

Think on your feet



**The connection between feet and brain
and how reflexology can help**

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- Reflexology is one of the most sought-after complementary therapies in the UK.
- C. 18% of adults have reported trying a form of complementary therapy including reflexology.

Overview

- ✓ What is reflexology?
- ✓ Key concepts
- ✓ Benefits of reflexology
- ✓ How can reflexology help brain injury patients?
- ✓ Real-life reflexology. Case study
- ✓ Summary

What is Reflexology?

Reflexology is a non-intrusive complementary therapy

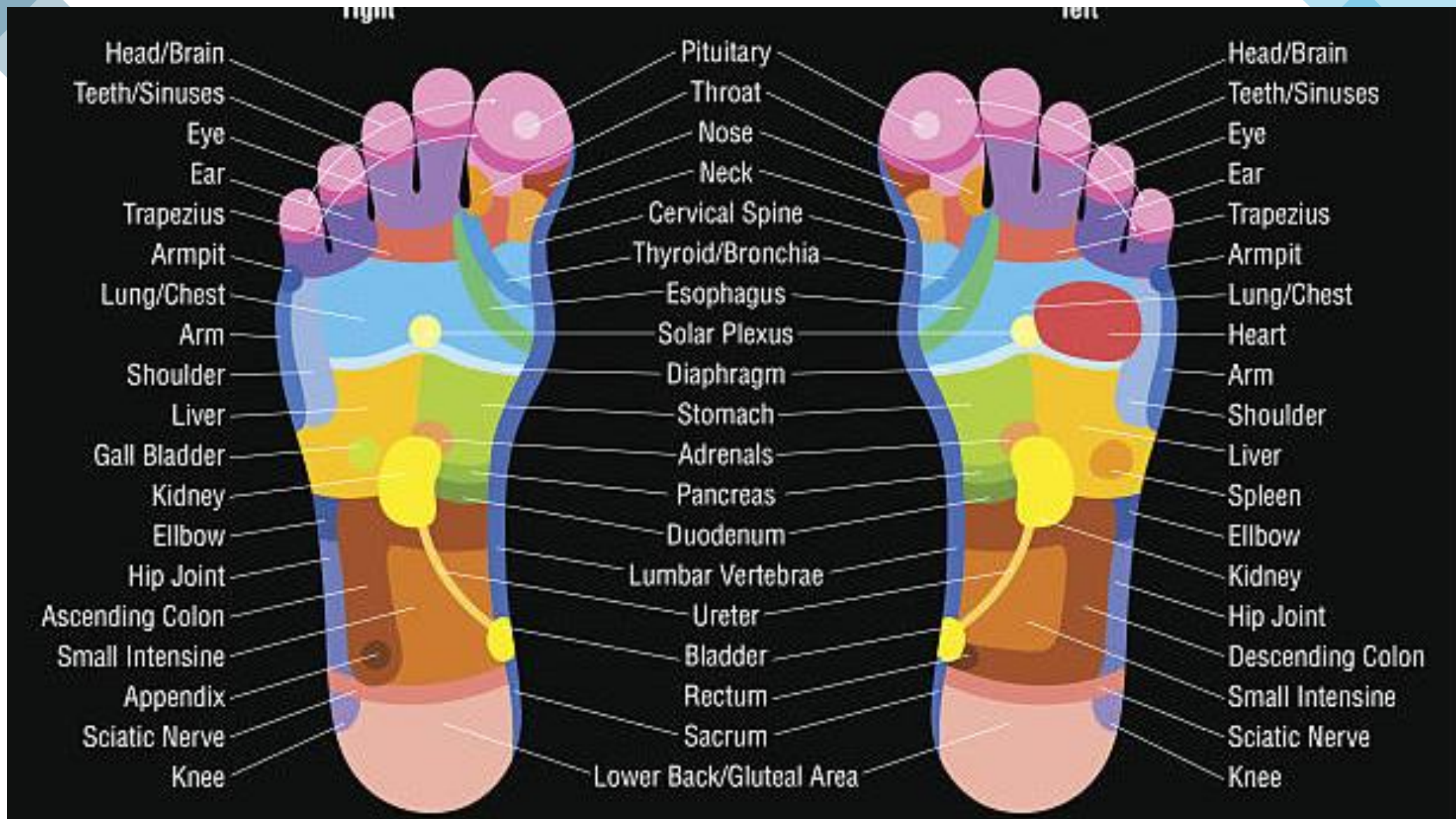


Key concepts

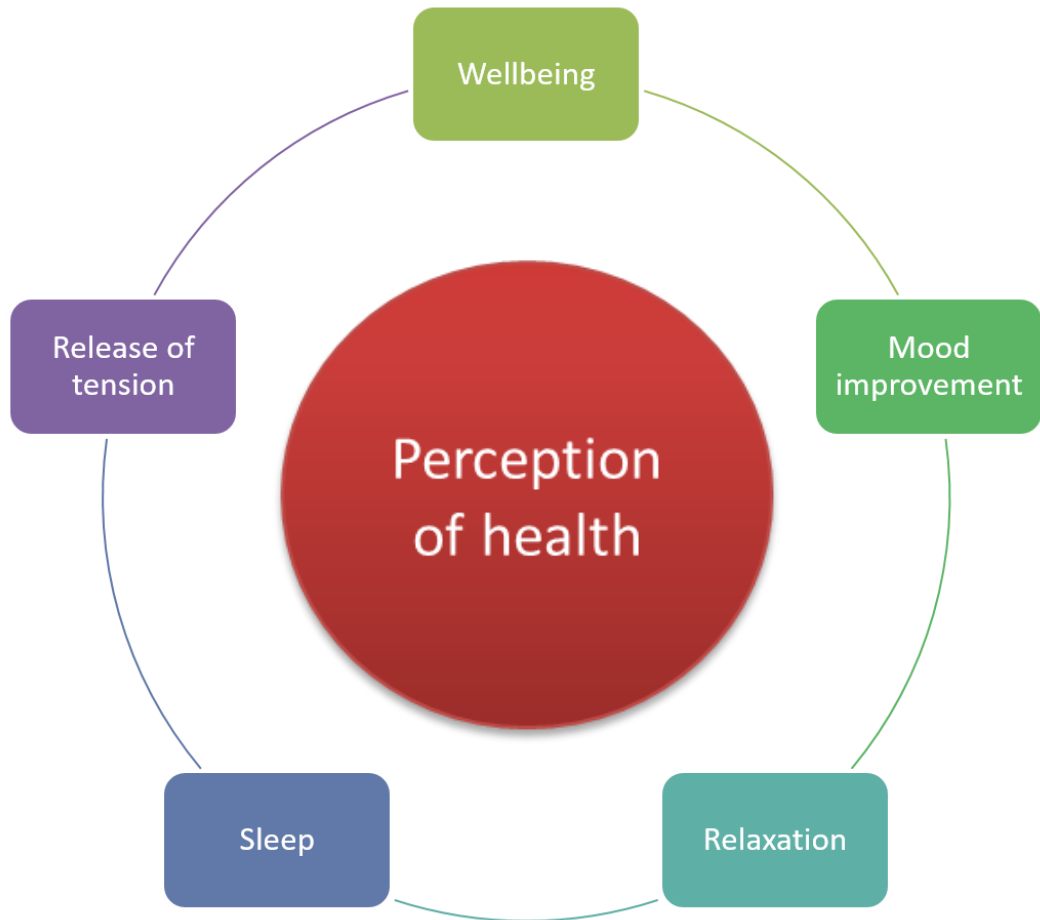
Reflexology is based on the theory that the different organs and systems of the body can be mapped to different points or areas on the feet, hands, face or ears.

Reflexologists believe:

- ✓ Working these points or areas may affect the corresponding organs or systems within the body.
- ✓ Reflexology allows the body to move towards a state of balance and self-healing.
- ✓ This is thought to occur through changes prompted by nerve stimulation to the brain and central nervous system, providing feedback to the body's individual parts.



Benefits of Reflexology



Reflexologists use:

- Gentle strokes
- Dynamic movements
- Use mainly thumbs or fingers

How can reflexology help Brain Injury patients?

- ✓ Increased Blood Flow
- ✓ Stress Reduction
- ✓ Neurotransmitters Release
- ✓ Pain
- ✓ Holistic Approach
- ✓ Stimulating Neural Pathways

Real-life reflexology. Case study



Angela, 55 y/o, London

- ✓ **Diagnosis:** Astrocytoma
