

How can reflexology help you?

The theory behind reflexology is that the body has the ability to heal itself. Following illness, stress, injury or disease, it is in a state of “imbalance” and vital energy pathways are blocked, preventing the body from functioning effectively. When one part of the body is not functioning well, the effect is felt throughout the entire system. Reflexology can be used to restore and maintain the body's natural balance and encourage healing.

For each person, the application and the effect of the therapy are unique. Sensitive, trained hands can detect tiny deposits and imbalances in the feet and by working on these points the Reflexologist can release blockages and restore the free flow of energy to the whole body. Tension is eased and circulation improved. This gentle and safe therapy encourages the body to heal itself at its own pace.

What happens in a reflexology session?

A thorough exam & medical questionnaire is performed. The client is then asked to relax in a comfortable position. The Reflexologist may work either on the hands, ears or feet. Beginning with the right side, all reflex points on both sides are stimulated as the body is considered to be a whole unit.

Reflexology is safe for everyone, although pressure and length of session may vary for babies, seniors or the extremely ill. Sessions usually last from 45 - 60 minutes.

How to choose a reflexologist?

Make sure your Reflexologist is a Professional Reflexologist who is a member of the Reflexology Association of Canada. Quarry Physiotherapy & Foot Care Services has registered nurses providing foot care and reflexology services. Professional Reflexologists have attained high standards of training, follow high standards of practice and carry liability insurance.

For more information or to schedule a Reflexology session, please contact:



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Keeping Interlakers in Motion

Keeping Your Feet in Motion...

How reflexology works?

Reflexology is a natural, non-invasive healing art that is based on the principle that there are reflexes in the feet, hands and ears that correspond to every part of the body. The physical image of the body is mapped onto the feet in a logical, anatomical pattern; the toes represent the head, the ball of the foot corresponds to the internal organs and the heel of the foot corresponds to the pelvic region in our body.

Similar maps of reflexes are found on the ears or the hands as well.

Through application of pressure on these reflexes with (hands only), reflexology relieves tension, improves circulation, opens the flow in blocked nerves and helps promote the natural functioning and healing of the body. Reflexology does not provide a diagnosis or prescription. The whole body is treated rather than a specific condition.

Essentially, Reflexology helps to balance the physical, mental and emotional aspects of your whole body. If an organ or gland is underactive or overactive, Reflexology strives to help return it to a normal level.

Where does the practice come from?

Dating back to 2330 BC, the first record of Reflexology is found in an Egyptian physician's tomb. Traces of "foot work" also appear in other cultures such as China, India and Europe going back thousands of years indicating no one culture invented it. Researchers believe that the art is well over 5,500 years old. Today's methods are based on the work of Dr. William Fitzgerald who studied the art of "pressure therapy" in Europe and pioneered "Zone Therapy" in the USA, and that of Eunice Ingham who systematized and popularized the therapy in the 1930's. Research is on-going proving the benefits of Reflexology.

