

WEBVTT

NOTE duration:"00:25:49"

NOTE language:en-us

NOTE Confidence: 0.920251221

00:00:04.990 --> 00:00:06.880 Hello everybody and thank you

NOTE Confidence: 0.920251221

00:00:06.880 --> 00:00:08.770 so much for joining today.

NOTE Confidence: 0.920251221

00:00:08.770 --> 00:00:10.320 My name is Michelle Grant.

NOTE Confidence: 0.920251221

00:00:10.320 --> 00:00:12.870 I'm a licensed massage therapist

NOTE Confidence: 0.920251221

00:00:12.870 --> 00:00:14.910 at Smilow Cancer Hospital.

NOTE Confidence: 0.920251221

00:00:14.910 --> 00:00:17.566 It's my honor and privilege to every week

NOTE Confidence: 0.920251221

00:00:17.566 --> 00:00:19.987 work with some of the most charming,

NOTE Confidence: 0.920251221

00:00:19.990 --> 00:00:21.248 sensitive, determined,

NOTE Confidence: 0.920251221

00:00:21.248 --> 00:00:25.022 and beautiful people everyday that are

NOTE Confidence: 0.920251221

00:00:25.022 --> 00:00:28.602 going through all sorts of challenges

NOTE Confidence: 0.920251221

00:00:28.602 --> 00:00:31.397 related to their oncology treatment.

NOTE Confidence: 0.920251221

00:00:31.400 --> 00:00:34.226 It's also my pleasure to join with you today.

NOTE Confidence: 0.920251221

00:00:34.230 --> 00:00:37.684 Whoever is logging on on line to just

NOTE Confidence: 0.920251221

00:00:37.684 --> 00:00:40.276 listen a little bit about neuropathy,

NOTE Confidence: 0.920251221

00:00:40.280 --> 00:00:43.706 peripheral neuropathy and how some just

NOTE Confidence: 0.920251221

00:00:43.706 --> 00:00:46.902 simple massage techniques can help with

NOTE Confidence: 0.920251221

00:00:46.902 --> 00:00:50.796 the issues with your hands and your feet.

NOTE Confidence: 0.920251221

00:00:50.800 --> 00:00:52.560 A little bit of background,

NOTE Confidence: 0.920251221

00:00:52.560 --> 00:00:54.436 the peripheral nervous system

NOTE Confidence: 0.920251221

00:00:54.436 --> 00:00:57.250 carries signals from the brain and

NOTE Confidence: 0.920251221

00:00:57.329 --> 00:00:59.969 spinal cord to the rest of the body.

NOTE Confidence: 0.920251221

00:00:59.970 --> 00:01:01.995 Any problems along the way

NOTE Confidence: 0.920251221

00:01:01.995 --> 00:01:03.615 can affect the skin,

NOTE Confidence: 0.920251221

00:01:03.620 --> 00:01:06.840 muscles and joints of your hands and

NOTE Confidence: 0.920251221

00:01:06.840 --> 00:01:09.939 feet and other parts of the body.

NOTE Confidence: 0.920251221

00:01:09.940 --> 00:01:13.062 Now peripheral neuropathy is a term for

NOTE Confidence: 0.920251221

00:01:13.062 --> 00:01:16.367 pain and discomfort to the peripheral nerves,

NOTE Confidence: 0.920251221

00:01:16.370 --> 00:01:19.387 and those are the nerves that extend

NOTE Confidence: 0.920251221

00:01:19.387 --> 00:01:22.667 away from the brain and spinal cord.

NOTE Confidence: 0.920251221

00:01:22.670 --> 00:01:23.798 During treatment,
NOTE Confidence: 0.920251221

00:01:23.798 --> 00:01:26.054 chemotherapy can of course
NOTE Confidence: 0.920251221

00:01:26.054 --> 00:01:28.310 kill the cancer cells,
NOTE Confidence: 0.920251221

00:01:28.310 --> 00:01:30.846 but at the same time it can also
NOTE Confidence: 0.920251221

00:01:30.846 --> 00:01:32.751 affect these nerves that connect
NOTE Confidence: 0.920251221

00:01:32.751 --> 00:01:35.145 the spinal cord to the muscles,
NOTE Confidence: 0.920251221

00:01:35.150 --> 00:01:37.710 skin and internal organs.
NOTE Confidence: 0.920251221

00:01:37.710 --> 00:01:41.550 Certain types of chemotherapy affect small
NOTE Confidence: 0.920251221

00:01:41.646 --> 00:01:45.125 sensory nerves in the feet and hands,
NOTE Confidence: 0.920251221

00:01:45.130 --> 00:01:46.400 and that can of course,
NOTE Confidence: 0.920251221

00:01:46.400 --> 00:01:47.870 cause numbness,
NOTE Confidence: 0.920251221

00:01:47.870 --> 00:01:53.750 tingling and pain in the fingers and toes.
NOTE Confidence: 0.920251221

00:01:53.750 --> 00:01:56.252 This damage to peripheral nerves by
NOTE Confidence: 0.920251221

00:01:56.252 --> 00:01:58.780 these drugs is called chemotherapy
NOTE Confidence: 0.920251221

00:01:58.780 --> 00:02:01.138 induced peripheral neuropathy.
NOTE Confidence: 0.920251221

00:02:01.140 --> 00:02:04.260 But you may have heard that term before.

NOTE Confidence: 0.920251221

00:02:04.260 --> 00:02:06.606 One or more of the symptoms

NOTE Confidence: 0.920251221

00:02:06.606 --> 00:02:07.779 may appear suddenly,

NOTE Confidence: 0.920251221

00:02:07.780 --> 00:02:10.255 but typically they build overtime

NOTE Confidence: 0.920251221

00:02:10.255 --> 00:02:13.656 and they worsen with each dose of

NOTE Confidence: 0.920251221

00:02:13.656 --> 00:02:16.170 chemo peaking at about 3:00 to

NOTE Confidence: 0.920251221

00:02:16.170 --> 00:02:18.777 five months after the last dose.

NOTE Confidence: 0.920251221

00:02:18.780 --> 00:02:20.252 The agents and chemotherapy.

NOTE Confidence: 0.920251221

00:02:20.252 --> 00:02:22.460 They tend to obstruct the Kappel

NOTE Confidence: 0.920251221

00:02:22.520 --> 00:02:24.326 Arises in the fingers and toes,

NOTE Confidence: 0.920251221

00:02:24.330 --> 00:02:27.338 and these are of course are the furthest

NOTE Confidence: 0.920251221

00:02:27.338 --> 00:02:29.900 points in our circulatory system.

