



Teaching Self-Help Reflexology to the World

What A Pain In The Neck!

Neck Issues Self-Help Reflexology Workshop Report

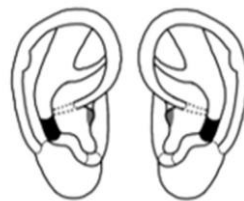
“What a pain in the neck!” A common saying, however, is very true for many people of all ages. Neck pain isn’t always localized and can cause a myriad of other ailments. If you could find a way to help relieve this type of pain yourself, without medication, wouldn’t you want to try? That was the focus of the October 23rd World Reflexology Foundation’s online workshop. This non-vocational free online workshop focused on where and how to work on oneself for neck issues with Self-Help Reflexology. Showcasing Priority Reflexing, WRF Volunteer Trainers guided participants with demonstrations, and visual cues of where, how, and in what order, to work on the ears, the feet and the hands.

The workshop led by World Reflexology Foundation President Bill Flocco began with an introduction into what is called Priority Reflexology. Bill posed the notion that if, for decades, it has been shown that the order in which we work the feet or the hands or the ears can have a big impact on getting the quickest results, especially when there is pain in the body, then it makes sense, and can be a powerful tool, to learn the order of Priority Reflexing when working for different areas of the body.

Before the hands on demonstrations began, board member and Volunteer Trainer Sara Chameides described the regions of the body using the WRF color charts, giving an overview of the corresponding areas to the human body.



Victor showing how to locate Neck Reflex.



Right Ear Left Ear

Neck Reflex location on the ears.

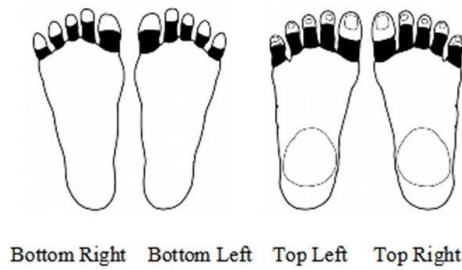


Holding both ears while resting elbows on desk or table top.

Volunteer Trainer Victor Archuleta began the priority sequence, instructing participants where to work on the outer ear. Using a plastic ear, Victor showed where to find the Neck Reflex. Starting with his index finger, he moved up the lobe to the notch, over the “bump” and right above onto the ridge. At this location he placed his index finger on this ridge, or Neck Reflex area, and placed his thumb behind the ear for support. He suggested, when possible, to hold both ears simultaneously, resting one’s elbows on a desk or table top to release any tension in the arms and shoulders while holding. Victor then demonstrated on his own ears this process and suggested that everyone try it on themselves. The group was encouraged to gently close their eyes and to hold this reflex area during a few minutes of silence. It was a powerful experience, and Victor pointed out that even though three minutes with this hold is extremely relaxing, the Neck Reflex area on the ears can be held for five or ten minutes, or even longer if one has the time.



Yvonne relaxing foot before working on reflexes.



Neck Reflex location on the feet.



Reflexing lower half of great toes for Neck Reflexes.

Yvonne Evans was the next Volunteer Trainer up, and she showcased the feet. The Neck Reflexes, she pointed out, can be found on the lower half of the toes closest to the foot, with particular emphasis on working the big toes. Yvonne clarified that in order to get the best results when working on the big toe, it is best to work all sides and front to back. During this demonstration, she began by holding up a plastic foot and demonstrating the different ways one could position their own foot to reach and work most comfortably and effectively. Placing the foot over the opposite knee brought the foot to a good level in which to work, and a pillow could be used for ease or for raising the foot to a higher position. Yvonne then introduced different techniques in which to work. First was the inchworm, moving across the reflex area by using gentle pressure, followed by a “press and hold”, and gentle circular motions over any tender spots. She suggested starting with the foot that corresponds with the same side of any neck discomfort, then switching to the other foot, working slowly and often.



Paul with blue markings showing location of Neck Reflexes.



Neck Reflex location on the hands.



Demonstration of various reflexing palpation techniques.

Board member and Volunteer Trainer Paul Harvey guided the last area to work with Priority Reflexing, the hands. Much like the feet, Paul mentioned that although the base of all fingers contains the Neck Reflexes, the thumb is the most effective. With a blue piece of tape showing the reflex area on his thumbs (just above the base of the thumb joint) Paul detailed how to hold the hand while working the thumb’s Neck Reflex area. There are a few different ways to activate this area and, like Yvonne, Paul showcased a few techniques to achieve this. He not only worked up and down, but around the entire area reminding the participants that the neck structure is three dimensional like the thumb. Remembering to work on both hands will help to bring more relief, and the convenience of working on the hands makes a great option.



Bill workshop facilitator describing priority reflexing, and answering questions.

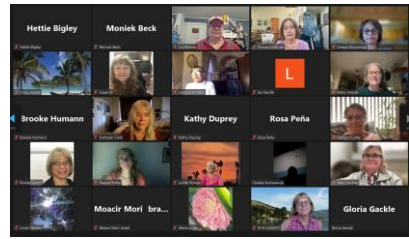


Kathy reviewing how and where to reflex Neck Reflexes 1st Ears 2nd Feet 3rd Hands



Sara describing reflexology, cautions, importance of water.

Before Questions and Answers, Board Member and Volunteer Trainer Kathy Reynolds did a quick review of the previous demonstrations. The priority progression that was demonstrated was recommended but not necessary if only one area was available to work, or time did not permit the full sequence. Kathy reiterated to work often, for longer periods of time, if available, and to work mindfully and slowly. Contraindications were reviewed, and the importance of hydration after any reflexology was encouraged.



Over 80 participants from many states and numerous countries from around the world.

In conclusion, these non-vocational workshops are provided by the World Reflexology Foundation free of charge and are completely run on donations and by volunteers. The WRF is a non-profit whose goal is to reach millions of people across the globe and to help bring better health worldwide. The WRF relies on word of mouth, donations, and grants to help fund their outreach. If you are interested in donating, signing up for the newsletter, or if you would like to receive workshop notices, please visit www.worldreflexologyfoundation.org. And, please, tell your family, friends, neighbors, and colleagues!