



THAI FOOT MASSAGE



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Introduction

Thank you for your booking and welcome to The School of Fine Tuning. I am delighted that you have chosen to train with me and I can assure you that I will offer you the very highest standard of training. At the School, we offer a wide range of accredited CPD courses to enhance your existing practice and inspire you to be the best and most creative therapist you can be, so do have a look around my website for any others that capture your interest.

This course is amazing, in that you get to work
.....so enjoy the journey and let's get started.

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WHAT IS THAI FOOT MASSAGE

AND HOW DOES IT WORK?

Our feet take a daily beating. They bear our full body weight with every step and time we stand or walk. They tolerate poor footwear, improper body mechanics and absorbing the impact of hard walking surfaces. They deserve a little TLC now and again.

Thai Foot Massage is as unique and powerful therapy combining Chinese reflexology, Shiatsu and traditional Thai Massage techniques. It is a treatment of the feet and lower legs that involves hands on stretching and massage to “open” Sen (energy) lines, together with the use of a stick to stimulate the reflex points on the foot, each of which correspond to the internal organs of the body.

Thai Foot Massage stimulates these points to promote health and wellbeing. It is believed that blockages within the flow will result in illness and pain and, by working along the Sen lines, blocked energy can be released and functions balanced.

Most traditional massage focuses on tissue manipulation and the working of the muscles surrounding joints. Thai Foot Massage barely touches on these. It is more a gentle rhythmic working of the pressure points, energy lines and body forces which, together, produce a highly effective therapy.

HISTORY OF THAI FOOT MASSAGE

As Thailand is located along the great trade routes, Thai Foot Massage was greatly influenced by both China and India – two of its closest neighbours and their reflexology systems. Research suggests that it was brought from India to Thailand by Buddhist Monks and Ayurvedic Doctors.

This traditional healing massage is believed to have been practiced for over 2000 years and is still taught by Buddhist Monks in the Temples of Thailand.

Foot Massage is a relaxing yet invigorating treatment of the feet that was greatly influenced by two of its closest neighbours, China and India, and their reflexology systems that are 1000's of year old.

When the Thai's met Chinese reflexology they softened the technique making it more pleasurable with a wide variety of 'sabaai' relaxing techniques to offset the 'jep' deeper techniques of the Chinese approach. The result is a blend of Chinese Reflexology, Thai acupressure points and 'Sen Line' work along with wonderfully stimulating and relaxing hand techniques.

Similar to the meridians of Traditional Chinese Medicine that carry the Qi or Chi energy, the Thai Medicine 'energy lines' known as Sen run through out the entire body with specific points ending at the feet and hands. The obstruction of this flow of energy is thought to be the cause of discomfort or illness in a person and the techniques of Thai Foot Massage are thought to stimulate and open these channels. During a typical Thai Foot Massage session a Thai practitioner will apply a special Thai balm and use a variety of hands-on techniques including graceful two handed palm movements, stretches, circular massage movements and thumb pressure along with the use of a special Thai stick made out of teak for specific acupressure to stimulate organ reflex points on the soles of the feet. Clients leave the session feeling relaxed, balanced and invigorated.

BENEFITS OF THAI FOOT MASSAGE

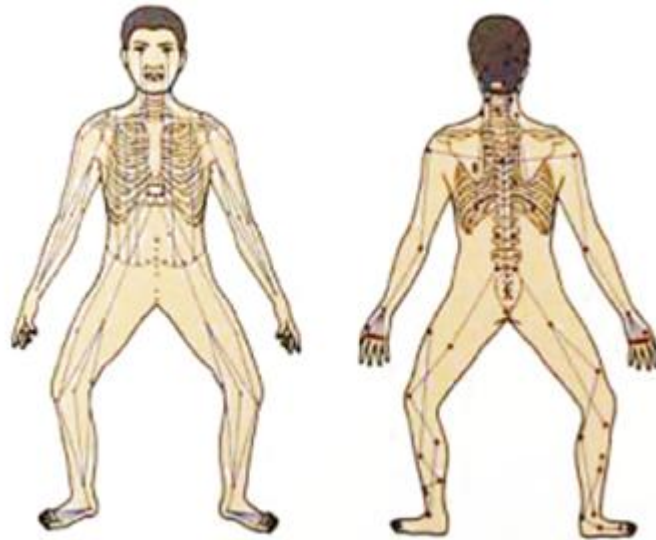
- Improves circulation of blood and lymph
- Aids removal of toxins
- Stress relief – calming and sedating
- Reduces stiffness and improves flexibility and range of movement
- Lowers high blood pressure
- Improves sleep pattern
- Stimulates lymphatic drainage
- Improved mental clarity
- Boosts immune system
- Encourages relaxation

CONTRAINDICATIONS/RESTRICTIONS

The following is a list of contraindications where Thai Foot Massage may not be carried out or carried out with caution. If there is any doubt as to a client's suitability, then treatment should not be carried out until approval has been received from the client's GP.

