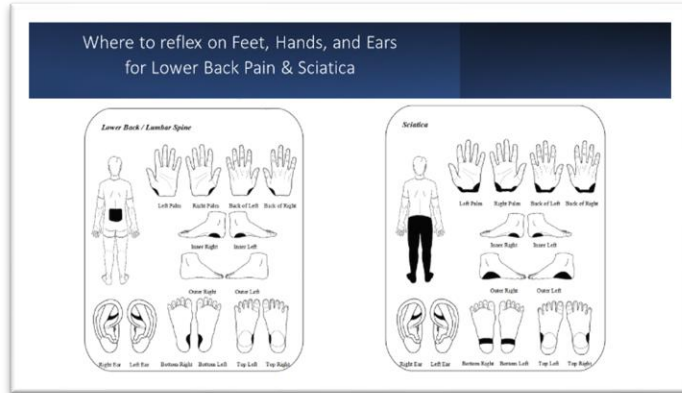


## LOWER BACK and SCIATIC PAIN

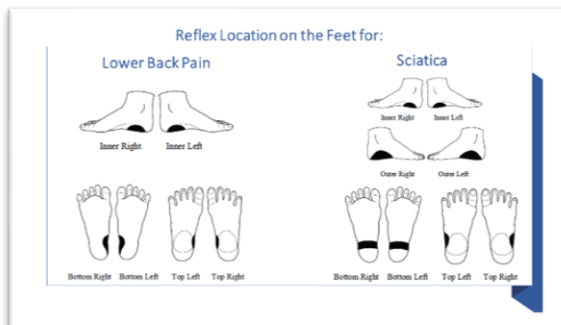
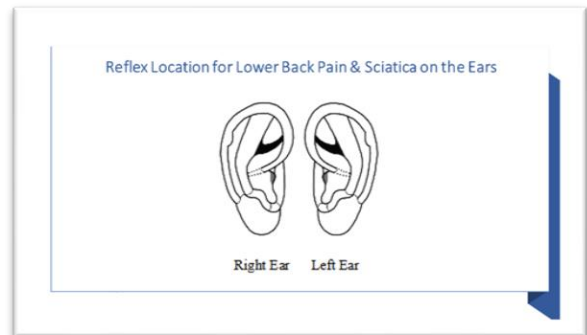
80% of the population at some point in their lifetime have suffered from lower back pain. That is an extraordinary percentage! How helpful it would be for sufferers to use Self-Help Reflexology techniques to relieve some or all of the pain and discomfort. The **WORLD REFLEXOLOGY FOUNDATION (WRF)** focused on this very topic for their latest online workshop. This free, non-vocational workshop instructed the participants where to work 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> on the ears, feet and hands for the most effective outcome. This is called Priority Reflexing. Included in this workshop was attention to Sciatica discomfort, as the two often go hand in hand.



The WRF is a not for profit organization whose mission is to help empower people all around the world with the healthful benefits of Reflexology. By offering no cost workshops, both online and in person, it is the goal of the WRF to teach individuals and families the basics and the benefits of Reflexology. All workshops are led by Reflexologists that are Volunteer Trainers who have gone through additional training on how to instruct individuals with no prior knowledge of how to use Reflexology on themselves.

WRF Vice President **Stefanie Sabouchian** was the moderator for this workshop and began with an introduction and a synopsis of Reflexology maps and zones. **Sara Chameides**, WRF Recording Secretary, gave a short description of what the World Reflexology Foundation does and their mission. A handout with the corresponding maps of the areas of focus had been sent out a day previous to all participants for their reference. Participants were encouraged to work on their own feet, hands, and ears as they were guided through the techniques. It was mentioned that the demonstration portion would be shown in a quicker manner than it should be executed at home on oneself. Taking more time and doing it consistently would support maximum results.

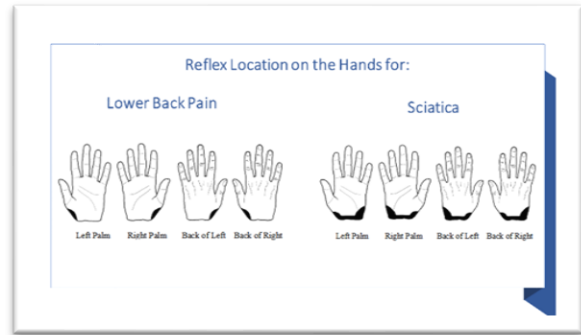
In line with priority reflexing, the Ears were the first to be demonstrated. WRF Volunteer Trainer **Annie Sanchez** showed where the lower back reflex area could be found on the upper narrow ridge, just below the triangular fossa, and how to hold it with one's thumbs with gentle pressure. She demonstrated on a plastic ear and then on her own ear, explaining to work both ears unilaterally. To help keep the shoulders relaxed, it was suggested to rest the elbows on a table while holding this reflex area. This hold should be a minimum of five minutes but could be held much longer for maximum results.



