

Self-Massage for Legs and Feet

with Robin Zwilling

Leg Massage



Sit in butterfly position with soles of the feet together and knees falling out to the side. Use a pillow or bolster under the knees for support if necessary.

With a straight leg interlace the hands to squeeze and lift the quadricep muscles.

Bending at the knee, do a spreading motion by pushing the thumbs into back of the calf muscles.

Use tapotement along the full length of the legs by using a soft fist to tap along the legs to stimulate blood flow.

Then do finger strokes back up the leg in a brushing upward movement.

Repeat the motions on the other leg.

Foot Massage



Use thumbs to push in just to the outside of the plantar tendon on the underside of the feet in the arch. Rock into each push so you are using your bodyweight for force.

For each toe, squeeze, pull gently, then push on the nail bed of each.

Follow the line of each toe from tip of toe down into the heel along the plantar side of foot

Roll the meta tarsals in the ball of the foot, moving the skin around and spreading it wide. Use thumbs to push at top of the foot on the meta tarsals.

Placing palms on the dorsal side of the foot create a rounded spreading motion from the center of the top of the foot to the sides.

Squeeze the heel.