- Pregnancy –during the first trimester of those with a history of early delivery or pregnancy problems
- Epilepsy – may possibly stimulate an epileptic fit
- Diabetics – may possibly affect insulin levels (if consent is given, it is advisable for your client to eat a small amount prior to treatment and check blood sugar levels after)
- Infections or contagious diseases i.e. athlete's foot, verrucas, AIDS client if there are cuts, lesions or skin disorders
- Clients with undiagnosed conditions or pain
- Bruising, ulceration or open wounds in the legs or feet
- Fracture or swelling in the foot/ankle area or any recent surgery
- High temperature, fever, swelling or inflammation
- Mental instability or anyone under the influence of alcohol or drugs
- Circulatory disorders – phlebitis, thrombosis, varicose veins, heart condition
- Cancers – seek medical advice

WHAT ARE SEN LINES



We know that exercise is beneficial to our health and has been practiced from the most ancient times to the modern health-conscious era with the goal to increase the heart rate, thereby allowing the blood to flow through every extremity. With intensified activity, respiration goes into overdrive, allowing air to flood the lungs and oxygen-rich blood to flow throughout the body.

Energy also flows throughout the entire body. This increased stream of blood and oxygen create energy, which propels the movement. Energy is vitally important in the body. Just as blood and oxygen travel along paths inside the body, so too does energy. The belief is that these energy pathways run along a special line, called a Sen line. Similar to an obstructed artery, blocked Sen lines restrict energy flow, which can also cause health problems. If this energy cannot distribute and disperse around the body, it means that there is a blockage preventing its movement. If the transportation of internal fluids is hindered, as a consequence serious health complications can occur.

In Thai medical theology, the belief is that the vital life energy of the body flows along the Sen channels. This energy powers all the physical, mental and emotional processes that will only function at a normal level when energy supply matches demand requested. The Chinese call this energy 'Qi' and the Indians call it 'Prana'.

Any blockage or imbalance in the flow of this energy may cause pain and disease. When the system is working in balance and harmony, a person will feel happy, relaxed, energetic and free from stiffness and pain.

Thai massage focuses on 10 main Sen channels. Clearing these by working along these channels helps to release any energy blockages and stagnation. Pressing and stretching muscles makes them more receptive to this flow. Although there are 72,000 Sen lines in the human body. Thai massage works primarily on the ten major Sen lines, which branch out from the navel and end at the body's extremities, such as hands and feet. Thai massage incorporates ancient energy knowledge together with client information to assist the therapist to clear the blockages, and help them achieve a healthy, internally balanced body.

The 10 main Sen Lines are:-

1. *It-ta* ends at the left nostril

Indications: Headache, eye(s) unable to see/focus distinctly, convulsions, back pain, fever, drowsiness, dizziness, scapular pain, difficulty or loss of hearing, cold feet, joint pain.

2. *Ping-ka-la* ends at the right nostril

Indications: Paralysis, red eyes, convulsions, runny nose, sneezing, scapular pain, aches and pain, headache, having an uneasy breath and other indications the same as *It-ta*.

3. *Su-ma-na* ends at the tongue

Indications: Difficulty moving the tongue, inability to talk or vaguely uttering a sound, dullness, drowsiness, chest pain, thinking disorder, mental disease, soft breathing, lack of appetite, tired, dizzy, having a hard time breathing, unable to sleep.

4. *Ka-la-ta-ree* ends at the fingers and toes

Indications: Coolness and lack of feeling all over the body, convulsions, unconsciousness, numbness, stiffness at the shoulder joint, aches and pain, fatigue, poor feeling in the arms and legs and cramping.

5. *Sa-had-sa-rung-sree* ends at the left eye

6. *Tu-wa-ree* ends at the right eye

Indications: Eye symptoms such as: inability to open the eyes, pain around the eyes, headache, pain in the eyes, inability to see distinctly, inability to sleep,

red eyes, and pain between the eyebrows.

7. *Jan-ta-pu-sang* ends at the left ear

8. *Ru-tung* ends at the right ear

Indications: Ear symptoms, for example: to be hard of hearing, a feeling of air escaping the ear, to have a buzzing in the ear, pain in the ear, itchiness in the ear, inability to sleep, lack of appetite, sleep disturbances, body aches and pains.

9. *Si-ki-nee* is end at meatus

Indications: All illnesses in the meatus area: infection, disturbed urine, inability to urinate, pubic pain, genital pain, gonorrhea, uterine pain, lower abdominal pain to the waist and sides of the thorax, kidney and urinary bladder problems.

10. *Su-ku-mung* is end at rectum

Indications: To have a dull pain at the anus, difficulties with bowel movements, bloating, constipation, diarrhea, the feeling of needing to make a movement but unable to, vomiting, hiccups and asthma.

A Thai Massage is an interactive manipulation of the body using passive stretching and gentle pressure along these energy lines. These movements help to adjust the skeletal structure, increase flexibility and suppleness, recover vital energy, relieve muscular and joint tension, and stimulate internal organs. Additional benefits include deep relaxation, balance of the body's energy system, increase in blood and lymph flow, and release of emotional blocks.

