

# The Feet First System™ with Michelle Greenwell



## Hand and Foot Rub

### Quick Initial Assessment:

**Foot:** Wiggle toes, circle ankle, step onto the feet individually.

Notice the energy level, the warmth or coolness, the distribution of weight across the foot when standing, and the areas of pain or stiffness.

**Hand:** Wiggle fingers, circle wrist, make a fist with each hand.

Notice the energy level, the warmth or coolness, the articulation of the fingers (i.e. stiffness and range of motion), and the strength.

***Follow the Directions on the next page for the Feet and/or Hands.***

### Quick Final Assessment:

**Foot:** Wiggle toes, circle ankle, step onto the feet individually.

Notice the energy level, the warmth or coolness, the distribution of weight across the foot, the original areas of pain or stiffness. If possible, take a little walk to allow the body to process the changes through movement integration.

**Hand:** Wiggle fingers, circle wrist, make a fist with each hand.

Notice the energy level, the warmth or coolness, the articulation of the fingers (i.e. stiffness and range of motion), the strength. Pretend to play piano or touch each finger to the thumb to allow the body to process the changes through movement integration.

**Hand to Foot:** For anyone unable to reach the feet, rub the hands as a substitute and then take a few moments to transfer the feelings felt in the hands to the feet.

### Incentive:

***\*SIMPLE \*FAST \*EFFECTIVE***

### Benefits:

- Increased Circulation
- Increased Strength
- Ease of Movement
- Increased Energy
- Brain and Body Coordination
- Primary Reflex Integration:
  - Gravity
  - Stability
  - Centering
  - Grounding
  - Balance
- Spinal Alignment
- Opening of the joints
- Pain Reduction
- Greater Articulation of Toes and/or Fingers

***"I Step forward with my new awareness with EASE and JOY."***

***"I Grasp my Future with LOVE and GRATITUDE."***



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**Special Notes:** **Feet:** Rub one foot at a time. While rubbing a foot – use both hands. **Hands:** If rubbing your own hands, one hand will be referred to as the “working” hand and the other will be the “receiving” hand. If rubbing someone else’s hands, use both of your own hands.

- 1. Rub between the bones in the foot or hand.** **Foot:** Place the thumbs on the underside of the foot for stability, place the fingers down between the bones of the top of the foot, and rub intensely pushing into the muscles. **Hand:** Place all of the fingertips of the “working” hand between the bones on the “receiving” hand and rub down each line leading to the fingers.
- 2. Rub the side of the foot or hand.** **Foot:** Place the hands on either side of the foot and rub deeply along the edge. **Hand:** Use the thumb and index finger of the “working” hand to massage the edges of the “receiving” hand.
- 3. Shake up the bones.** **Foot:** With both hands, twist and move the ball of the foot to free up the bones. **Hand:** Use the opposite hand to wiggle the bones in the hand back and forth.
- 4. This Little Piggy.** **Foot:** Pull out the big toe, circle it around for several rotations, and continue with each toe. **Hand:** Pull out the thumb and circle it around for several rotations, continue with each finger.
- 5. Hugs.** **Foot:** With both hands, grasp all over the foot, little squeezes to awaken all the muscle fibers. **Hand:** With the “working” hand, grasp the “receiving” hand and give little squeezes to awaken all the muscle fibers.
- 6. Lengthen to Strengthen.** **Foot:** Put both hands together in the center of the foot, and pull the hands apart along the length of the foot towards the ankle and the toes. Each hand will go in a separate direction. Repeat along the muscle fibers on the top of the foot, and then repeat on the bottom of the foot. **Hand:** Put the thumb and pointer finger together on the “working” hand. Place them on the back of the “receiving” hand and open them opposite from fingers to wrist. Repeat all along the “receiving” hand, and continue in the palm and along each finger as well.

For more opportunities, check out Michelle Greenwell on Youtube!