

ITEC Level 2 Certificate in Complementary and Alternative Therapies

Unit D Reflex Zone Therapy

Recommended guided learning hours – 80

QCA Qualification Accreditation Number:

Unit D Reflex Zone Therapy Learning outcome	Underpinning knowledge
Students will be able to:	
1) Understand the history and concept of reflex zones and their functions for the feet and hands	To include: <ul style="list-style-type: none"> • The history of the development of reflexology - the Ancient, the Chinese, Fitzgerald, Ingham • Longitudinal zones • Transverse zones • Their position • How the zones relate to the anatomical structures of the body
2) Understand and demonstrate the Holistic Approach	<ul style="list-style-type: none"> • Greek term holos • Importance of the treatment of the whole person
3) Understand the term integral biology	To include: <ul style="list-style-type: none"> • The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social well being, e.g. Computers, mobile phones, processed food, lack of fresh air, stress, lack of sleep, financial problems, poor ventilation, pollution, lack of exercise, chemicals
4) Understand and demonstrate methods of consultation	A sample of a consultation form can be found at www.itecworld.co.uk Students should demonstrate knowledge of the importance of the following: <ul style="list-style-type: none"> • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Any contraindications to treatment (as listed below) • Client lifestyle
5) Understand and recognise those contraindications to reflex zone therapy requiring medical referral or the client to indemnify their condition in writing prior to the treatment and those contraindications that restrict treatment	<ul style="list-style-type: none"> ◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another complementary/ alternative practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson's disease, Motor neurone disease) • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Spastic conditions • Kidney infections • Whiplash • Slipped disc • When taking prescribed medication • Acute rheumatism ◆ Contraindications that may restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Pregnancy (first trimester) • Skin diseases • Localised swelling • Inflammation

	<ul style="list-style-type: none"> • Varicose veins • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Haematoma • Recent fractures (minimum 3 months) • After a heavy meal
6) Understand and recognise any conditions/disorders of the feet and hands	<p>To include:</p> <ul style="list-style-type: none"> ◆ Fungal <ul style="list-style-type: none"> • Tinea unguium • Tinea Pedis ◆ Viral infection <ul style="list-style-type: none"> • Verrucas • Warts ◆ Arthritis in its various forms <ul style="list-style-type: none"> • Gout • Osteoarthritis • Rheumatoid arthritis • Hallux rigidus • Hallux valgus ◆ Disorders of the feet <ul style="list-style-type: none"> • Hammer toes • Heel spurs • Plantar fasciitis • Corns • Bursitis • Ingrown toenails • Club Feet • Flat Feet • High Arch ◆ Nail disorders <ul style="list-style-type: none"> • Pitting lines (horizontal or vertical) • Ridges • White spots • Curved or concave • Vertical ridges • Blue nails • White spots • Leucocytes • Onycholysis • Yellow nails • Brown nails • White nails • Kolionychia • Onychryptosis • Onycholysis • Paronychia • Beau's lines • Onychomyosis • Curved or concave • Vertical ridges • Blue nails ◆ Skin disorders <ul style="list-style-type: none"> • Callouses • Heel fissures • Chilblains
7) Understand the possible reactions to reflex zone therapy	<p>To include:</p> <ul style="list-style-type: none"> ◆ During treatment <ul style="list-style-type: none"> • Crying • Laughing • Talking • Desire to sleep • Sweating • Need to pass water • Thirst • Feeling nauseous ◆ After treatment <ul style="list-style-type: none"> • Symptoms exacerbated • Fatigue • Non specific aches and pains • Heavier menstrual flow • Frequent need to pass water • More frequent bowel movements • Nausea • Break out of spots • Healing crisis • More energy • Relief of symptoms • Improved mood
8) Understand and demonstrate appropriate client care	<p>To include:</p> <ul style="list-style-type: none"> • Checking consultation and contraindications • Explaining the treatment to the client • Helping the client on to the couch/chair and protecting the client's modesty at all times • Sanitise the feet • Wash own hands • Keep ensuring that the client is comfortable • Use appropriate supports i.e. under the ankles, knees, head • Help the client off the couch/chair protecting their modesty at all times
9) Understand and demonstrate techniques for treating the reflex zones of the feet	<p>To include:</p> <p>Selecting the appropriate medium</p> <ul style="list-style-type: none"> • No medium • Talc • Liquid talc • Corn Starch • Oil • Lotion • Breathing • Relaxation • Warm up • Thumb walking • Finger walking • Cool down
10) Evaluate and review the reflex zone therapy treatment/programme	<ul style="list-style-type: none"> • Outcomes achieved • Effectiveness of the treatment
11) Understand and demonstrate the importance of giving appropriate home care advice after treatment	<ul style="list-style-type: none"> • General care and lifestyle advice and the beneficial effects thereof
12) Understand the importance of referral procedures	<p>To include:</p> <ul style="list-style-type: none"> ◆ Demonstration of understanding of when a client should be referred to either: <ul style="list-style-type: none"> • GP • Other Complementary or Alternative Therapist