- ✓ **Main complaints:**
Anxiety, low mood, CIPN.
Pain in feet. Numbness
and tingling. She felt like
“walking on pebbles”

In the Therapy room

- ✓ **Appointment 1:** Angela had a bit of emotional release when talking about herself and her condition.
- ✓ She relaxed well during therapy.
- ✓ Expressed her surprise about how relaxing reflexology is
- ✓ Feet felt “alive” and less “swollen”
- ✓ **Appointment 2:** Angela was in good spirits. She was looking forward to the appointment as it was very relaxing.
- ✓ Her feet were still painful and in the same condition, but she reported that they felt much better for a couple of days after the last therapy.
- ✓ Angela fell asleep during the session



In the Therapy room

- ✓ **Appointment 3:** Feet felt less sore after therapy. Angela found the sessions “extremely beneficial.” Felt asleep during therapy. Continued exercises and self reflexology techniques shown during therapy.
- ✓ **Appointment 4:** Angela fell and lost her confidence. I worked on reassuring her to return to her normal life. Focused on working to help reduce anxiety.
- ✓ **Appointment 5:** Increased levels of confidence. “I always take so much from these appointments.” Appreciated the role that reflexology had on her rehabilitation.



Summary

- ✓ **Reflexology** doesn't separate between physical function and emotional disposition. It considers patients holistically.
- ✓ **Reflexology** can help improve the quality of life of brain injury patients irrespective of their prognosis.
- ✓ **Reflexology** can help enhance positive outcomes.

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Thank you!