

Opinion

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The Effectiveness and Importance of Leg-Foot Massage



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Opinion

Humans often unconsciously rub the left and right hands together at the center of the body and massage the left and right feet. The development of the foot is observed in the baby's movement. The baby develops the soles of both legs in 6 months. Thus, massage of the foot seems a human instinct. We focused on the gesture of people rubbing their feet and developed a method of foot-leg exercise. We examined the effect of foot-leg exercise, which consists of three methods, namely parallel, cross, and sandwich. Details of the methods are as follows:

Parallel

The subject sits straight on a chair and moves the sole (arch of the foot) up and down for approximately 15cm along the inside lower part of the other leg (Figure 1).



Figure 1: Parallel.

Cross



Figure 2: cross.

The subject bends the neck slightly to see the lower limbs. The back of the foot is moved up and down along the outside lower part of the other leg for 15cm (Figure 2).

Sandwich



Figure 3: Sandwich.

The subject bends the neck slightly to see the lower limbs and loosen up the upper limbs. Achilles's tendon of the other leg is fastened by using the big and second toes, moving up and down 5cm from the heel (Figure 3). When doing the sandwich exercise, the fingers are stretched to spread the thumb and second fingers (Figure 4). At the same time, Achilles's tendon is massaged. The subjects were menopausal women with foot pain and poor circulation. After three exercises, the subjects reported a positive change in their moods [1]. Not only their physical symptoms but also their mental states were improved by the exercise [2-4]. These results indicate that our method of foot-leg massage has a positive effect.



Figure 4: Thumb and second figure.

Furthermore, our results demonstrate that this gymnastic exercise is also effective for children with developmental disorders. A therapist visited an elementary school and applied foot-leg exercise to students in a physical education class [5,6]. The students considered the foot-leg exercise as easy to perform and not burdensome to the legs. From the viewpoint of risk management, the exercise was safe and, despite the easy movement, was effective for maintaining the personal health of the elementary school students in a special-needs class [7]. As a result, the students could now wash their toes and wear socks on their own. The foot-leg exercises have much in common with the contact points in yoga. I think that a new therapy combined with yoga is possible. We would like to examine the approach in the future.

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