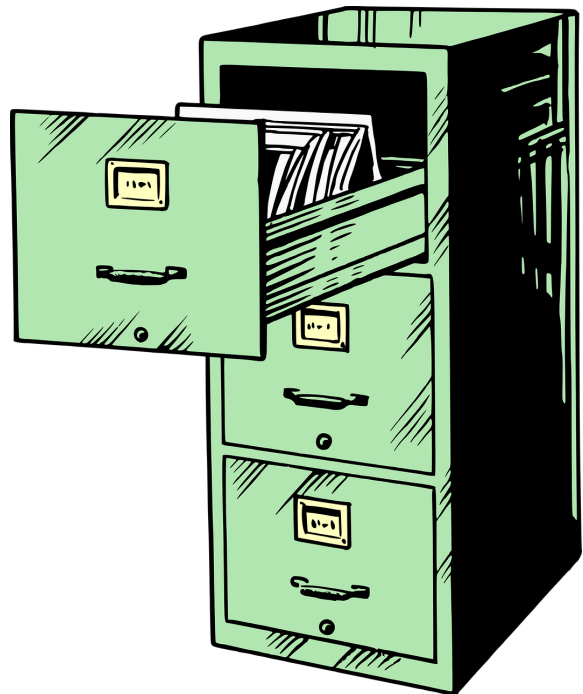


Charting the Feet in Reflexology

It is so valuable to be able to chart your clients feet well. In this lesson we are going to cover what is important information on the feet to chart, what is the best way for you to chart the feet and the importance of keeping good files on clients.

Why chart the feet?

There are many reasons why I like to chart feet. The biggest reason for myself is that I do not have to keep all that information in my little head. I have found in my reflexology practice that some clients come regularly and some have years in between sessions. If I have charted their feet well, I am able to quickly glance at my markings and notes to get a refresher on the client.



How often do you chart clients?

I Chart my clients at every session. This way if I see them often I can notice any changes or even notice more subtle information that starts to show up. Or if you have not seen them for awhile, you can refresh yourself on what you were working on before.

"It is kind of funny. I often forget the clients face even though they look familiar, I can not remember details from our last visit(s) but when I look at their chart and their feet, suddenly, I can remember all the conversations, reflexology issues and past sessions we have had together."

Note: I have also noticed that with some clients on their first visit, like when you just meet someone for the first time, we tend to present our best self and it is not until we get to know the person that they and yourself start to open up a little bit more. When

this happens more information is revealed in the feet. I mention this because I have seen it happen with my clients and clients of my students who when started to chart the feet could not find much information to chart, then having worked with the client over time started to get more and more information. Sometimes there is a lot of information that we will chart and sometimes very little.

I have also had others show me their charts and it is amazing how much information I was able to get off of it even though there might not be a lot of markings on the chart.

It is also important to understand that ultimately these charts are for you and charting YOUR way is what will have the most meaning. This is not a test, it is a practice, so please do not just force markings on the chart to show yourself or your client that you “know” what you are doing. Remember you can also choose to have your charting close by during your session, adding information as you go.

Charting Checklist - Part 1 - Visual Cues

Big Overall Picture

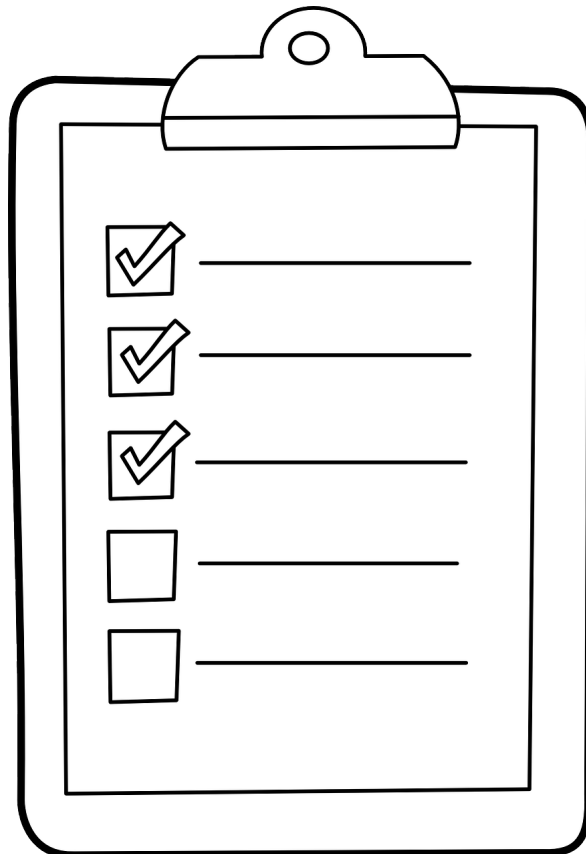
- ☐ Check whether both feet look similar
- ☐ Check the size of the feet
- ☐ Check the shape of the feet
- ☐ Check the angle of the feet
- ☐ Check the texture of the skin
- ☐ Check Colour
- ☐ Check where Calluses are
- ☐ Check for Lines

