



Hand Reflexology for backache

Most people associate Reflexology with the feet, but the hands have similar reflex points are more accessible to treat yourself in between foot reflexology sessions.

In as little as 10 minutes, you can stimulate your body's healing system, combat stress and improve emotional well-being.

Today we are going to look at **backache** – usually caused by muscle strain, although problems in the muscles, ligaments, tendons, bones or kidneys may also cause it. Work these points on **both hands** using medium pressure for up to 10 minutes.

Neck reflex – use your thumb to walk along the bone of your other thumb from the first to the second joint (see Figure 1). Make seven small steps along the bone to represent the seven vertebrae in the neck. Stimulate with circles at each step.

Spine Reflex – Use your working thumb to work along the bone starting at the base of your other thumb (see Figure 1). Make 12 steps along the bone to the edge of the wrist. Continue along the bone to the base of the hand.

Sciatic reflex – Place your working thumb at the base of the hand where it meets the wrist (see Figure 1). Walk across the top of the wrist using a press and release technique.