**Mitta Wise**, WRF Director, next showcased the foot. Here Mitta used a plastic foot to show how to work first the inner edge, to work for the lumbar spine, and then reflex across the foot between the soft sole and heel to address the lower back muscles. She showed how to reflex the soft triangle below the outer ankle bone for any sciatic pain that might affect the hip and leg. Mitta showed different reflexing movements that could be used on these areas. Whether it be a thumb roll, inch worm, hold and circle, or using thumb or fingers, these techniques are all very effective. Mitta also explained that the work

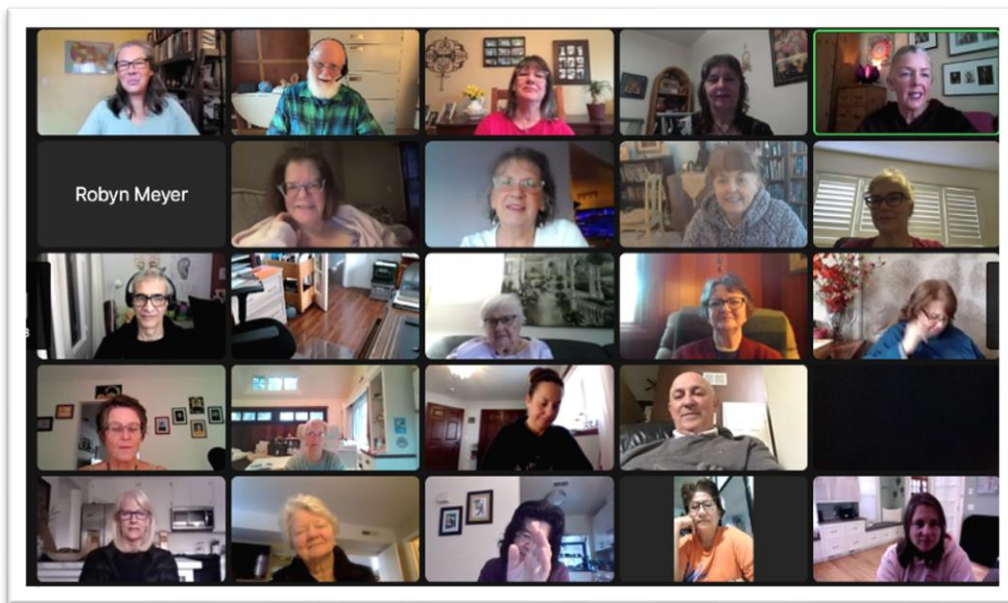
could be performed in a vertical manner, reflexing up and down the inner edge for spinal reflexes. One should always work the greater area.

The hand was the last area to be featured. The reflex areas on the hand are very similar to the ones on the foot. The lower back reflex area is located on the edge of the thumb side of the hand, around the large knuckle, just above the wrist. **Sara Chameides** showed how to cradle one hand in the other, if comfortable, and work the reflex area with either the thumb or index and middle finger, depending on one's comfort level. She also reiterated Mitta's techniques of thumb roll, inch worm, or press and circle on this reflex area.



To help relieve sciatic pain, the pelvic line reflex was worked by reflexing across the palm side above the wrist. On the outer edge of the hand, close to the wrist, the hip, leg, and foot reflex points can be found. Sara explained that it is a small reflex area representing the leg reflexes, but this area is very helpful to bring relief for sciatic discomfort. Sara pointed out that some areas on the hands can be sensitive for people with arthritis, so working lighter in that area is recommended.

**Bill Flocco**, Founder and President of the WRF, and **Stefanie Sabouchian** answered any questions participants had about the World Reflexology Foundation and about Reflexology.



The participants were informed to work on these reflex points in the order of priority, if possible, but any attention to the reflex points and areas that were shown could be very beneficial. The most positive outcomes occur when working longer periods of time and multiple times a day. The importance of hydrating was suggested and some of the contraindications/precautions mentioned – don't work on open sores or anything contagious; if it is tender work lighter, and others. And, of course, always make sure you are in a comfortable position to work. It was encouraged to visit the WRF website for further information on WRF, Reflexology and future WRF Self-Help Reflexology Workshops.

The WRF relies entirely on donations from the public and the support of volunteer efforts. To donate to \*WRF please visit [www.worldreflexologyfoundation.org](http://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.