NOTE Confidence: 0.920251221

00:02:29.900 --> 00:02:32.098 When these nerve endings in the hands

NOTE Confidence: 0.920251221

00:02:32.098 --> 00:02:34.425 and feet don't get enough oxygen

NOTE Confidence: 0.920251221

00:02:34.425 --> 00:02:36.185 nutrition from blood circulation,

NOTE Confidence: 0.920251221

00:02:36.190 --> 00:02:41.566 they can become painful, sensitive and numb.

NOTE Confidence: 0.920251221

00:02:41.570 --> 00:02:42.970 Less often,
NOTE Confidence: 0.920251221

00:02:42.970 --> 00:02:45.770 radiation induced peripheral neuropathy
NOTE Confidence: 0.920251221

00:02:45.770 --> 00:02:49.196 can affect the patient or yourself.
NOTE Confidence: 0.920251221

00:02:49.200 --> 00:02:51.470 Several years after that treatment
NOTE Confidence: 0.920251221

00:02:51.470 --> 00:02:53.740 an with the radiation induced
NOTE Confidence: 0.920251221

00:02:53.817 --> 00:02:55.379 peripheral neuropathy.
NOTE Confidence: 0.920251221

00:02:55.380 --> 00:02:58.008 Nerve compression due to soft tissue
NOTE Confidence: 0.920251221

00:02:58.008 --> 00:03:01.112 fibrosis that may cause the nerves to
NOTE Confidence: 0.920251221

00:03:01.112 --> 00:03:04.080 become damaged along with the blood vessels.
NOTE Confidence: 0.920251221

00:03:04.080 --> 00:03:05.312 That's not as immediate
NOTE Confidence: 0.920251221

00:03:05.312 --> 00:03:06.544 effect is the chemotherapy,
NOTE Confidence: 0.920251221

00:03:06.550 --> 00:03:10.337 and it does happen much less often.
NOTE Confidence: 0.920251221

00:03:10.340 --> 00:03:12.174 So now we're going to get into,
NOTE Confidence: 0.920251221

00:03:12.180 --> 00:03:12.918 well walking,
NOTE Confidence: 0.920251221

00:03:12.918 --> 00:03:15.870 massage do to help with the symptoms and.
NOTE Confidence: 0.920251221

00:03:15.870 --> 00:03:18.678 Each person dealing with this neuropathy

NOTE Confidence: 0.920251221

00:03:18.678 --> 00:03:21.390 has a completely different experience.

NOTE Confidence: 0.920251221

00:03:21.390 --> 00:03:24.735 There's no two patients that

NOTE Confidence: 0.920251221

00:03:24.735 --> 00:03:28.080 experienced the same exact affects,

NOTE Confidence: 0.920251221

00:03:28.080 --> 00:03:30.012 so just know that what you're

NOTE Confidence: 0.920251221

00:03:30.012 --> 00:03:31.693 feeling could be different than

NOTE Confidence: 0.920251221

00:03:31.693 --> 00:03:33.368 what somebody else is feeling,

NOTE Confidence: 0.920251221

00:03:33.370 --> 00:03:36.574 but it's all a normal part of the process,

NOTE Confidence: 0.920251221

00:03:36.580 --> 00:03:38.475 and the massage techniques we're

NOTE Confidence: 0.920251221

00:03:38.475 --> 00:03:41.446 going to do today can aid a little

NOTE Confidence: 0.920251221

00:03:41.446 --> 00:03:43.456 bit in some of those symptoms.

NOTE Confidence: 0.920251221

00:03:43.460 --> 00:03:45.973 On what are the benefits to this

NOTE Confidence: 0.920251221

00:03:45.973 --> 00:03:47.572 massage treatment for neuropathy

NOTE Confidence: 0.920251221

00:03:47.572 --> 00:03:49.832 you may experience some increased

NOTE Confidence: 0.920251221

00:03:49.832 --> 00:03:51.640 comfort in the affected

NOTE Confidence: 0.881382205666667

00:03:51.712 --> 00:03:53.896 areas of your hands and your feet

NOTE Confidence: 0.881382205666667

00:03:53.896 --> 00:03:56.214 and your toes in your fingers.
NOTE Confidence: 0.881382205666667

00:03:56.214 --> 00:03:59.420 Amor return of normal sensation more quickly
NOTE Confidence: 0.881382205666667

00:03:59.503 --> 00:04:02.555 over time and some improvement in your
NOTE Confidence: 0.881382205666667

00:04:02.555 --> 00:04:05.668 activities of daily living such as walking,
NOTE Confidence: 0.881382205666667

00:04:05.670 --> 00:04:08.380 food preparation, handling of objects,
NOTE Confidence: 0.881382205666667

00:04:08.380 --> 00:04:11.210 an hobbies I know so many of you that I
NOTE Confidence: 0.881382205666667

00:04:11.291 --> 00:04:14.027 meet you have your hobbies you like to
NOTE Confidence: 0.881382205666667

00:04:14.027 --> 00:04:17.256 draw you like to guardian you like to cook.
NOTE Confidence: 0.881382205666667

00:04:17.260 --> 00:04:19.815 And I know it gets frustrating when
NOTE Confidence: 0.881382205666667

00:04:19.815 --> 00:04:22.310 you have these feelings going on,
NOTE Confidence: 0.881382205666667

00:04:22.310 --> 00:04:25.073 so hopefully this will aid and get you back
NOTE Confidence: 0.881382205666667

00:04:25.073 --> 00:04:28.053 to more of the things that you love to do.
NOTE Confidence: 0.881382205666667

00:04:28.060 --> 00:04:30.740 Just a few things to keep in mind.
NOTE Confidence: 0.881382205666667

00:04:30.740 --> 00:04:32.480 Now deep tissue massage
NOTE Confidence: 0.881382205666667

00:04:32.480 --> 00:04:34.655 is not advised at all.
NOTE Confidence: 0.881382205666667