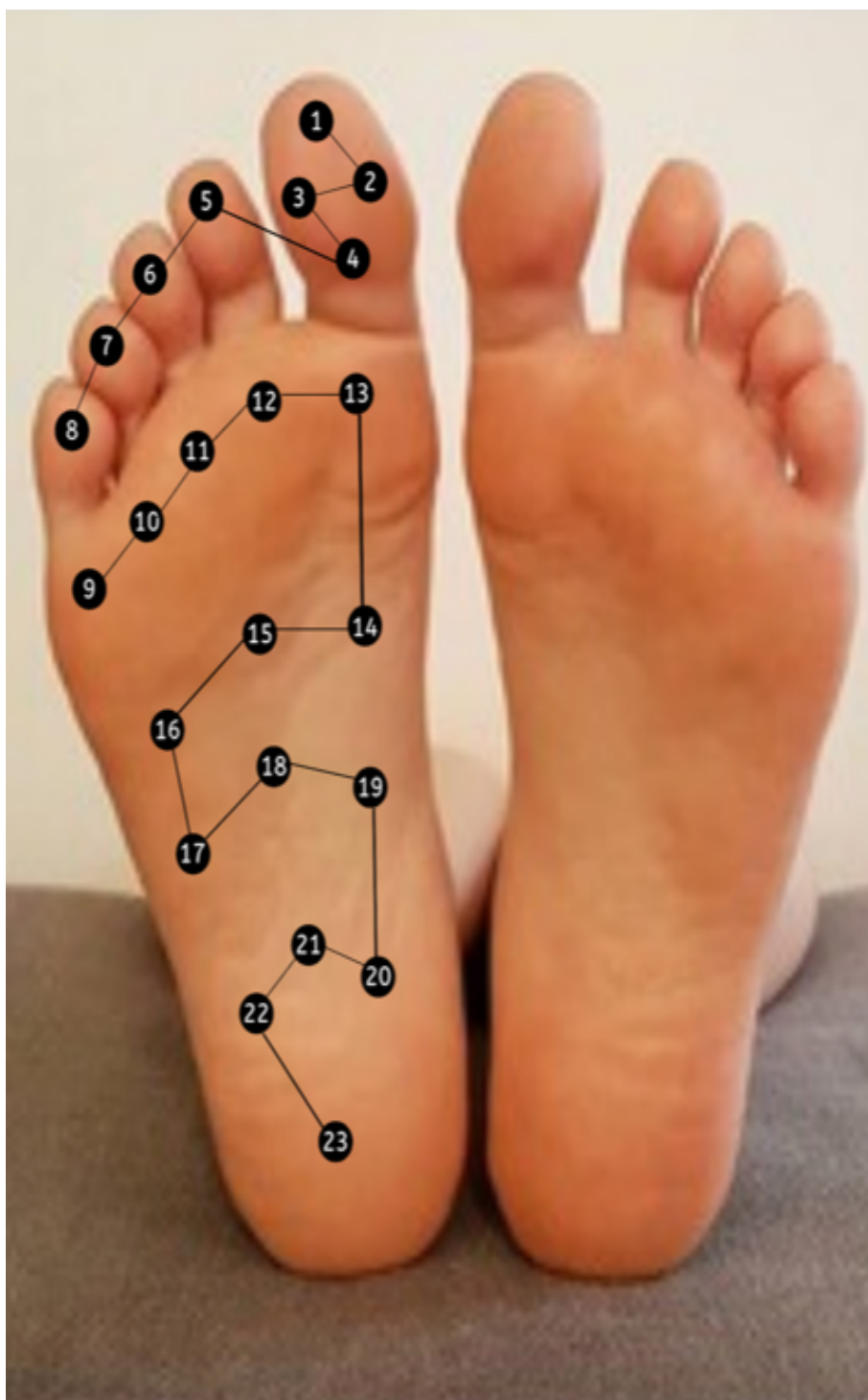
OPENING SEQUENCE

1. Greeting the feet. Place hands on the feet and take 3 deep breaths in time with client to attune yourself with them.
2. Working left foot first, cover right foot with a towel.
3. One hand to front of foot and one hand to back, stroke upwards x 10 changing hands.
4. Cupped hands behind ankle joint and rock the ankle so it “waves” side to side.
5. Thumb press up and down the foot, starting in the centre, and then two lines either side of the centre. Rock backwards and forwards with the movement. Repeat x 3
6. Both hands to either side of the foot and move upwards and down in a “slapping” movement, moving side to side and loosening the foot. Repeat x 3
7. Fingers into channels on top of foot and work up and down x 3 each channel.
8. “S” walk up the channels of the foot. One thumb above the other.
9. Put thumb in between big toe and pull foot to side to circle knuckles down side of foot. Change hands and repeat other side of foot.
10. Claw down outside of foot, repeat on inside of foot.
11. Use knuckles of both index fingers to circle around ankles.
12. Circle each toe and pull
13. Thumb walk across diaphragm line (under ball of foot)
14. Stroke up and down the foot to finish this part of the sequence.

USING THE STICK

1. Use the stick to rub across the toes back and forth x 3.
2. Slide stick to both sides of the toe starting from big toe and working each side of toe and give the stick a twist in between toes.
3. Repeat going back towards big toe.
4. Slide stick up and down channels x 8 and then press at the top (where foot meets toe) for 10 seconds.
5. Now press stick at the very tip of the toe and hold for 10 seconds.
6. Press stick for 10 seconds under each toe and run stick along this eye and ear line x 8.
7. Slide stick down centre line of foot x 8.
8. From centre line take stick to outside of foot under the ball of the foot and off to the left and then to the right x 8.
9. Slide stick down bladder line x 8
10. Window wash using side of stick through entire digestive area of foot.
11. Work each reflex point according to chart.*
12. Use the flat end of stick to hack the heel.

*When using the stick, find the reflex point, increase the pressure slowly and hold in place for 10 seconds.



