



## GOT SHOULDER PAIN?

**Massage this point on your foot for:**

- Natural pain relief
- Faster healing
- Shorter recovery times
- Chronic and acute shoulder pain
- Relaxation and improved circulation



[www.ChineseFootReflexology.com/shoulder-pain](http://www.ChineseFootReflexology.com/shoulder-pain)

### **How to Use Reflexology to Relieve Shoulder Pain, Tension, and Tightness**

If you suffer from shoulder pain, whether it's mild or intense, acute or chronic, you can improve the flow of qi and blood through your shoulders so that your body can heal itself and you too, can be free from pain. You can get started by learning how to locate and massage the Chinese Reflexology shoulder point.

### **How to Locate the Reflexology Point for the Shoulders**

The shoulder point is located on the sole of your foot just below the pinky toe. It's shaped like a rectangle where the upper portion of the area corresponds to the upper part of your shoulders (close to the base of your neck), and the lower portion corresponds to the lower section of your shoulders, closer to the shoulder blades. There's a shoulder reflexology point on each foot, and the left foot is for the left shoulder and the right foot is for the right shoulder.

### **How to Massage the Chinese Reflexology Shoulder Point**

To massage the shoulder point, use your thumb pad to rub the area in an up and down direction where up is towards the tip of your toes and down is towards the heel of your foot. Because this is a fairly well padded area on the sole, you'll need to use a firm pressure—like what you'd use to try to scrub away crayon marks from the dining room table. (Note to new and aspiring parents: only buy washable crayons for the first five years of your kid's life!)



You can massage this point for 30 to 60 seconds per foot. As you massage, gently roll your shoulders if you can do this without intense pain. The movement helps direct your qi and blood to flow to your shoulders. If you notice a point on the reflexology area that feels extra sensitive, press into the point with your thumb and massage in a circular motion for a few extra seconds.

### **The “Interesting” Emotional Roots of Shoulder Pain**

Shoulders are interesting because oftentimes, shoulder pain is self-inflicted. And no, I’m not talking about literal self-flagellation, but instead about how we hold tension in our bodies based on the choices we make, the thoughts we think, and the activities we do.

For example, staring down at your cell phone for hours is terrible for your posture. Sitting at the computer for long stretches is a strain on your neck and shoulders (whoops, guilty as charged!). And allowing ourselves to get busy and overworked is a recipe for serious tension in our necks, shoulders and upper backs.

When we take everything onto our own shoulders, this burden creates tightness in our shoulders and may even cause us to stoop over from the emotional and mental load. If you’ve got shoulder pain, it would be a good idea to look at where you may be feeling weighted down in your life. What can you change so that you feel more supported and less like the one who is doing all the supporting?

The Chinese Reflexology shoulder point is a great way to remind yourself that you don’t have to look after everything by yourself, and that it’s okay to take a rest and drop the load. The world won’t fall apart and if it does, it’ll just be by a little bit :). But you’ll feel so much lighter and refreshed so that you can take on the world again and maybe, just maybe, give yourself a break and look for ways to ease your burden.

If you have chronic shoulder pain, it would be very beneficial to massage your shoulder reflexology point for a few seconds here and there throughout your day —and there’s a shoulder reflexology point on your hand so you can do this anytime, anywhere.

As you massage the reflexology point, imagine healing light flowing through your shoulders. When this becomes a regular practice, you’ll be sending healing qi and blood on a regular basis to your shoulders. This helps release tension and tightness, and supports your body’s natural healing process so that you can be free from shoulder pain. Why not start right now?