00:04:34.660 --> 00:04:36.250 Whether you're doing this massage

NOTE Confidence: 0.881382205666667
00:04:36.250 --> 00:04:38.279 on yourself or you're having a loved
NOTE Confidence: 0.881382205666667
00:04:38.279 --> 00:04:39.831 one or a friend do it for you.
NOTE Confidence: 0.881382205666667
00:04:39.840 --> 00:04:42.024 Just always keep in mind it's not like
NOTE Confidence: 0.881382205666667
00:04:42.024 --> 00:04:44.477 somebody a friend of yours or family member.
NOTE Confidence: 0.881382205666667
00:04:44.480 --> 00:04:45.710 They like to go for massage.
NOTE Confidence: 0.881382205666667
00:04:45.710 --> 00:04:47.050 I love deep tissue massage.
NOTE Confidence: 0.881382205666667
00:04:47.050 --> 00:04:48.102 The harder the better.
NOTE Confidence: 0.881382205666667
00:04:48.102 --> 00:04:50.486 You know this is not the sort of massage
NOTE Confidence: 0.881382205666667
00:04:50.486 --> 00:04:52.890 that you want to do for your neuropathy.
NOTE Confidence: 0.881382205666667
00:04:52.890 --> 00:04:54.610 The skin could be very,
NOTE Confidence: 0.881382205666667
00:04:54.610 --> 00:04:57.715 very delicate and it could be a little thin.
NOTE Confidence: 0.881382205666667
00:04:57.720 --> 00:04:59.160 You could feel some swelling.
NOTE Confidence: 0.881382205666667
00:04:59.160 --> 00:05:00.380 You could feel some hardening,
NOTE Confidence: 0.881382205666667
00:05:00.380 --> 00:05:01.880 and you certainly feel some
NOTE Confidence: 0.881382205666667
00:05:01.880 --> 00:05:03.080 some pain and tingling,
NOTE Confidence: 0.881382205666667

00:05:03.080 --> 00:05:06.008 so we're gonna go really light and just

NOTE Confidence: 0.881382205666667

00:05:06.008 --> 00:05:08.978 adapt to your own personal sense of pain

NOTE Confidence: 0.881382205666667

00:05:08.978 --> 00:05:12.020 and to your own personal experience.

NOTE Confidence: 0.881382205666667

00:05:12.020 --> 00:05:13.574 If somebody is doing it to you

NOTE Confidence: 0.881382205666667

00:05:13.574 --> 00:05:14.730 or your massage yourself,

NOTE Confidence: 0.881382205666667

00:05:14.730 --> 00:05:15.296 you know,

NOTE Confidence: 0.881382205666667

00:05:15.296 --> 00:05:17.560 just go with how it feels you want

NOTE Confidence: 0.881382205666667

00:05:17.633 --> 00:05:19.705 to have a little bit of pressure

NOTE Confidence: 0.881382205666667

00:05:19.705 --> 00:05:21.985 like you want to feel your hand

NOTE Confidence: 0.881382205666667

00:05:21.985 --> 00:05:23.305 moving along your skin,

NOTE Confidence: 0.881382205666667

00:05:23.310 --> 00:05:25.645 but you definitely don't want

NOTE Confidence: 0.881382205666667

00:05:25.645 --> 00:05:28.500 to feel any sensation of pain.

NOTE Confidence: 0.881382205666667

00:05:28.500 --> 00:05:30.456 And this massage can be done

NOTE Confidence: 0.881382205666667

00:05:30.456 --> 00:05:31.760 with or without lotion.

NOTE Confidence: 0.881382205666667

00:05:31.760 --> 00:05:32.900 That's your your preference.

NOTE Confidence: 0.881382205666667

00:05:32.900 --> 00:05:34.325 And if you use lotion,

NOTE Confidence: 0.881382205666667
00:05:34.330 --> 00:05:36.930 just something light and a
NOTE Confidence: 0.881382205666667
00:05:36.930 --> 00:05:39.530 very very very small amount.
NOTE Confidence: 0.881382205666667
00:05:39.530 --> 00:05:41.534 To get the most benefit from
NOTE Confidence: 0.881382205666667
00:05:41.534 --> 00:05:42.536 massage for neuropathy,
NOTE Confidence: 0.881382205666667
00:05:42.540 --> 00:05:44.226 ideally you'd want to do it
NOTE Confidence: 0.881382205666667
00:05:44.226 --> 00:05:45.900 daily for about 15 minutes,
NOTE Confidence: 0.881382205666667
00:05:45.900 --> 00:05:48.155 but whatever you have time
NOTE Confidence: 0.881382205666667
00:05:48.155 --> 00:05:50.410 to do is absolutely fine.
NOTE Confidence: 0.881382205666667
00:05:50.410 --> 00:05:53.574 An every little bit will certainly help.
NOTE Confidence: 0.881382205666667
00:05:53.580 --> 00:05:57.004 So now we're gonna start with the massage.
NOTE Confidence: 0.881382205666667
00:05:57.010 --> 00:05:58.528 On the hands.
NOTE Confidence: 0.91982293
00:06:02.360 --> 00:06:06.251 So what we're going to do to begin
NOTE Confidence: 0.91982293
00:06:06.251 --> 00:06:08.358 with is just kind of warm up here.
NOTE Confidence: 0.91982293
00:06:08.360 --> 00:06:10.320 Warm up your hands just a little bit.
NOTE Confidence: 0.884519130555555
00:06:12.950 --> 00:06:15.974 We're gonna begin by taking a
NOTE Confidence: 0.884519130555555

00:06:15.974 --> 00:06:19.030 rest and just getting a little
NOTE Confidence: 0.884519130555555

00:06:19.030 --> 00:06:21.844 bit of range of motion going.
NOTE Confidence: 0.884519130555555

00:06:21.850 --> 00:06:23.950 This call in both directions.
NOTE Confidence: 0.870999703333333

00:06:26.980 --> 00:06:28.798 And as we massage, you know,
NOTE Confidence: 0.870999703333333

00:06:28.800 --> 00:06:30.425 just have a comfortable seated
NOTE Confidence: 0.870999703333333

00:06:30.425 --> 00:06:32.050 position and just your breath
NOTE Confidence: 0.870999703333333

00:06:32.113 --> 00:06:33.578 should be relaxed and easy,
NOTE Confidence: 0.870999703333333

00:06:33.580 --> 00:06:35.956 so you're not feeling legit or
NOTE Confidence: 0.870999703333333

00:06:35.956 --> 00:06:38.350 tighter holding in your shoulders.
NOTE Confidence: 0.870999703333333

00:06:38.350 --> 00:06:39.810 The next thing we're going
NOTE Confidence: 0.870999703333333

00:06:39.810 --> 00:06:41.530 to do for the hands is.
NOTE Confidence: 0.870999703333333

00:06:41.530 --> 00:06:44.190 We're going to stroke beginning
NOTE Confidence: 0.870999703333333

00:06:44.190 --> 00:06:46.850 with the wrist and just.
NOTE Confidence: 0.870999703333333

00:06:46.850 --> 00:06:50.470 Up from West to elbow.
NOTE Confidence: 0.870999703333333

00:06:50.470 --> 00:06:53.627 Just to get a little circulation going.
NOTE Confidence: 0.906155398888889

00:06:55.740 --> 00:06:58.818 So you could take the sides of your fingers.