1. Frontal Sinuses
2. Nose
3. Temples
4. Head
5. Forehead
6. Forehead
7. Forehead
8. Forehead
9. Ears
10. Ears
11. Eyes
12. Eyes
13. Throat & Neck
14. Stomach
15. Thyroid gland & lungs
16. Heart (left foot) & Liver (right foot)
17. Spleen
18. Kidneys
19. Duodenum
20. Urinary bladder
21. Small Intestine
22. Descending colon
23. Sex organs

WORKING THE LEGS

Remember pressure can only go UPWARDS on the leg due to venous return. ALWAYS WORK TOWARDS THE HEART.

Reapply oil to foot and legs

- 1) Warm the foot, stroking up and down
- 2) Thumb press up and down foot, so whole foot is covered.
- 3) Use heel of hands to apply pressure up the outside of leg and then inside, remembering that when you come down pressure must be light. (Move foot to right to work and expose outside of leg, then move foot to right to heel press up inside of leg). Repeat x 8
- 4) Use thumb to slide up to knee level only and gently down. Repeat x 8
- 5) Use knuckles to spiral up the leg (gently down because of venous return) x 8. Remember we are only working towards knee, no higher.
- 6) Bend leg and use both hands behind calf to stroke back of leg.
- 7) Lift leg and stroke calf UPWARDS
- 8) Place leg down and pummel inside and outside of lower leg
- 9) Hold the foot and pummel the heel
- 10) Wrap the foot into a boot, starting at the corner of the big toe.
- 11) Repeat other foot

WORKING THE WRAPPED FEET

Left foot first

- 1) Holding heel with one hand, push and pull foot backwards and forwards x 8
- 2) Rotate the foot first one way, then the other x 8
- 3) Using both hands press up the sole of the foot x 8
- 4) Using both hands press along the top of the foot (channels) x 8
- 5) Thumb press up inside of the leg x 8
- 6) Thumb press up outside of the leg x 8

Repeat other foot

WAKENING THE FEET AND LEGS

Whilst feet are still wrapped

- 1) Stand up and cross both feet over each other with body pressure x 1
- 2) Repeat other way x 1
- 3) Undo boot and leave top of towel over toes
- 4) Sit down again and push both feet backwards and forwards.
- 5) Circle and “pull” toes (they may “crack”).
- 6) Slide hands quickly and lightly up and down leg and finish behind calf.
- 7) Press down on “solar” plexus and take 3 deep breaths with client.

FOOT ANATOMY

The important structures of the foot can be divided into several categories. These include:

Bones and joints

Ligaments and tendons



Muscles

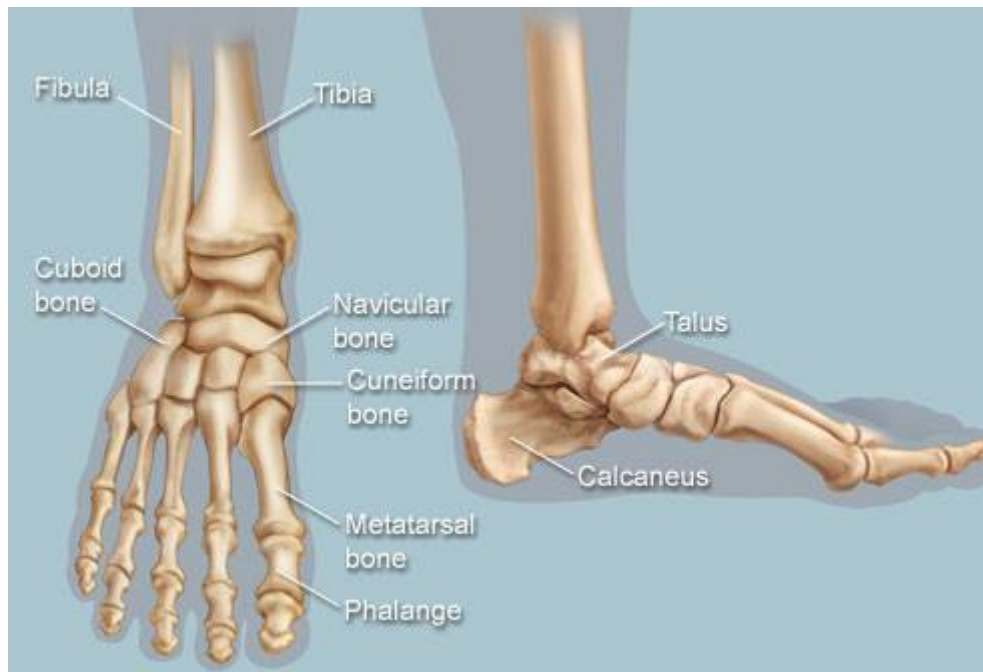
Nerves

Blood vessels

Bones and joints

The skeleton of the foot begins with the talus, or ankle bone, which forms part of the ankle joint.

The two bones of the lower leg, the large tibia and the smaller fibula come together at the ankle joint.



The two bones that make up the back part of the foot (sometimes referred to as the hind foot) are the talus and the calcaneus, or heel bone. The talus is connected to the calcaneus at the subtalar joint. The ankle joint allows the foot to bend up and down. The subtalar joint allows the foot to rock from side to side.

