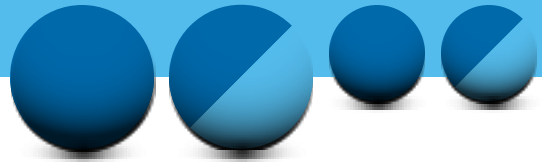
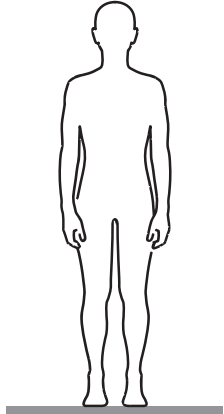


Full Foot Treatment

Balls: Large Soft, Small Soft or Firm, Large Firm

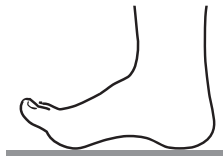


Note: Do each technique on one foot then repeat all the techniques on the other foot.



Body Scan Assess

Stand with your feet side by side, hip-width apart. Close your eyes and use your Body Sense to notice your feet. Does it feel like you have more weight on your left or right side? Are you sensing that your weight is concentrated on a particular region of your feet? Use your Body Sense and scan up your legs. Notice the joints of your ankles, knees, and hips. Are your thigh and butt muscles engaged? See if you can relax these muscles. If so, you are working too hard to simply stand up. Scan back down your legs and notice if one foot feels like it is out in front of the other. Remember what you feel.



TOE LIFT ASSESS

Keep your eyes closed and legs relaxed. Exhale as you lift all ten toes off the floor and notice how you drift backward. Take 1-3 focused breaths with your toes lifted. On the final exhale, set your toes down. Notice if you felt yourself drift forward. Try the same assessment with your eyes open and notice how much less you drift when you can rely on your sense of sight to remain balanced.



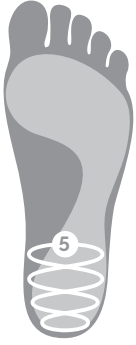
Position Point Pressing



Stand with your feet hip-width apart. Place the large soft ball in front of you and step onto it so it aligns with position point 1. Put your feet side by side, hip distance or a little further apart and gently shift some of your body weight onto the ball to create tolerable pressure. Then shift some of your weight off the ball. Repeat this shifting two to three times to ease into tolerable compression while you take focused breaths. Before you move to the next point, step backward with the opposite foot and shift your weight to that foot. Place the ball under position point 2, directly under the big toe knuckle. Gently rock forward to apply tolerable compression to that point. Step on your back foot to decompress the ball as you move to the next point. Continue this rocking motion as you compress and decompress each point.



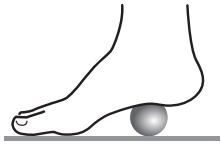
Discover the secrets to pain-free living... at any age!™



Glide



Place the large soft ball on point 5, right in front of the heel, as shown. Your forefoot and toes are on the floor. Your heel is off the ground. Keeping your forefoot on the floor, slowly move the ball from side to side in front of the heel. Continue gliding the ball from side to side as you work your way in a zig-zag pattern, to the back of the heel and then back to point 5.



Direct Shear



With the large soft ball on point 5, use a slightly heavier compression to rub your foot in very small movements left to right. The ball should barely move. Hold the compression and take focused breaths as you allow the tissue to adapt.



Forefoot Rinse



Place the large soft ball on point 2, directly under the big toe knuckle. Keeping your heel on the floor, gently press the ball with consistent pressure across the foot pad toward pinkie toe knuckle. Lift your foot to return to the starting point and repeat two more times.



Toe to Heel Rinse



Place the ball on point 2 again, directly under the big toe knuckle. Press the ball toward your heel in a continuous motion with tolerable, consistent pressure. Lift your foot to move to the next point. Repeat from each point.



FRICITION



Using light, quick, random movements, rub your foot and toes over the large soft ball in a scribble-like motion.



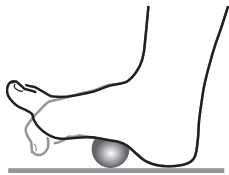
Discover the secrets to pain-free living... at any age!™



Position Point Pressing



Repeat Position Point Pressing with the small soft or firm ball. Stand with your feet hip-width apart. Place the small ball at position point #1. Shift onto and off position point 1 a few times to find tolerable pressure, pause and take a focused breath. Before you move to the next point, come off the ball, step backward with the opposite foot, then place ball on position point 2, under the big toe knuckle. Gently rock forward to apply tolerable compression to each point, stepping on your back foot so you can decompress the ball as you move from point to point. Remember: Do not put your entire body weight on the small ball or roll on the small ball. Compress with tolerable pressure.



