

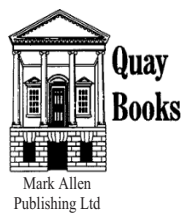
**Hand Reflexology: A text book for students**

*The hands of those I meet are dumbly eloquent to me. The touch of some hands is an impertinence. I have met people so empty of joy that when I clasped their frosty fingertips it seemed as if I were shaking hands with a north-east storm. Others there are whose hands have sunbeams in them, so that their grasp warms my heart.*

Helen Keller

**Hand Reflexology: A text book  
for students, second edition**

**Kristine Walker**



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## Foreword

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Kristine Walker's teaching, research and clinical practice in the field of hand reflexology has been exceptional. In this revised edition of *Hand Reflexology: A text book for students*, she brings knowledge and insights coupled with extremely clear and informative illustrations. I was fortunate to meet Kristine at a European reflexology conference several years ago and since then she has become an immensely approachable colleague who is always willing to share her knowledge in an intelligible and understandable manner.

I first heard of Kristine's pioneering work with hand reflexology many years ago and was fascinated to discover that foot and hand reflexology were equally effective in helping to trigger the body's innate healing response. It was Kristine I turned to for advice as I developed and researched new techniques in Vertical Reflex Therapy (VRT). I had discovered that the reflexes became extra sensitive and responsive when the hands and feet were treated in a weight-bearing position. Most reflexology courses give only cursory attention to the hand reflexes but her specific work on hand reflexology is invaluable to me, especially when I work the hands and feet simultaneously. Many reflexology text books have little information on the hands and I always recommend Kristine's book and charts to my students.

*Hand Reflexology: A text book for students* can be enjoyed at many levels and will be extremely useful to the professional reflexologist, to other complementary therapists and to lay people who want some easy to learn self-help techniques.

It is a privilege to work and teach with Kristine on joint weekend courses and to benefit from her extensive knowledge, her sense of humour and teaching skills. This book is the result of hard work, inspiration and dedication and deserves to be a success.

Lynne Booth  
February 2002





## Introduction

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Since the publication of the first edition of *Hand Reflexology: A text book for students*, I have continued to use hand reflexology on my clients as part of their reflexology sessions and teach it to students and laymen. It has been useful for demonstration purposes when explaining to groups of people the theories and practice of reflexology, and as my knowledge of the subject continues to grow I have been able to add to my presentations new and exciting information. Over the years I have become more and more convinced that zone therapy, as discovered by William Fitzgerald, holds the key to greater understanding of this subject, and this is where my focus has been.

Although this book was written for students, I have had a number of telephone calls, letters and e-mails from people new to reflexology who were able to follow the text and give themselves or their partners a satisfactory treatment with good results. With this in mind, I have updated some of the information in the book while keeping the practical information the same so that it is still easy to follow and use.

I am gratified to find that since the first edition was published in 1996, subsequent reflexology books by other authors have given credit to the practice of hand reflexology. This is a great step forward from the days when it was considered to be for self-treatment, that the treatment was not very effective, and that the hands were not as sensitive as the feet — all of which I had discovered was not the case.

However new you are to this subject, I think you will be surprised by its effectiveness even if carried out in an amateur and ham-fisted way. I am continually delighted by the results I achieve through this therapy, and regularly discover new and interesting ways to apply and use it, and of course, the more I use it, the better I get! I hope that you enjoy *Hands* as much as I have.

Kristine Walker  
February, 2002



# I

## **Reflexology**

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This chapter includes:

- the background to reflexology
- the principles of reflexology
- the charts that help to explain reflexology
- the supporting theories of reflexology.

### **The background**

Most books about reflexology describe how ear, nose and throat specialist, Dr William Fitzgerald (1872–1942), developed zone therapy in the United States early this century. It is not clear where he discovered the principles, although he may have come across them during a visit to Europe around 1902, where a number of manuscripts had been recently published about zones and pressure point work. There is a history of working on the feet in many cultures, both in the East and the West and, although his sources appear to be Western, the origins are felt to lie within the thousands of years of Eastern traditions which include clinical massage and acupuncture.

Fitzgerald discovered that if pressure was applied to the nose, throat and tongue, sensations in particular areas were deadened. This could be extended to produce pain relief by exerting pressure over bony areas of the hands and feet and also other joints of the body. He began to map out these areas systematically, noting conditions associated with them. This is what he termed ‘zone therapy’. He divided the body into ten zones and discovered that, by working in a zone, everything in that zone would be affected (*Figure 1.1*). Unlike the pathways of the Chinese meridian system, these zones are complete segments of the body set out as five longitudinal slices beginning on either side of the medial line, and beginning and ending in the top of the head, the fingers and the toes.