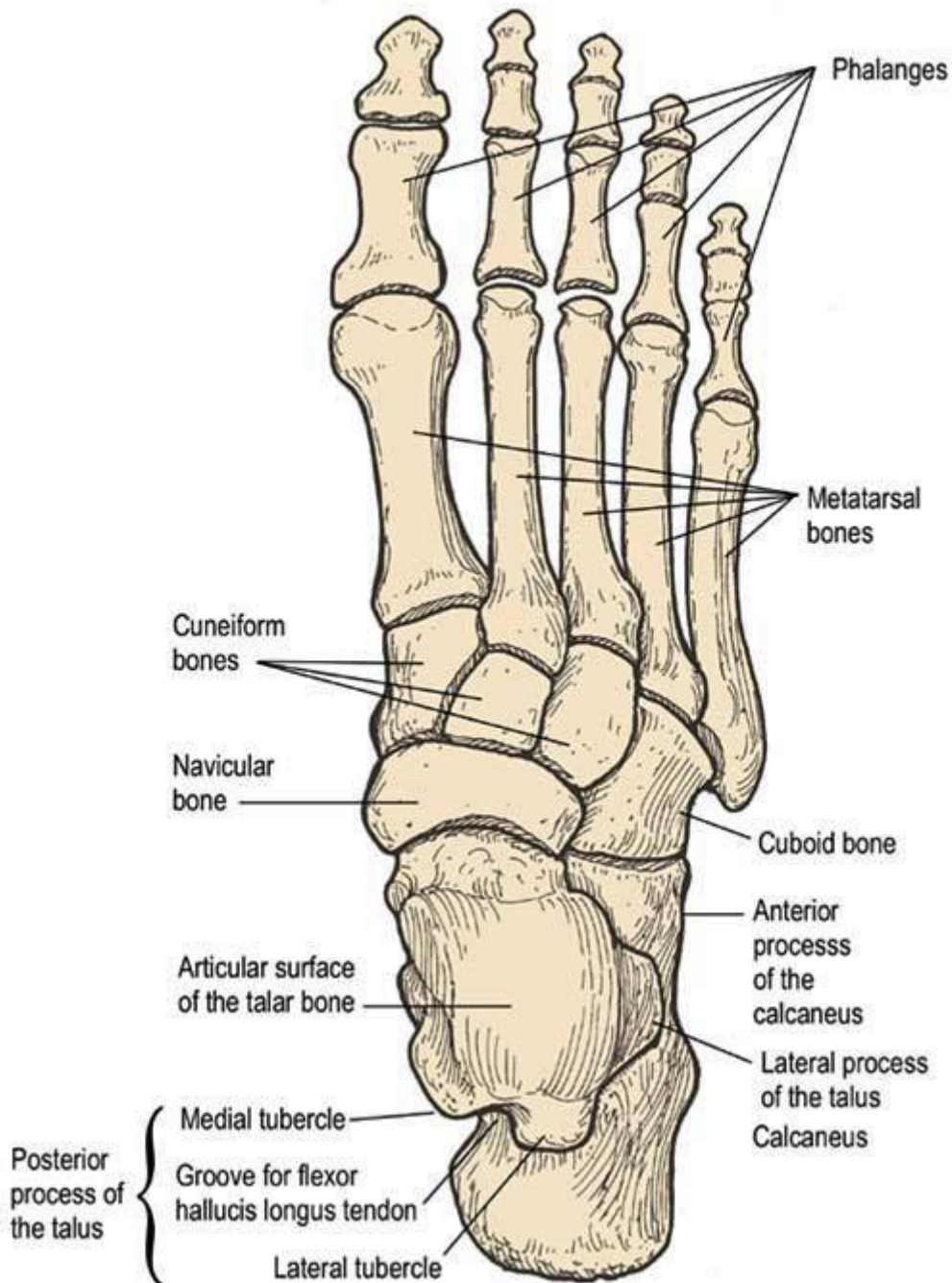
Down the foot from the ankle is a set of five bones called tarsal bones that work together as a group. There are multiple joints between the tarsal bones. When the foot is twisted in one direction by the muscles of the foot and leg, these bones lock together and form a very rigid structure. When they are twisted in the opposite direction, they become unlocked and allow the foot to conform to whatever surface the foot is contacting.

The tarsal bones are connected to the five long bones of the foot called the metatarsals. The two groups are fairly rigidly connected, without much movement at the joints.

Finally, there are the bones of the toes, the phalanges. The joint between the metatarsals and the first phalanx is called the metatarsal phalangeal joint (MTP). These joints form the ball of the foot, and movement in these joints is very important for a normal walking pattern.

Not much motion occurs at the joints between the bones of the toes. The big toe, or hallux, is the most important toe for walking, and the first MTP joint is a common area for problems in the foot.

