

Forms of Touch

The language of touching the feet, including moving them and applying pressure, in order to focus the body's attention on the corresponding areas

forms of touch

The forms of touch aim to direct attention and energy to your client's body. You will choose them according to your client's map of efforts: they increase attention to the specific areas of imbalance you find and allow the body to release excess effort or energize deficiencies. This supports the body's struggle to rebalance. They are a fundamental part of the learning experience.



Remember

Touch works best when you invest all your attention and energy in the touch.

L2 | HOW-TO

Forms of touch

Note: In the specific descriptions for each form of touch, the “external” hand is the hand that naturally touches the external side of the client’s foot; the “internal” hand is the hand that naturally touches the internal side of the client’s foot.

Side to side

Focuses on the upper part of the body: upper back, chest, neck and shoulders.



- With both hands, hold both sides of the ball of the foot at the widest area of the foot.
- The area of your hands just below your fingers is where you make contact with the foot for a good, stable hold.
- Move the sides of the foot, alternating back and forth to twist and rotate the ball of the foot to its maximum limits, making sure not to cause pain.
- While working, your fingers can be either straight or bent.
- It can be done slowly or quickly.

Shaking the ankle

Focuses on the lower body: lower back, lower belly, pelvis, hips and legs.



- With both hands, hold the ankle bones in the middle of your palms, keeping your fingers straight.
- Slightly raise the foot off the table, to prevent the heel from rubbing against it.
- Move the hands alternately, backward and forward to create a shaking movement.
- It can be performed slowly or quickly.
- If the shaking is painful for the client, stop.

Goal
Practice moving feet in order to become comfortable with how far and how wide you can go, without worrying about causing discomfort.
Basic requirements
<ul style="list-style-type: none"> • a client or practice partner • How-to: Forms of touch (p. 22-25)
Instructions
<ul style="list-style-type: none"> • Side to side <ol style="list-style-type: none"> a. Hold the foot as described in How to: Forms of touch (p. 22). b. Twist the foot from side to side. c. Twist slowly and unless you find resistance or pain, go to the limit of the movement. If there's pain or discomfort along the way, stop there. d. Change speeds and movement sizes to feel all the possibilities. • Opening and closing the ball of the foot <ol style="list-style-type: none"> a. Grab the ball of the foot with both hands - thumbs on the sole and fingers resting on top of the foot. b. Use your thumbs and fingers to fold the ball of the foot toward you, do it slowly and to the limit of the movement, if you encounter pain or discomfort, stop there. c. Now do the opposite movement and stretch the sides of the ball of the foot toward the client and feel the limits of the movement. d. Bend the foot, slowly and unless you find resistance or pain, go to the limit of the movement. If there's pain or discomfort along the way, stop there. e. Twist the foot in the other direction as in step a. f. Change speeds and movement size to feel all the possibilities of this movement. <p>Afterwards, get feedback from your client or training partner about his experience, what happened in his body and how he feels.</p>