NOTE Confidence: 0.906155398888889
00:06:58.820 --> 00:07:01.058 That's a good flat area press
NOTE Confidence: 0.906155398888889
00:07:01.058 --> 00:07:03.937 in to the skin and the muscle
NOTE Confidence: 0.906155398888889
00:07:03.937 --> 00:07:06.535 if you're not feeling any pain,
NOTE Confidence: 0.906155398888889
00:07:06.540 --> 00:07:08.310 or if you're watching this to
NOTE Confidence: 0.906155398888889
00:07:08.310 --> 00:07:10.224 help a family member or friend
NOTE Confidence: 0.906155398888889
00:07:10.224 --> 00:07:11.909 and you don't have neuropathy,
NOTE Confidence: 0.906155398888889
00:07:11.910 --> 00:07:13.352 you know you can go a little
NOTE Confidence: 0.906155398888889
00:07:13.352 --> 00:07:14.824 deeper and give yourself a nice
NOTE Confidence: 0.906155398888889
00:07:14.824 --> 00:07:16.169 massage today as well working.
NOTE Confidence: 0.906155398888889
00:07:16.170 --> 00:07:17.966 Otherwise just be mindful.
NOTE Confidence: 0.906155398888889
00:07:17.966 --> 00:07:21.170 And then turn to the other side.
NOTE Confidence: 0.906155398888889
00:07:21.170 --> 00:07:24.579 And again from West up to elbow.
NOTE Confidence: 0.889986334
00:07:29.180 --> 00:07:31.440 Just get that circulation going.
NOTE Confidence: 0.823189243
00:07:34.600 --> 00:07:35.795 You might even feel areas
NOTE Confidence: 0.823189243
00:07:35.795 --> 00:07:36.990 that tingle a little bit.
NOTE Confidence: 0.823189243

00:07:36.990 --> 00:07:39.195 You could have some contracted
NOTE Confidence: 0.823189243

00:07:39.195 --> 00:07:40.518 muscles there yourself.
NOTE Confidence: 0.823189243

00:07:40.520 --> 00:07:43.130 Now. At the wrist where it
NOTE Confidence: 0.823189243

00:07:43.130 --> 00:07:45.670 connects with the with the arm.
NOTE Confidence: 0.823189243

00:07:45.670 --> 00:07:47.386 Just make little circles.
NOTE Confidence: 0.823189243

00:07:47.386 --> 00:07:49.960 You can use your pointer finger
NOTE Confidence: 0.823189243

00:07:50.041 --> 00:07:51.846 and you could even feel.
NOTE Confidence: 0.823189243

00:07:51.850 --> 00:07:54.027 Where the bone connects to the wrist.
NOTE Confidence: 0.86057578

00:07:56.090 --> 00:07:58.680 It just make little circles.
NOTE Confidence: 0.86057578

00:07:58.680 --> 00:08:00.084 Do that a couple of times
NOTE Confidence: 0.86057578

00:08:00.084 --> 00:08:01.623 if you prefer to use the
NOTE Confidence: 0.86057578

00:08:01.623 --> 00:08:02.978 thumb for a little deeper,
NOTE Confidence: 0.86057578

00:08:02.980 --> 00:08:04.080 a little deeper pressure,
NOTE Confidence: 0.86057578

00:08:04.080 --> 00:08:05.455 go ahead and do that.
NOTE Confidence: 0.9302531

00:08:08.920 --> 00:08:13.915 Excellent. Now when we get into the hand,
NOTE Confidence: 0.9302531

00:08:13.920 --> 00:08:16.216 there is a good sized little meaty muscle.

NOTE Confidence: 0.9302531

00:08:16.220 --> 00:08:19.670 Here you just want to get in here and give

NOTE Confidence: 0.9302531

00:08:19.753 --> 00:08:23.036 that some pressure in a circular motion.

NOTE Confidence: 0.87776569

00:08:27.390 --> 00:08:29.820 It's kind of move the tissue

NOTE Confidence: 0.87776569

00:08:29.820 --> 00:08:32.435 around the areas where you feel

NOTE Confidence: 0.87776569

00:08:32.435 --> 00:08:34.705 you feel something like muscle.

NOTE Confidence: 0.87776569

00:08:34.710 --> 00:08:38.406 You can go a little more there.

NOTE Confidence: 0.87776569

00:08:38.410 --> 00:08:41.098 Where it feels a little bonier.

NOTE Confidence: 0.87776569

00:08:41.100 --> 00:08:45.285 You want to be a little bit more gentle.

NOTE Confidence: 0.87776569

00:08:45.290 --> 00:08:49.166 And just go ahead in circles.

NOTE Confidence: 0.87776569

00:08:49.170 --> 00:08:51.265 And you could even begin

NOTE Confidence: 0.87776569

00:08:51.265 --> 00:08:53.870 already to feel the blood flow.

NOTE Confidence: 0.87776569

00:08:53.870 --> 00:08:56.510 Gonna turn to the other side.

NOTE Confidence: 0.87776569

00:08:56.510 --> 00:08:59.520 And we're going to go upwards from

NOTE Confidence: 0.87776569

00:08:59.520 --> 00:09:01.889 the wrist towards the fingers.

NOTE Confidence: 0.87776569

00:09:01.890 --> 00:09:05.530 Just bring that skin up and again,

NOTE Confidence: 0.87776569

00:09:05.530 --> 00:09:08.100 if you're suffering yourself from
NOTE Confidence: 0.87776569

00:09:08.100 --> 00:09:10.282 the apathy or you're working with
NOTE Confidence: 0.87776569

00:09:10.282 --> 00:09:12.010 somebody who is just be really,
NOTE Confidence: 0.87776569

00:09:12.010 --> 00:09:12.622 really gentle.
NOTE Confidence: 0.87776569

00:09:12.622 --> 00:09:15.455 This skin is thin to begin with, so.
NOTE Confidence: 0.87776569

00:09:15.455 --> 00:09:18.880 Light pressure is is fine.
NOTE Confidence: 0.87776569

00:09:18.880 --> 00:09:23.619 Almost almost no pressure is also fine.
NOTE Confidence: 0.87776569

00:09:23.620 --> 00:09:26.689 In that situation.
NOTE Confidence: 0.87776569

00:09:26.690 --> 00:09:29.138 You can get in here into the crease.
NOTE Confidence: 0.87776569

00:09:29.140 --> 00:09:31.354 There's an acupressure point here that
NOTE Confidence: 0.87776569

00:09:31.354 --> 00:09:34.430 can stimulate a lot of benefits to the body,
NOTE Confidence: 0.87776569

00:09:34.430 --> 00:09:37.544 so it's nice to go in here a little
NOTE Confidence: 0.87776569

00:09:37.544 --> 00:09:40.648 bit and work this little web area.
NOTE Confidence: 0.87776569

00:09:40.650 --> 00:09:42.550 Could even feel spotlight here.
NOTE Confidence: 0.87776569

00:09:42.550 --> 00:09:44.470 That could be a little tingley and sensitive.
NOTE Confidence: 0.87776569

00:09:44.470 --> 00:09:46.750 You're activating that acupressure point.