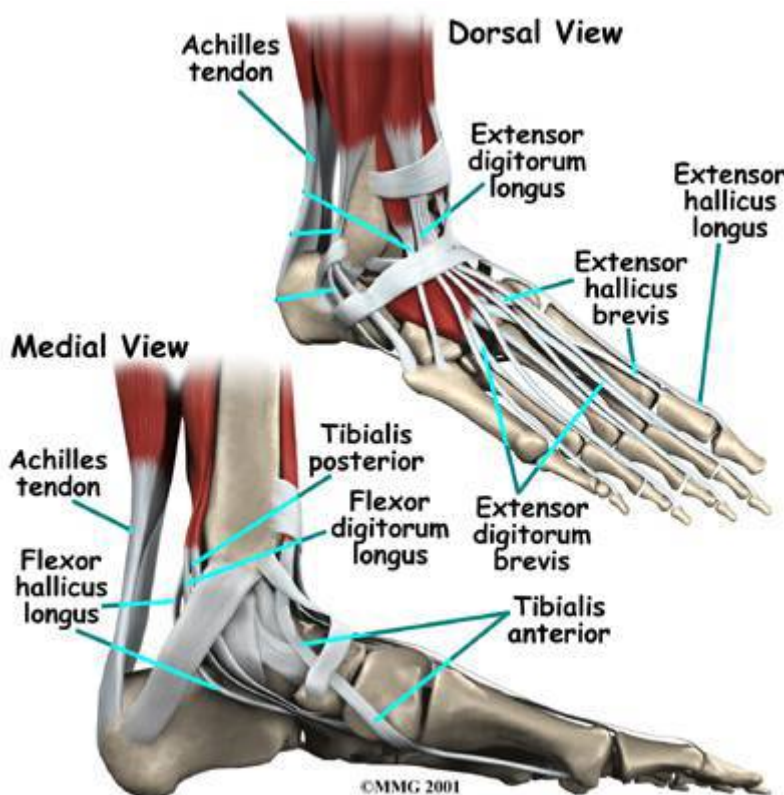
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Ligaments and Tendons

Ligaments are the soft tissues that attach bones to bones. Ligaments are very similar to tendons. The difference is that tendons attach muscles to bones. Both of these structures are made up of small fibres of a material called collagen. The collagen fibres are bundled together to form a rope-like structure. Ligaments and tendons come in many different sizes, and like rope, are made up of many smaller fibres. The thicker the ligament (or tendon) the stronger it is.

The large Achilles tendon is the most important tendon for walking, running, and jumping. It attaches the calf muscles to the heel bone to allow us to rise up on our toes. The posterior tibial tendon attaches one of the smaller muscles of the calf to the underside of the foot. This tendon helps support the arch and allows us to turn the foot inward. The toes have tendons attached on the bottom that bend the toes down and attached on the top of the toes that straighten the toes. The anterior tibial tendon allows us to raise the foot. Two tendons run behind the outer bump of the ankle (lateral malleolus) and attach to the outside edge of the foot. These two tendons help turn the foot outward.

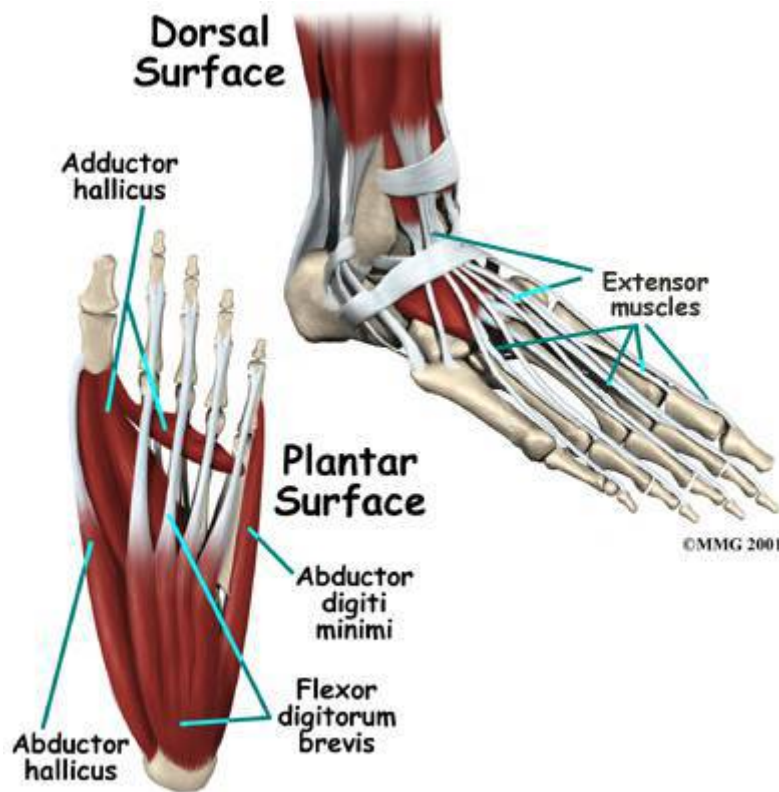


Many small ligaments hold the bones of the foot together. Most of these ligaments form part of the joint capsule around each of the joints of the foot. A joint capsule is a watertight sack that forms around all joints. It is made up of the ligaments around the joint and soft tissue between the ligaments that fills in the gaps and forms the sack.

