflex location on the hands.



Shoulder Reflex location on the hand.

In conclusion, working the shoulder joint reflexes, along with the adrenal reflex point on the ears to reduce inflammation, offers a positive effect for relief from pain and inflammation in the shoulder joints. The amount of time to spend on these reflex points or areas depends on one's time allowed, however even more positive results have been reported with longer work times and reflexing more often. Not all areas have to be worked in one session; however, the principles of priority reflexing shown may have more profound effects. As with any bodywork, hydrating after the work is done is highly recommended.

The mission of the WRF is to help empower all the people around the world with the healthful benefits of Reflexology. They continue to offer free Self-Help Workshops online, and in person when it is safe to do so. The *WRF relies entirely on donations from the public and the support of volunteer efforts. For more information and to donate please visit www.worldreflexologyfoundation.org.

*The World Reflexology Foundation (WRF) is a not for profit foundation that does not promote the vocational aspect of the Reflexology profession. The WRF exists as a humanitarian project for the health betterment of humanity throughout the world as its stated mission.

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