NOTE Confidence: 0.878763848181818
00:09:50.840 --> 00:09:53.468 And then another really important area
NOTE Confidence: 0.878763848181818
00:09:53.468 --> 00:09:56.666 to help are the fingers, the fingers.
NOTE Confidence: 0.878763848181818
00:09:56.666 --> 00:09:59.172 Sometimes it's hard to even bend them.
NOTE Confidence: 0.878763848181818
00:09:59.180 --> 00:10:03.420 They get so rigid so.
NOTE Confidence: 0.878763848181818
00:10:03.420 --> 00:10:07.068 Wonderful results can be achieved from
NOTE Confidence: 0.878763848181818
00:10:07.068 --> 00:10:12.057 just kind of going up and down the finger.
NOTE Confidence: 0.878763848181818
00:10:12.060 --> 00:10:14.600 In court had impressed there.
NOTE Confidence: 0.878763848181818
00:10:14.600 --> 00:10:16.984 If the person you're working on or you
NOTE Confidence: 0.878763848181818
00:10:16.984 --> 00:10:18.598 yourself experiences pain or discomfort,
NOTE Confidence: 0.878763848181818
00:10:18.600 --> 00:10:21.816 just lighting it up but just get in
NOTE Confidence: 0.878763848181818
00:10:21.816 --> 00:10:25.438 there around the little Bony joints make
NOTE Confidence: 0.878763848181818
00:10:25.438 --> 00:10:28.163 little circular friction motions just
NOTE Confidence: 0.878763848181818
00:10:28.254 --> 00:10:31.359 to stimulate circulation and release.
NOTE Confidence: 0.878763848181818
00:10:31.360 --> 00:10:33.265 I've any connective tissue that
NOTE Confidence: 0.878763848181818
00:10:33.265 --> 00:10:36.089 may be sort of jumbled up in there.
NOTE Confidence: 0.878763848181818

00:10:36.090 --> 00:10:39.789 And then of course, the tips of the fingers.
NOTE Confidence: 0.878763848181818

00:10:39.790 --> 00:10:43.150 And then give a nice pull.
NOTE Confidence: 0.878763848181818

00:10:43.150 --> 00:10:45.966 And you can go ahead and do that
NOTE Confidence: 0.878763848181818

00:10:45.966 --> 00:10:48.397 on each finger, even on yourself.
NOTE Confidence: 0.878763848181818

00:10:48.397 --> 00:10:50.431 This is wonderful if you yourself
NOTE Confidence: 0.878763848181818

00:10:50.431 --> 00:10:52.679 are not suffering from neuropathy,
NOTE Confidence: 0.878763848181818

00:10:52.680 --> 00:10:55.230 but you have a little arthritis
NOTE Confidence: 0.878763848181818

00:10:55.230 --> 00:10:58.200 or just kind of sore fingers.
NOTE Confidence: 0.878763848181818

00:10:58.200 --> 00:11:02.550 This massage is very very beneficial.
NOTE Confidence: 0.878763848181818

00:11:02.550 --> 00:11:07.098 Would use is pain increases circulation.
NOTE Confidence: 0.878763848181818

00:11:07.100 --> 00:11:09.452 Scroll all around up and down and
NOTE Confidence: 0.878763848181818

00:11:09.452 --> 00:11:11.728 motions around that little joint there.
NOTE Confidence: 0.885211005

00:11:14.330 --> 00:11:18.050 And the tip of the finger. In a nice pull.
NOTE Confidence: 0.899484445

00:11:20.740 --> 00:11:25.588 And just keep that going for every finger.
NOTE Confidence: 0.899484445

00:11:25.590 --> 00:11:27.627 When you do this on your own,
NOTE Confidence: 0.899484445

00:11:27.630 --> 00:11:30.876 take your time. There's no rush.

NOTE Confidence: 0.899484445

00:11:30.880 --> 00:11:34.160 15 minutes is ideal.

NOTE Confidence: 0.899484445

00:11:34.160 --> 00:11:36.326 But we're just gonna go through

NOTE Confidence: 0.899484445

00:11:36.326 --> 00:11:38.496 the motions today so that you

NOTE Confidence: 0.899484445

00:11:38.496 --> 00:11:40.764 have the routine that you can do.

NOTE Confidence: 0.7681051575

00:11:42.800 --> 00:11:44.240 And their ring finger.

NOTE Confidence: 0.83012725

00:11:47.430 --> 00:11:49.670 Feel around the joint here.

NOTE Confidence: 0.83012725

00:11:49.670 --> 00:11:51.602 Any tenderness skin?

NOTE Confidence: 0.83012725

00:11:51.602 --> 00:11:54.178 Little little circular friction.

NOTE Confidence: 0.866848645

00:11:58.820 --> 00:12:01.160 And up to the tip of the finger as well,

NOTE Confidence: 0.866848645

00:12:01.160 --> 00:12:04.060 and a nice little pool and the pinky.

NOTE Confidence: 0.26440614

00:12:09.010 --> 00:12:09.820 Steam.

NOTE Confidence: 0.912185022

00:12:12.290 --> 00:12:14.050 With the body, of course,

NOTE Confidence: 0.912185022

00:12:14.050 --> 00:12:16.030 it's always important to balance.

NOTE Confidence: 0.912185022

00:12:16.030 --> 00:12:17.386 If you're gonna do one side,

NOTE Confidence: 0.912185022

00:12:17.390 --> 00:12:18.460 even if you have nothing

NOTE Confidence: 0.912185022

00:12:18.460 --> 00:12:19.530 going on the other side,
NOTE Confidence: 0.912185022

00:12:19.530 --> 00:12:21.588 always do the other side as well.
NOTE Confidence: 0.868574029333333

00:12:23.880 --> 00:12:26.603 So we're going to get the circulation
NOTE Confidence: 0.868574029333333

00:12:26.603 --> 00:12:29.496 going from the wrist up to the elbow.
NOTE Confidence: 0.868574029333333

00:12:29.500 --> 00:12:31.495 Just sort of wake up your body.
NOTE Confidence: 0.868574029333333

00:12:31.500 --> 00:12:33.305 Let it know that you're
NOTE Confidence: 0.868574029333333

00:12:33.305 --> 00:12:35.500 gonna be giving it some TLC.
NOTE Confidence: 0.63166416

00:12:38.400 --> 00:12:39.060 God.
NOTE Confidence: 0.9057924

00:12:41.080 --> 00:12:41.980 Excellent.
NOTE Confidence: 0.776308351428571

00:12:46.600 --> 00:12:49.568 Very good. Kind of round the wrist.
NOTE Confidence: 0.776308351428571

00:12:49.570 --> 00:12:52.930 Just work a little bit around the joints.
NOTE Confidence: 0.821548468571429

00:12:55.650 --> 00:12:58.510 Is there where the connection
NOTE Confidence: 0.821548468571429

00:12:58.510 --> 00:13:00.800 is made? At the rest.
NOTE Confidence: 0.838307212142857

00:13:07.320 --> 00:13:09.468 Keep the breath relaxed.
NOTE Confidence: 0.838307212142857

00:13:09.468 --> 00:13:11.616 And then begin massage
NOTE Confidence: 0.838307212142857

00:13:11.616 --> 00:13:14.450 ING the palm of the hand.