Muscles

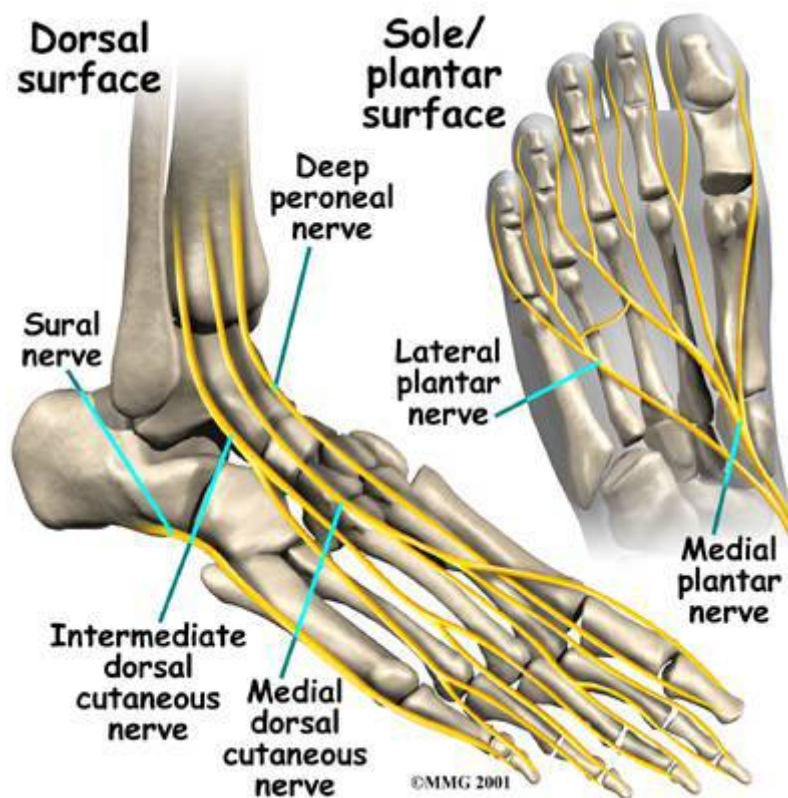
Most of the motion of the foot is caused by the stronger muscles in the lower leg whose tendons connect in the foot. Contraction of the muscles in the leg is the main way that we move our feet to stand, walk, run, and jump.

There are numerous small muscles in the foot. Most of the muscles of the foot are arranged in layers on the sole of the foot. These muscles move the toes and provide padding underneath the sole of the foot.



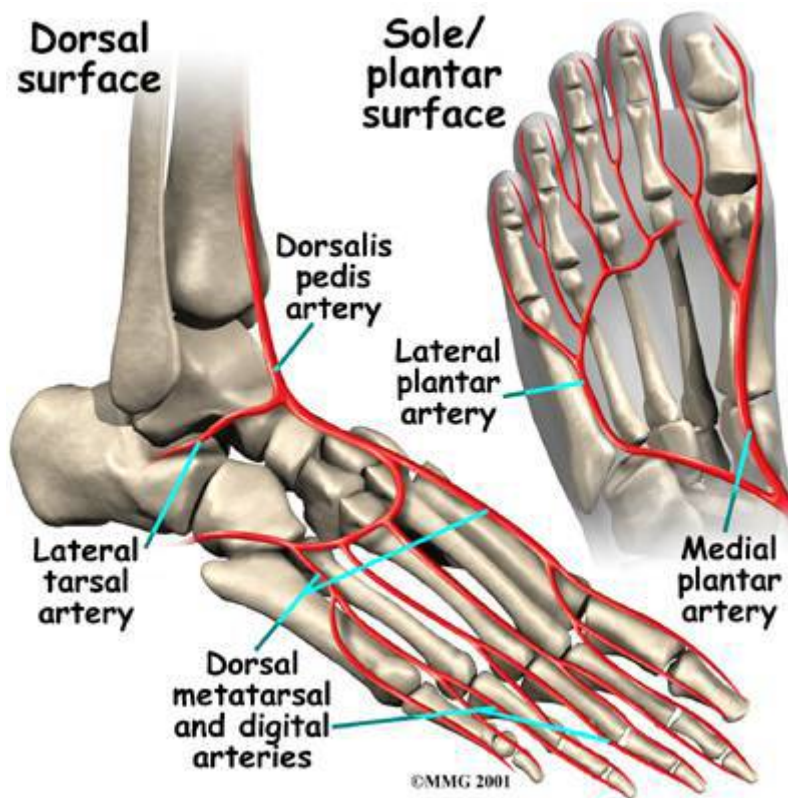
Nerves

The main nerve to the foot, the posterior tibial nerve, enters the sole of the foot by running behind the inside bump on the ankle (medial malleolus). This nerve supplies sensation to the toes and sole of the foot and controls the muscles of the sole of the foot. Several other nerves run into the foot on the outside of the foot and down the top of the foot. These nerves primarily provide sensation to different areas on the top and outside edge of the foot.



Blood Vessels

The main blood supply to the foot, the posterior tibial artery, runs right beside the nerve of the same name. Other less important arteries enter the foot from other directions. One of these arteries is the dorsalis pedis that runs down the top of the foot. You can feel your pulse where this artery runs in the middle of the top of the foot.



TREATMENT REACTIONS & AFTER CARE ADVICE

To enable you to gain maximum benefit from your treatment the following advice is recommended:-

- Please do not leave the treatment room until you feel “grounded”.
- It is advisable not to drive straight away following treatment, but if you do have to drive, make sure that you stay alert and keep the windows open.
- Increase fluids. Drink plenty of water to assist the detoxification process.
- Reduce stimulants. Avoid alcohol, coffee, tea or cola following treatment, as these dehydrate.
- Avoid smoking.
- Eat a light, healthy diet to encourage healing.
- Avoid strenuous exercise. Rest as much as possible and relax for the rest of the day, to allow the body to heal and settle. You may feel an energy boost, but resist the temptation to be too energetic, as this will prevent you from obtaining the full benefit of your treatment.
- Do not be concerned if you feel emotional for a while after treatment, it is just a way that your body releases pent up emotions whilst in a state of relaxation. This is not uncommon, particularly when you have been under stress.
- You may possibly experience what is known as a “healing crisis” (the body taking the path to healing following treatment, and you may notice the return of your symptoms for a while before you start to feel better. If you have a headache following your treatment, try not to take any medication to resolve it, if you get adequate rest and fluids your symptoms will improve.

