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...creating the space for healing...*

## **Foot massage using Tennis Balls**

### Position:

Sit in a chair so that your hips are at the same level as your knees when you put a tennis ball under your foot. That creates an upside down “ L “ shape and the uses the weight of your thigh as the exact pressure on the tennis ball. No need to press the foot into the ball. This position also keeps your leg muscle from cramping. If the knee is higher than the hip, you may start to cramp in the groin area. If the knee is lower than the hip then the front of the thigh may get tight.

### The Exercise:

Move the foot on the ball, using small circles, rather than forward and backwards. It makes no difference whether you move clockwise, or counterclockwise. Use your foot to make small circles, moving from the ball of the foot, to the arch, then to the heel.

Massage one foot at a time for about 3 -5 minutes. The small circles keep you from having the ball spin out from under your foot.

Massaging from the ball of the foot to the heel, moves blood and lymphatic fluids up, improves circulation in the feet and legs, helping the veins do their job. It revives the kidneys and adrenals, by helping the kidneys extract uric acid from the tissues and putting it into the urine. And has a soothing effect on the mind and body.

This is a form of gentle massage that relaxes the muscles in the foot, which then relaxes the calves, the back, and the neck. It can be done at night before bed to help you sleep and/or in the morning on waking. You can also use this technique if you have a desk at work, during a coffee or any short break. It is relaxing but also rejuvenating.