NOTE Confidence: 0.838307212142857
00:13:14.450 --> 00:13:16.970 You can get into that nice
NOTE Confidence: 0.838307212142857
00:13:16.970 --> 00:13:18.650 muscle meaty area here.
NOTE Confidence: 0.834631054
00:13:21.510 --> 00:13:23.580 And all the soft tissue.
NOTE Confidence: 0.9344232333333333
00:13:32.570 --> 00:13:33.899 The other side.
NOTE Confidence: 0.862377735714286
00:13:37.180 --> 00:13:40.799 Not forgetting that little web area here.
NOTE Confidence: 0.862377735714286
00:13:40.800 --> 00:13:43.660 Stimulating my acupressure point.
NOTE Confidence: 0.881590825
00:13:49.760 --> 00:13:53.120 And then attending to each of the fingers.
NOTE Confidence: 0.881590825
00:13:53.120 --> 00:13:58.334 As needed. Up and around. The joints.
NOTE Confidence: 0.881590825
00:13:58.334 --> 00:14:01.590 And the tips of the fingers very much.
NOTE Confidence: 0.881590825
00:14:01.590 --> 00:14:04.730 Sometimes you'll feel a
NOTE Confidence: 0.881590825
00:14:04.730 --> 00:14:07.870 little cold sensitivity there.
NOTE Confidence: 0.881590825
00:14:07.870 --> 00:14:11.320 So this will help to warm up the hands a bit,
NOTE Confidence: 0.881590825
00:14:11.320 --> 00:14:13.852 increasing the circulation again
NOTE Confidence: 0.881590825
00:14:13.852 --> 00:14:17.017 Max nice oxygenated blood flow.
NOTE Confidence: 0.881590825
00:14:17.020 --> 00:14:18.570 And we're going to continue.
NOTE Confidence: 0.879184935

00:14:20.600 --> 00:14:24.080 With each other fingers.
NOTE Confidence: 0.879184935

00:14:24.080 --> 00:14:26.144 Just as we did with the other hand.
NOTE Confidence: 0.818623946

00:14:36.210 --> 00:14:38.142 Good. And the pinky,
NOTE Confidence: 0.818623946

00:14:38.142 --> 00:14:41.040 and give that a nice pool.
NOTE Confidence: 0.8196385

00:14:43.270 --> 00:14:47.250 Excellent, take a deep breath.
NOTE Confidence: 0.8196385

00:14:47.250 --> 00:14:49.110 Just a minute a second,
NOTE Confidence: 0.8196385

00:14:49.110 --> 00:14:52.050 you just feel notice little tingling,
NOTE Confidence: 0.8196385

00:14:52.050 --> 00:14:54.660 a little nice circulation going.
NOTE Confidence: 0.8196385

00:14:54.660 --> 00:14:56.410 Just take a moment and feel bad.
NOTE Confidence: 0.899618098571429

00:14:58.440 --> 00:15:00.638 And that this is what's gonna help.
NOTE Confidence: 0.899618098571429

00:15:00.640 --> 00:15:02.872 Moving forward with the symptoms that
NOTE Confidence: 0.899618098571429

00:15:02.872 --> 00:15:05.080 are experienced with the neuropathy.
NOTE Confidence: 0.899618098571429

00:15:05.080 --> 00:15:06.645 And again spending more time
NOTE Confidence: 0.899618098571429

00:15:06.645 --> 00:15:08.210 will give you more benefit.
NOTE Confidence: 0.899618098571429

00:15:08.210 --> 00:15:10.928 But this is just an overview so that you
NOTE Confidence: 0.899618098571429

00:15:10.928 --> 00:15:13.988 can do the routine on your own at any time.

NOTE Confidence: 0.899618098571429

00:15:13.990 --> 00:15:15.958 Now we're going to get into the feet.

NOTE Confidence: 0.899618098571429

00:15:15.960 --> 00:15:17.455 It's a similar experience to

NOTE Confidence: 0.899618098571429

00:15:17.455 --> 00:15:19.380 what we did with the hands,

NOTE Confidence: 0.899618098571429

00:15:19.380 --> 00:15:21.108 but we're working with the feet,

NOTE Confidence: 0.899618098571429

00:15:21.110 --> 00:15:23.700 the toes, and the soft tissue down.

NOTE Confidence: 0.899618098571429

00:15:23.700 --> 00:15:25.892 That way I'm going to take my screen

NOTE Confidence: 0.899618098571429

00:15:25.892 --> 00:15:27.934 down so that you could see what

NOTE Confidence: 0.899618098571429

00:15:27.934 --> 00:15:29.930 I'm doing with my feet as well.

NOTE Confidence: 0.899618098571429

00:15:29.930 --> 00:15:33.666 So just like we did with the arms

NOTE Confidence: 0.899618098571429

00:15:33.666 --> 00:15:37.369 were gonna first start make circles.

NOTE Confidence: 0.899618098571429

00:15:37.370 --> 00:15:38.162 At your ankles,

NOTE Confidence: 0.899618098571429

00:15:38.162 --> 00:15:40.839 just to get a little range of motion going.

NOTE Confidence: 0.895984013333333

00:15:43.360 --> 00:15:47.654 Good. And then we're going to give

NOTE Confidence: 0.895984013333333

00:15:47.654 --> 00:15:50.558 ourselves a little massage the same

NOTE Confidence: 0.895984013333333

00:15:50.558 --> 00:15:54.118 way from the ankles up to the knee.