Indirect Shear



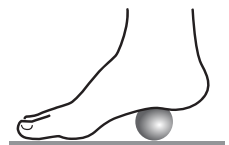
Place the large firm ball on point 1 and rest your heel on the floor. Your toes are off the ground. Let your foot sink into the ball to create tolerable pressure. Maintain consistent pressure as you curl your toes like a fist, as shown in the lighter part of the illustration, then open and wiggle them. Repeat three times. Hold the compression and take focused breaths as you allow the tissue to adapt.



Glide



Place the large firm ball on point 5, right in front of the heel, as shown. Your forefoot and toes are on the floor. Your heel is off the ground. Keeping your forefoot on the floor, slowly move the ball from side to side in front of the heel. Continue gliding the ball from side to side as you work your way in a zig-zag pattern, to the back of the heel and then back to point 5.



Direct Shear



With the large firm ball on point 5, use a slightly heavier compression to rub your foot in very small movements left to right. The ball should barely move. Hold the compression and take focused breaths as you allow the tissue to adapt.



Forefoot Rinse



Place the large firm ball on point 2, directly under the big toe knuckle. Keeping your heel on the floor, gently press the ball with consistent pressure across the foot pad toward pinkie toe knuckle. Lift your foot to return to the starting point and repeat two more times.



Toe to Heel Rinse



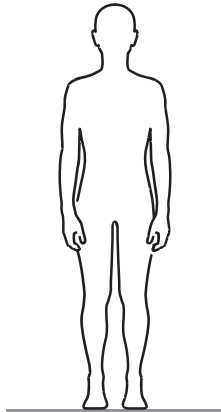
Place the large firm ball on point 2 again, directly under the big toe knuckle. Press the ball toward your heel in a continuous motion with tolerable, consistent pressure. Lift your foot to move to the next point. Repeat from each point.



FRICTION

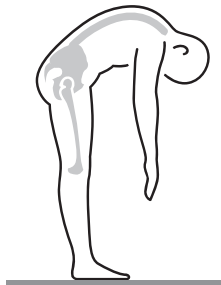


Using light, quick, random movements, rub your foot and toes over the large firm ball in a scribble-like motion.



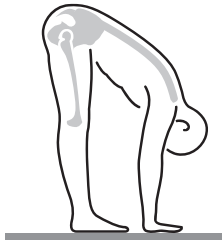
Middle Body Scan Reassess

When you finish this self-treatment on one foot, close your eyes and use your Body Sense to notice the side of the body you just treated. Notice your foot. Notice the joints of your leg. You may find that you don't sense the leg as separate parts and instead your leg feels more cohesive.



Spine Flex Assess

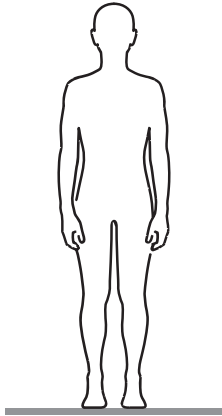
Stand with your feet hip-width apart. Arms and legs are straight and relaxed; core is engaged. Lower your chin to your chest. Slowly round down – shoulders, chest, ribs, and abdomen – until your spine forms a C shape. Your fingertips should be close to the height of your knees. Your shoulders are relaxed, and your head and arms dangle. Put your hands side by side. On the side of the body you treated, are your fingertips closer to the floor?



FORWARD BEND ASSESS

Fold your body forward from your hips without bending your knees. Notice where you feel tension in your legs. On the side of the body you treated, how does the pull or tension on the back of your leg feel? Does the back of your leg feel more seamless and flexible than the side you haven't treated yet? Is the hand on that side any closer to the floor? Soften your knees and slowly round up.

Repeat All Techniques on Your Other Foot



Body Scan Reassess

Stand with your feet side by side, hip-width apart. Close your eyes and use your Body Sense to notice your feet. Do they feel more even from right to left? Scan up your legs, do you feel less clenching or tightness in your muscles? Scan back down your legs, do your feet feel side by side?



Toe Lift Reassess

With your eyes closed, exhale and lift your toes of the ground. Does your sway backward feel quicker or less than it was before? Take a focused breath, exhale and set your toes back to the ground, do you have less of a drift forward?