

Growing Child Massage Routine

Leg and Foot Massage



Front Leg Stroke

No pressure on the knee. Fan hands when on top of leg and stop at the boxer short area. Firmer pressure upwards



Leg Knead

Alternating the hands, knead the inner calve up to the knee. Then the inner thigh to boxer short area. Glide hands down to ankle



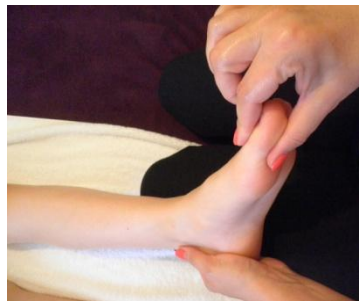
Sole Stroke

Hold foot with thumbs on sole and glide firmly towards toes. Firmer pressure to avoid tickling



Bubbling Springs

Circle sole with thumb. Rest thumb just below ball of foot and rotate (count to 6). Circle sole again



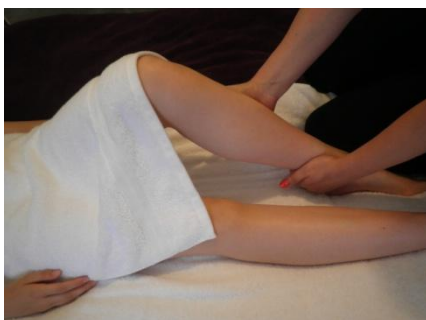
Toe Rolling

Roll each toe between finger and thumb. Gently hold toe at end. No twisting of toe



Ankle Circles

Slightly raise leg and cup heel. With thumbs stroke circles around the ankles. Not too much pressure



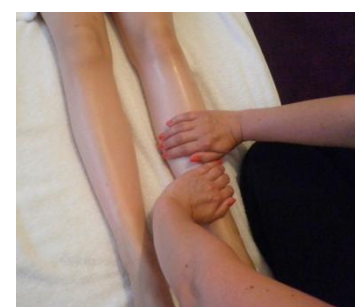
Back Leg Stroke

Bend leg and support foot with your knee. Cup back of leg and stroke up to knee with alternate hands



Leg Roll

Circle hands either side of the leg towards the knee in a rocking motion. No pressure on knee. Stop at the boxer short area



Front Leg Stroke

No pressure on the knee. Fan hands when on top of leg and stop at the boxer short area. Firmer pressure upwards

Repeat strokes on the other leg.