Please make a note of any reactions you have experienced in between treatments and let your therapist know on your next visit.

HYGIENE & PROFESSIONALISM

Hygiene is of the utmost importance – it must be carried out regularly and be visible to the client. It also creates the right image and increases the client's confidence in the therapist and establishment. When carrying out a treatment, we need to achieve a high standard of hygiene to reduce the risk of cross-infection to a minimum. The following are measures to assist:-

Towels:- Always use paper to cover the towels, pillows and table/trolley. All towels should be changed between clients and any dirty linen to be placed in a covered laundry bin and washed regularly in a non-biological detergent.

Floors:- Must be cleaned regularly – use anti-bacterial wipes in between clients to prevent the spread of infections. Mop or wash daily with disinfectant.

Sinks, Worktops & Toilets:- These must be cleaned regularly and kept scrupulously clean with appropriate chemicals/toilet cleaners.

Waste Disposal:- Any tissue and paper roll waste must be disposed of immediately in a covered bin. The waste container should be emptied and disinfected daily.

Personal Hygiene:-

- Always remove jewellery before a treatment.
- Have clean hair and keep it off the face.
- Dress cleanly, appropriately and professionally.
- Short, clean fingernails (preferably no varnish)
- Use anti-perspirants/deodorants (wash and reapply between clients)
- No strong perfumes
- Common sense....shower, bath and change underwear daily.....

Client Records:- Always keep client consultation forms/record cards up to date and both stored and treated with confidentiality, so no-one else has access. Remember,

if stored on a computer, then the establishment must be registered under the Data Protection Act of 1984.

PROFESSIONAL ETHICS AND CONDUCT

Therapists shall:-

- Demonstrate commitment to provide the highest quality treatment to those who seek their professional service.
- Not discriminate or behave in any prejudicial manner with clients and colleagues.
- Demonstrate professional excellence through regular self-assessment of strengths, weaknesses, limitations and effectiveness by continued professional development in education and training.
- Respect the confidential nature of the professional relationship with clients and acknowledge each clients right to privacy.
- Conduct all business activities within the law and project a professional image for yourself, your business and the profession in general.
- Accept responsibility to refrain from or do any harm to the physical, mental and emotional well-being of clients, self or associates.
- Refrain from engaging in any sexual conduct or sexual activities involving their clients.
- Practice honesty in advertising and promote any services ethically and only for those which you have received adequate training. To ensure that you do not make false or dishonest claims regarding the potential benefits of the service(s) offered.

CONSULTATION FORM FOR MASSAGE

*The following information is required for your safety and to benefit your health.
Whilst Massage is very safe, there are certain conditions which may require special
attention. Please note that all information will be treated in the strictest confidence
and it may be necessary for you to consult your GP before treatment is given.*

Name.....DOB.....

Address.....

.....

Tel Home.....Mobile.....

Occupation.....

Do you or have you ever suffered with:-

- | | | |
|---|-----|-----|
| • High temperature or fever | Y/N | |
| • Infection | Y/N | |
| • Acute infectious disease | | Y/N |
| • Migraine or headaches | | Y/N |
| • Skin infections | Y/N | |
| • Allergies | Y/N | |
| • Recent haemorrhage | Y/N | |
| • Recent surgery | | Y/N |
| • Heart condition | | Y/N |
| • Recent injury | Y/N | |
| • High or low blood pressure | Y/N | |
| • Recent scar tissue | Y/N | |
| • Epilepsy | Y/N | |
| • Diabetes | Y/N | |
| • Thrombosis/embolism | Y/N | |
| • Severe circulatory disorder | Y/N | |
| • Severe bruising, open cuts or abrasions | | Y/N |
| • Dysfunction of the nervous system | Y/N | |
| • Undiagnosed, bumps, lumps or swellings | Y/N | |
| • Currently under the influence of drugs or alcohol | Y/N | |
| • Are you or could you be pregnant | Y/N | |
| • Do you have any conditions which may affect treatment | | Y/N |

If the answer to any of the above is Yes, please give dates and details:-

.....
.....
.....

Are you currently taking any medication

Y/N

Details (including dosages):-

.....
.....
.....

Is GP referral required

Y/N

Clearance form sent (Date)

Y/N

Clearance form received (Date)

Y/N

Doctor.....

Address.....
.....

Telephone number.....

Is your general health Good Average Poor

Are your stress levels High Medium Low

Are your energy levels High Medium Low

Do you find time for relaxation/hobbies:- Y/N

Details:-

.....
.....

Client Declaration

I declare that the information I have given is correct and, as far as I am aware, I can undertake treatments without any adverse effects. I have been fully informed about contra-indications and am, therefore, willing to proceed with treatment.

I understand that Massage does not substitute medical treatment.

Client Signature.....Date.....

INSURANCE AND OTHER INFORMATION

Once you have completed your course, you will need to hold adequate insurance cover before you put your new skills into practice, or if you are thinking of changing your insurance policy, please note the following:

Fine Tuning work in Partnership with Westminster Insurance, you can get you quote here, <https://westminster.global/uk/?Introducer=8264>

If you already have insurance cover, most companies will recognise our CPD courses and add our training courses to your existing policy, but please check with your current insurers.

Data Protection Information:-

http://www.ico.gov.uk/for_organisations/data_protection/the_guide.aspx

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