Smaller Details

- ☐ Size of Toes
- ☐ Shape of Toes
- ☐ Angles of Toes
- ☐ Colour of Toes
- ☐ Condition of their nails

Unique Qualities

- ☐ Check anything unique to these feet (scars, moles etc)



Charting Checklist - Part 2 - Physical Cues

Overall while touching the feet

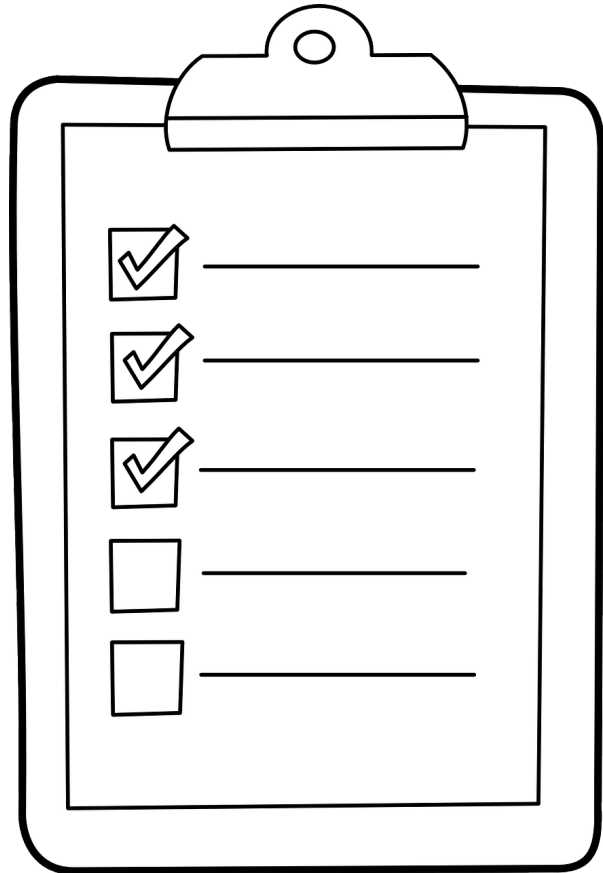
- ☐ Check if the feet feel similar
- ☐ Check Temperature (top, middle, bottom)
- ☐ Check the condition of the calluses

Check Mobility of the Feet

- ☐ Check Ankle rotation
- ☐ Check Dorsiflection & Plantarflexion
- ☐ Check movement from each of the metatarsal bones
- ☐ Check movement in the toes (can they spread, Dorsiflection & Plantarflexion)
- ☐ Check the entire feet (dot to dot scan) note tension areas

Unique Qualities

- ☐ Check anything unique to these feet (Lumps, grit, pops, knots etc)



These are the checklists that I use to make sure that I have charted the feet in front of me really well.

What Chart do you use?

I chart all the information I see on the feet on a blank chart of the feet or I even use a blank piece of paper. You can find the chart that I use here:

<https://balancingtouch.ca/wp-content/uploads/2010/11/blankfootchartdownload.pdf>

Do you Chart every session?

Yes, I would recommend freshly charting even returning clients. I try not to look at the previous charting I have done until after I have completed the new charting checklist. Then I will do a quick comparison to see if things have remained the same or have changed. With returning clients I will commonly just use a blank piece of paper. It all really depends on how much important information appears on the feet. I would recommend using a blank foot chart that you

like to help keep it consistent until you feel comfortable with charting and you are very sure what is important to chart and what is not.

Tip: I find it really useful to have a couple of coloured pencils or pens when I chart. It makes it easier for me to see the information recorded easily and also I have noticed it to be quite common to have layers of information. For example I find it really common to have calluses, colours and lines show up in the same area so having different colours helps me see the layers and bring more attention to those areas since these are the areas that have a lot going on and need more attention usually.

Learning Resource

Charting can become one of the greatest learning resources for you. You do not need to know what you are charting, you do not have to understand what every colour, line, callus, mole, tattoo, etc means, but if you chart it you can always find out at a later date. After you have charted many different feet, you will start to see patterns showing up. I have a basic rule, if I see something showing up 3 times from different clients, it is time for me to study about it. I suggest starting to build your own database on all the common issues and information that shows up on the feet, and remember to link this information to what kind of job this person does etc. I find for example office workers have many of the same markings, wear and tear showing up on the same areas of their feet.

There are so many books out now that talk about what shows up on the feet, here are a couple of my go to books:

Anything by Chris Stormer, But this is my favorite: [The Language of the Feet 2nd Edition](#)

Sam Belyea: [Foot Reading: A Reflexology Primer on Foot Assessment](#)

I also have a bunch of videos on my YouTube Channel that share some of the most common visual cues found on the check lists above:

https://www.youtube.com/c/AdamThomasBalancingtouch?sub_confirmation=1

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