

STAND AT THE FOOT OF THE TABLE

Saying Hello to the Body



1

THERAPIST POSITION:

Stand in the lunge position. Palms at the arches.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Legs and feet

ACTION: Palm press the arches together: in-out in. Move to the straddle horse position, palm press walk the arches then continue to palm press walk up the calves fingers facing North. Palm circle the knees. Palm press walk the thighs. Return to the feet repeating the sequence in reverse. Move back to the lunge position, then palm press together: in-out-in to finish.

STAND AT THE SIDE OF THE TABLE



2

THERAPIST POSITION:

One hand at the side of each hip.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Hips, Lateral Torso and Legs

Body Jostle

ACTION:

Jostle the client's body back and forth with a push pull motion from the hips to the arm pits, down to the knees, back to the arm pits and finish at the hips. This movement can be done slowly and/or vigorously, and can be used in transition.

STAND AT THE FOOT OF THE TABLE FOR MOVEMENTS 3-7



3

THERAPIST POSITION:

Clasp the client's heels with both hands and lift one or both legs.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Legs and Hips

Leg Circles

ACTION:

1) Lift and circle the legs several times in either direction increasing and decreasing the diameter of the circles.

2) Make a figure 8 with the legs several times in either direction. Legs can be circled individually.



4

THERAPIST POSITION:

Cup the client's heels in the palm of your hands and lift the legs.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Legs and Hips

Windshield Wiper the Feet

ACTION:

Internally and externally rotate the feet and legs using a vigorous motion.

Note: This can be done unilaterally or bilaterally.



5 Thumb Press Six Points of the Feet

THERAPIST POSITION:

Stand in the lunge position. Thumb pads at point 1, with fingers wrapped over the arches of the feet.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Plantar Surface of the Feet

ACTION:

Thumb press together points 1-6. Points 1,2, and 3 are along the center line. Points 4, 5, and 6 are along the arch. Point 1 is located proximal to the phylangeal joint of the third toe. Soft, hard, soft.

Note: Use the thumb pads rather than the tips.



6 Five Lines to the Toes

THERAPIST POSITION:

Place the pads of your thumbs at point 3

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Plantar Surface and Toes

ACTION:

Start at point 3, thumb press together along an imaginary line to the first phylangeal joint of the big toe. Thumb finger circle from the base of the toe to the tip of the toe. Pull and press at the tip of the toe and release. Repeat on the remaining lines.



7 Four Lines on the Top of the Feet

THERAPIST POSITION:

Place the pads of your thumbs at the hollow of the anterior ankle.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Dorsal surface of the feet

ACTION: Thumb press together the dorsal surface of the ankle (a slight dorsiflexion will help to identify this hollow). Thumb circle between and over the tendons on the 1st and 2nd toes. Thumb finger circle to the tip of the toe then pinch the tip of the toe and release to complete line 1. Repeat on the remaining three lines. Finger circle along the lateral border of the feet to access the little toes.

SIT AT THE FOOT OF THE TABLE FOR MOVEMENTS 8-13 (WORK UNILATERALLY)



8 Windshield Wiper Finger Flip

THERAPIST POSITION:

Therapists inside hand is under the client's heel with fingers at the lateral malleolus.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Legs and Hips

ACTION:

Flip the fingers allowing the client's leg to internally and externally rotate as the heel rolls back and forth on the palm. This movement should be performed vigorously for best results. Note: Cross the arms to perform this movement bilaterally.



9

Foot Rotation

THERAPIST POSITION:

Clasp the client's heel with the inside hand. Clasp the client's foot with the outside hand, with the heel of the palm resting at the ball of the foot.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Hip, Leg, Ankle and Foot

ACTION:

Push forward with the outside hand then pull back with the inside hand. Keep the inside arm straight and rotate 3 to 5 times in each direction.



10

Foot Twist – Inside

THERAPIST POSITION:

Clasp the client's heel with the inside hand. The finger tips of the outside hand are at an arch.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Foot and Leg

ACTION:

Twist the foot as if wringing out a towel and move the fingers up and down the arch, magic number. Lean back and traction the leg with each wringing motion.



11

Foot Twist – Outside (1 and 2)

THERAPIST POSITION:

Cup the clients heel with the outside hand and internally rotate the leg.

- 1) Rest the palm on the dorsal surface of the foot with fingers in the arch.
- 2) Finger hook the lateral border of the foot.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Foot and Leg

ACTION:

- 1) Press down on top of the foot. Internally rotate the leg, while leaning back towards the mid line and traction with the outside hand.
- 2) Lean back and pull, traction the leg while simultaneously twisting the foot.



12

Ankle Wobble

THERAPIST POSITION:

Place the heels of the palms distal to the medial and lateral malleoli.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Ankle joint

ACTION:

Move the hands forward and back vigorously.



13

Pulling the Toes

THERAPIST POSITION:

Cup the heel with the inside hand. Place your thumb and index finger of your outside hand at the base of the big toe.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Toes

ACTION:

Pull firmly with each hand, traction each toe. A popping sound is often heard.

STAND AT THE FOOT OF THE TABLE FOR MOVEMENTS 14-16 (WORK BILATERALLY)



14

Ankle Stretch (Plantarflexion)

THERAPIST POSITION:

Place the palms on the dorsal surface of the feet just distal to the ankle joint.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Anterior Lower Leg and Ankle Joint

ACTION:

Palm press together magic number to the toes and back.



15

Push the Toes (Dorsiflexion)

THERAPIST POSITION:

Stand in the lunge position. Place heels of palms at the balls of the feet with the arms straight and fingers wrapped over the toes.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Dorsal Surface of the Feet

ACTION:

Flex the toes and lunge forward three times: soft-hard-soft.

Note: Place your finger tips firmly at the base of the toes for a more complete stretch.



16

Cross the Feet

THERAPIST POSITION:

Stand in the straddle horse position. Cross the client's feet with one foot on top of the other with the heels as far apart as possible. Use a hand over hand position and place both hands on top of the client's foot.

To Start:

Males-right foot over the left.

Females-left foot over the right.

CLIENT POSITION: Anatomical Supine Position

BODY AREA: Feet, Ankles, and Hips

ACTION:

Press down: soft-hard-soft, then reverse the feet. Keep your arms straight and bend at the knees.