

### Task



Hopefully you took in as much of the information in the 3<sup>rd</sup> module as possible. To find out how well you have really done in this regard, complete the following worksheet.



We recommend that you allocate at least 30 minutes to this worksheet.

#### SELF-MARKING



At the end of the worksheet is a convenient answers/feedback and advice section to allow you to see how well you have done.

You are not required to return this worksheet.

#### Activity #1



The module discusses the use of relaxation techniques before, during and after a reflexology treatment. List four ways practitioners use relaxation techniques before they begin a treatment

Write or type your answer here

Activity #2

 10 minutes

Write a paragraph summarising how to assess a client's feet prior to a reflexology treatment

Write or type your answer here

### Activity #3

 10 minutes

Work your way through the following paragraphs and insert the most appropriate words to fill in the missing blanks. There are 10 for you to have a go at in all.

The most confusing aspect of learning the reflexology 1\_\_\_\_\_ is the variety of charts and 2\_\_\_\_\_ available, many of which seem to vary in their depiction of the location of some reflex points. There will also be a variety of 3\_\_\_\_\_ as to the order of the treatment.

The important thing to remember about reflexology charts, treatment sequences, 4\_\_\_\_\_ and cross reflexes, is that they represent a 5\_\_\_\_\_. The reason for looking at any map is to get to the right 6\_\_\_\_\_ in the most efficient manner.

If you travel the same 7\_\_\_\_\_ enough times, you will no longer need the map; in fact, you may even find different routes to the same location. You may then decide to 8\_\_\_\_\_ your own map to indicate the new routes.

It is also possible that other people 9\_\_\_\_\_ the same map will look at it differently and decide on a different location by another route. It is best to stick to your preferred reflexology chart, to learn the sequence and location of reflex areas, but always be open to different approaches and 10\_\_\_\_\_.

Write or type your answer here



## Answers/feedback and advice section

Use this section to check your answers and see how well you have done

You are not required to return this worksheet

### Activity #1

#### Answers

Prior to beginning a reflexology treatment, practitioners use reflexology techniques to introduce the patient to the practitioner's touch and to put the client at ease. Additionally, they can be used to signal the start of the treatment and to assess the flexibility or stress level of the foot.

### Activity #2

#### Advice and Feedback

The paragraph you have written should contain most of the following elements: To assess your client's feet prior to treatment begin by checking the temperature for illness, metabolism imbalance or circulation problems. Next, scan the foot for hard areas, calluses, warts, lumps and any other physical problems. After you have completed this check for any swelling and colour variations. Finish your client's foot assessment with a ten-minute foot spa to soften and clean the feet before sending them on their way

### Activity #3

#### Answers

1. Sequence
2. Diagrams
3. Suggestions
4. Zones
5. Map
6. Location
7. Route
8. Create
9. Reading
10. Techniques

## SUMMARY

If you have struggled with any of the activities in this worksheet, be sure to cover this part in the module again, or better still, read through all of the material again to ensure it all sinks in.