NOTE Confidence: 0.895984013333333

00:15:54.120 --> 00:15:56.190 Just to increase the blood flow,
NOTE Confidence: 0.895984013333333

00:15:56.190 --> 00:15:58.745 let your body know that we're going
NOTE Confidence: 0.895984013333333

00:15:58.745 --> 00:16:01.964 to be starting to work on this soft
NOTE Confidence: 0.895984013333333

00:16:01.964 --> 00:16:04.009 tissue and increase the circulation
NOTE Confidence: 0.895984013333333

00:16:04.086 --> 00:16:06.598 and the same way it's nice to use
NOTE Confidence: 0.895984013333333

00:16:06.598 --> 00:16:09.095 like this side of your finger because
NOTE Confidence: 0.895984013333333

00:16:09.095 --> 00:16:11.470 you have a little little print.
NOTE Confidence: 0.895984013333333

00:16:11.470 --> 00:16:12.870 You can give it a little pressure.
NOTE Confidence: 0.895984013333333

00:16:12.870 --> 00:16:15.257 You have a little momentum here to
NOTE Confidence: 0.895984013333333

00:16:15.257 --> 00:16:17.609 press into the soft tissue again.
NOTE Confidence: 0.895984013333333

00:16:17.610 --> 00:16:20.402 If you're experiencing tenderness,
NOTE Confidence: 0.895984013333333

00:16:20.402 --> 00:16:23.029 pain, swelling a tightness,
NOTE Confidence: 0.895984013333333

00:16:23.029 --> 00:16:24.958 super super light.
NOTE Confidence: 0.895984013333333

00:16:24.960 --> 00:16:27.684 Literally, it's fine to just touch
NOTE Confidence: 0.895984013333333

00:16:27.684 --> 00:16:31.078 the skin and just move it this way,
NOTE Confidence: 0.895984013333333

00:16:31.080 --> 00:16:32.839 so this is a very, very,

NOTE Confidence: 0.895984013333333

00:16:32.839 --> 00:16:33.856 very personal experience.

NOTE Confidence: 0.895984013333333

00:16:33.856 --> 00:16:36.566 No two people are going to have the

NOTE Confidence: 0.895984013333333

00:16:36.566 --> 00:16:38.390 same symptoms and every massage is

NOTE Confidence: 0.895984013333333

00:16:38.390 --> 00:16:40.444 going to be different and cater

NOTE Confidence: 0.895984013333333

00:16:40.444 --> 00:16:42.169 tored your own personal needs.

NOTE Confidence: 0.875274375

00:16:45.210 --> 00:16:47.320 OK, excellent.

NOTE Confidence: 0.879754396666667

00:16:50.530 --> 00:16:52.658 And again we move in an upward

NOTE Confidence: 0.879754396666667

00:16:52.658 --> 00:16:54.449 direction when you massage here.

NOTE Confidence: 0.879754396666667

00:16:54.450 --> 00:16:56.042 It stored the heart.

NOTE Confidence: 0.879754396666667

00:16:56.042 --> 00:16:58.032 So we move the tissue.

NOTE Confidence: 0.879754396666667

00:16:58.040 --> 00:17:01.980 Upwards from ankle to knee.

NOTE Confidence: 0.879754396666667

00:17:01.980 --> 00:17:04.255 Now as we get into the foot,

NOTE Confidence: 0.879754396666667

00:17:04.260 --> 00:17:06.997 we're just gonna give it like a

NOTE Confidence: 0.879754396666667

00:17:06.997 --> 00:17:08.910 nice squeezing motion to begin.

NOTE Confidence: 0.879754396666667

00:17:08.910 --> 00:17:11.150 Just as we did on our Poms.

NOTE Confidence: 0.879754396666667

00:17:11.150 --> 00:17:14.440 We're gonna do similar on our feet.
NOTE Confidence: 0.879754396666667

00:17:14.440 --> 00:17:17.100 So we're going to just get in
NOTE Confidence: 0.879754396666667

00:17:17.100 --> 00:17:19.929 here and move the tissue around.
NOTE Confidence: 0.879754396666667

00:17:19.930 --> 00:17:25.195 We can go in emotion from the heel upward.
NOTE Confidence: 0.879754396666667

00:17:25.200 --> 00:17:28.360 We can go sideways.
NOTE Confidence: 0.879754396666667

00:17:28.360 --> 00:17:31.558 From the outside to the inside.
NOTE Confidence: 0.869245534

00:17:35.280 --> 00:17:37.010 And you could feel you
NOTE Confidence: 0.869245534

00:17:37.010 --> 00:17:38.740 could feel a nice release.
NOTE Confidence: 0.869245534

00:17:38.740 --> 00:17:40.996 Sometimes there's a little not here
NOTE Confidence: 0.869245534

00:17:40.996 --> 00:17:43.960 at the arch, so as you modify your
NOTE Confidence: 0.869245534

00:17:43.960 --> 00:17:45.790 pressure to your personal experience,
NOTE Confidence: 0.869245534

00:17:45.790 --> 00:17:48.274 you could just make like nice
NOTE Confidence: 0.869245534

00:17:48.274 --> 00:17:50.669 little circles here around the arch.
NOTE Confidence: 0.869245534

00:17:50.670 --> 00:17:52.700 Some have a larger arch,
NOTE Confidence: 0.869245534

00:17:52.700 --> 00:17:54.260 some have a flat foot,
NOTE Confidence: 0.869245534

00:17:54.260 --> 00:17:56.006 some have something in the middle,

NOTE Confidence: 0.869245534

00:17:56.010 --> 00:17:58.245 so just be mindful to

NOTE Confidence: 0.869245534

00:17:58.245 --> 00:18:00.033 what your experience is.

NOTE Confidence: 0.82228372875

00:18:02.660 --> 00:18:05.124 So gently squeeze and

NOTE Confidence: 0.82228372875

00:18:05.124 --> 00:18:07.588 massage the soft tissue.

NOTE Confidence: 0.82228372875

00:18:07.590 --> 00:18:12.006 Now, this area here if you are experiencing

NOTE Confidence: 0.82228372875

00:18:12.006 --> 00:18:13.758 peripheral neuropathy, wait here.

NOTE Confidence: 0.82228372875

00:18:13.758 --> 00:18:16.350 At the base of the toes on the

NOTE Confidence: 0.82228372875

00:18:16.435 --> 00:18:18.730 bottom of the foot sometimes.

NOTE Confidence: 0.82228372875

00:18:18.730 --> 00:18:21.370 Is an area that is very,

NOTE Confidence: 0.82228372875

00:18:21.370 --> 00:18:24.742 very constricted and doing a massage

NOTE Confidence: 0.82228372875

00:18:24.742 --> 00:18:27.727 here can be extremely beneficial

NOTE Confidence: 0.82228372875

00:18:27.727 --> 00:18:31.549 to relieving some of your symptoms.

NOTE Confidence: 0.82228372875

00:18:31.550 --> 00:18:33.956 So modifying your pressure as needed,

NOTE Confidence: 0.82228372875

00:18:33.960 --> 00:18:37.461 you can go in here at the base of

NOTE Confidence: 0.82228372875

00:18:37.461 --> 00:18:41.129 each toe and just make some circles.

