

MYOFASCIAL RELEASE FOOT TECHNIQUES

PRESSING



Place ball under POINT 1 of receiving foot

1. Sit with feet apart or stand with feet hip-width apart
2. Place forefoot on floor in front of ball and slowly compress foot over ball
3. Inhale to prepare
4. Exhale as point is compressed
5. Gently shift body weight on and off ball
6. Step backward and shift weight to opposite foot
7. Repeat 5-10 times and ease into tolerable pressure



Place ball under first POINT 2 of receiving foot

1. Sit with feet apart or stand with feet hi- width apart
2. Place heel behind ball and slowly compress foot over ball
3. Inhale to prepare
4. Exhale and bend knee as each point is compressed
5. Gently shift body weight on and off ball
6. To move to next point, step backward and shift weight to opposite foot
7. Repeat POINTS 2 across foot and ease into tolerable pressure
8. Move to POINTS 3-5 and ease into tolerable pressure

GLIDING

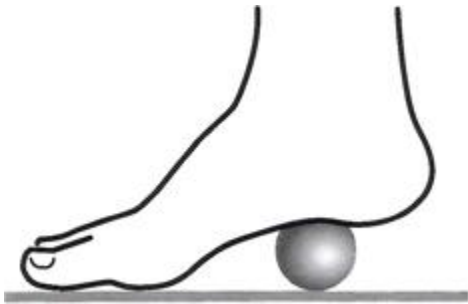


Place ball under POINT 5 of receiving foot

1. Place forefoot on floor in front of ball and slowly compress foot over ball
2. Slowly glide ball from side to side
3. Find tolerable pressure
4. Glide toward back of heel and then back to POINT 5
5. Focus breathing while gliding

SHEARING

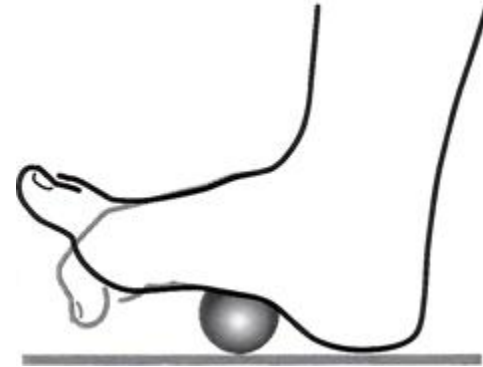
Direct Shear



Place ball under POINT 5 of receiving foot

1. "Pin the skin" between ball and bones of heel
2. Create small circles at POINT 5, as if kneading dough
3. Angle foot inward slightly, and angle foot outward
4. Focus breathing while shearing

Indirect Shear



Place ball under POINT 1 of receiving foot

1. Rest heel on floor, with toes off the ground
2. Soften knee and allow center of foot to sink into ball
3. Create tolerable pressure and maintain
4. Curl toes, then open and wiggle, repeating 3 times
5. Hold compression and focus breathing while shearing

RINSING

Forefoot Rinse



Place ball under first POINT 2 of receiving foot



1. Place heel behind ball and slowly compress foot over ball
2. Slowly press ball with consistent pressure across foot pad
3. Lift foot to return and repeat 3-5 times in one direction
4. Focus breathing while rinsing

Toe to Heel Rinse



Place ball under first POINT 2 of receiving foot

1. Place heel behind ball and slowly compress foot over ball
2. Soften knee and find tolerable pressure
3. Slowly press ball with consistent pressure and press from ball of toes to heel in continuous motion
4. Set toes on floor and stop before ball ends at heel
5. Lift foot and repeat rinsing pass from each POINT 2 toward heel
6. Focus breathing while rinsing

RINSING (Continued)	FRICTION
Toe Rinse	
 <p>While sitting, place receiving foot flat on floor</p> <ol style="list-style-type: none"> 1. Press ball over top and in between each toe 2. Rinse in one direction, from knuckle to toenail 3. Rinse sides of feet 4. Focus breathing while rinsing 	 <p>While sitting, place receiving foot flat on floor</p> <ol style="list-style-type: none"> 1. Use light, quick, random movements 2. Rub foot and toes over ball in scribble-like motion 3. Repeat 2 times after any foot treatment

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