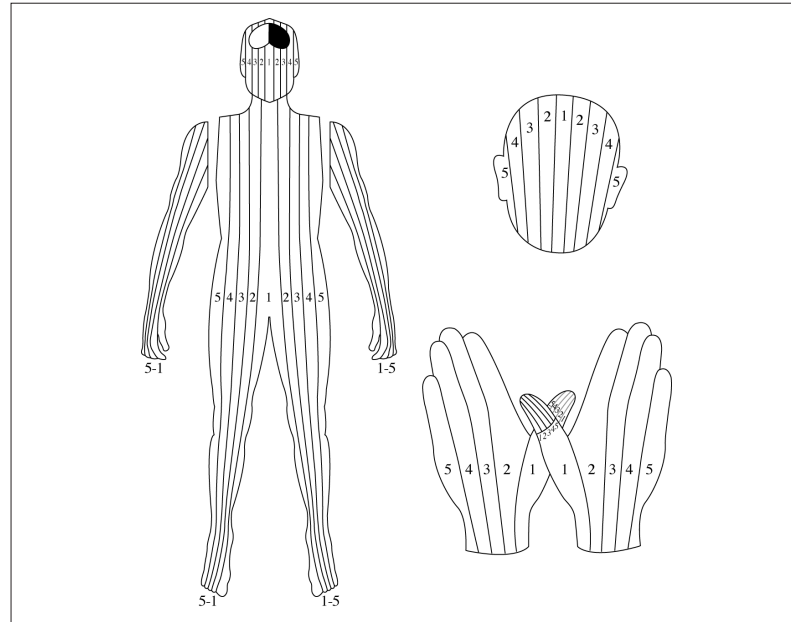


Figure 1.1: The ten zones

Dr Joe Shelby Riley of Washington DC used and refined zone therapy and added eight horizontal division to the zone chart (*Figure 1.2*). He developed a way of working with specific points by using a hooking technique of the thumb and fingers instead of the various items of equipment, such as metal combs and rubber bands, that Dr Fitzgerald had used to aid the application of pressure.

Dr Riley's therapist, Eunice Ingham, at first called this 'compression massage', later naming it 'Reflexology'. Eunice Ingham used a technique of alternating pressure which she found to have a stimulating effect on specific parts of the body. Her work was developed on the feet and charts were drawn with the help of her niece, Eusabia Messenger, showing the reflexes to specific areas, parts and functions of the body on the feet. These charts have changed very little since that time and are used by reflexologists today (*Figure 1.3*). As the charts have been copied or redrawn, or when an overlap with the reflex points has been found to occur with the acupressure points on the meridian system, some slight variations in the charts have occurred, but the majority of the points have remained constant. Dwight Byers, nephew of Eunice Ingham, has said that after twenty years of investigating the variations, he has found that the most accurate chart is the original one.

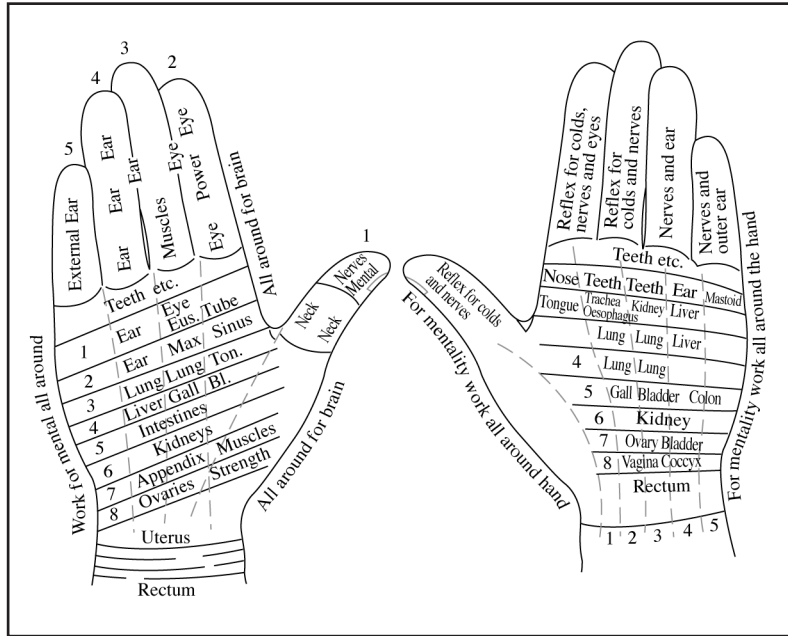


Figure 1.2: Copy of hand chart by Dr Joe Shelby Riley

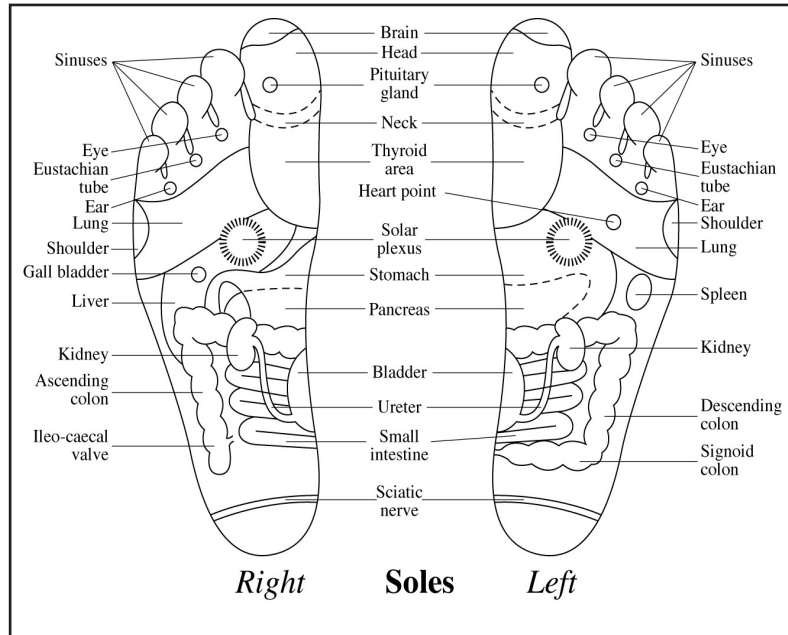


Figure 1.3: Reflexology chart of the feet