NOTE Confidence: 0.82228372875

00:18:41.130 --> 00:18:43.066 Allow circular friction motion
NOTE Confidence: 0.82228372875

00:18:43.066 --> 00:18:45.970 at the base of each toe.
NOTE Confidence: 0.858590520769231

00:18:49.550 --> 00:18:51.830 An anybody will experience benefit from
NOTE Confidence: 0.858590520769231

00:18:51.830 --> 00:18:54.510 this no matter what the symptoms are,
NOTE Confidence: 0.858590520769231

00:18:54.510 --> 00:18:56.950 because this area sometimes does
NOTE Confidence: 0.858590520769231

00:18:56.950 --> 00:18:59.390 need additional help with some
NOTE Confidence: 0.858590520769231

00:18:59.475 --> 00:19:02.499 circulation as you go closer to the to.
NOTE Confidence: 0.858590520769231

00:19:02.500 --> 00:19:05.368 You may even feel a little
NOTE Confidence: 0.858590520769231

00:19:05.368 --> 00:19:07.820 knots an A lot of tenderness,
NOTE Confidence: 0.858590520769231

00:19:07.820 --> 00:19:11.817 and to release that is extremely beneficial.
NOTE Confidence: 0.858590520769231

00:19:11.820 --> 00:19:14.748 There's acupressure points here.
NOTE Confidence: 0.858590520769231

00:19:14.748 --> 00:19:19.708 That releasing them can offer.
NOTE Confidence: 0.858590520769231

00:19:19.710 --> 00:19:22.026 Benefits of circulation and
NOTE Confidence: 0.858590520769231

00:19:22.026 --> 00:19:25.500 oxygenation and just good energy flow.
NOTE Confidence: 0.858590520769231

00:19:25.500 --> 00:19:27.748 Going to the front of the foot the
NOTE Confidence: 0.858590520769231

00:19:27.748 --> 00:19:29.878 same thing as we did with the hand.

NOTE Confidence: 0.858590520769231
00:19:29.880 --> 00:19:33.037 We're just going to make upward motions.
NOTE Confidence: 0.858590520769231
00:19:33.040 --> 00:19:36.892 Thunder. To.
NOTE Confidence: 0.858590520769231
00:19:36.892 --> 00:19:40.389 Upward a nice release.
NOTE Confidence: 0.92726445
00:19:47.800 --> 00:19:48.630 Excellent.
NOTE Confidence: 0.830205352857143
00:19:51.430 --> 00:19:53.494 And now attending to the toes
NOTE Confidence: 0.830205352857143
00:19:53.494 --> 00:19:55.475 themselves, just like we did the
NOTE Confidence: 0.830205352857143
00:19:55.475 --> 00:19:58.510 fingers the same thing, just.
NOTE Confidence: 0.830205352857143
00:19:58.510 --> 00:20:01.648 Will squeeze emotions.
NOTE Confidence: 0.830205352857143
00:20:01.650 --> 00:20:05.186 With each toe and a nice little pull.
NOTE Confidence: 0.830205352857143
00:20:05.190 --> 00:20:07.010 Do that with every towel.
NOTE Confidence: 0.818344108888889
00:20:11.200 --> 00:20:14.749 Excellent and like a little pull when
NOTE Confidence: 0.818344108888889
00:20:14.749 --> 00:20:17.798 you're done. And a final squeeze.
NOTE Confidence: 0.884408742857143
00:20:20.220 --> 00:20:22.985 Excellent. Again, we're going to do what
NOTE Confidence: 0.884408742857143
00:20:22.985 --> 00:20:27.019 we did on one side to the other side about
NOTE Confidence: 0.884408742857143
00:20:27.019 --> 00:20:29.576 the body requires balance. And again,
NOTE Confidence: 0.884408742857143

00:20:29.576 --> 00:20:31.872 you could feel already in that foot.
NOTE Confidence: 0.884408742857143

00:20:31.880 --> 00:20:33.518 Maybe it's warming up a little bit,
NOTE Confidence: 0.884408742857143

00:20:33.520 --> 00:20:35.088 it just feels good.
NOTE Confidence: 0.884408742857143

00:20:35.088 --> 00:20:37.440 Your breath is light and this
NOTE Confidence: 0.884408742857143

00:20:37.526 --> 00:20:39.770 is excellent energy release.
NOTE Confidence: 0.884408742857143

00:20:39.770 --> 00:20:42.914 So again, we move the soft tissue from
NOTE Confidence: 0.884408742857143

00:20:42.914 --> 00:20:45.827 the ankle upwards towards the knee.
NOTE Confidence: 0.884408742857143

00:20:45.830 --> 00:20:47.558 Modifying your pressurized,
NOTE Confidence: 0.884408742857143

00:20:47.558 --> 00:20:50.438 appropriate and just know whatever
NOTE Confidence: 0.884408742857143

00:20:50.438 --> 00:20:53.009 you're experiencing is your own
NOTE Confidence: 0.884408742857143

00:20:53.009 --> 00:20:55.503 personal experience, and it's fine.
NOTE Confidence: 0.884408742857143

00:20:55.503 --> 00:20:57.096 Everybody's reaction to
NOTE Confidence: 0.884408742857143

00:20:57.096 --> 00:20:58.689 chemotherapy is different.
NOTE Confidence: 0.884408742857143

00:20:58.690 --> 00:21:00.910 Some people experience neuropathy only
NOTE Confidence: 0.884408742857143

00:21:00.910 --> 00:21:03.130 when they're receiving their chemo.
NOTE Confidence: 0.884408742857143

00:21:03.130 --> 00:21:06.016 Some have it all the time.

NOTE Confidence: 0.884408742857143
00:21:06.020 --> 00:21:09.038 Whatever your experience is is fine,
NOTE Confidence: 0.884408742857143
00:21:09.040 --> 00:21:10.725 and it's just your reaction
NOTE Confidence: 0.884408742857143
00:21:10.725 --> 00:21:13.030 to the drugs and this massage,
NOTE Confidence: 0.884408742857143
00:21:13.030 --> 00:21:14.442 hopefully will give you
NOTE Confidence: 0.884408742857143
00:21:14.442 --> 00:21:15.854 some comfort and relief.
NOTE Confidence: 0.897726584285714
00:21:18.140 --> 00:21:23.299 Good. And then moving to the foot.
NOTE Confidence: 0.897726584285714
00:21:23.300 --> 00:21:25.742 The bottom of the foot we
NOTE Confidence: 0.897726584285714
00:21:25.742 --> 00:21:28.370 just give it my squeezes.
NOTE Confidence: 0.897726584285714
00:21:28.370 --> 00:21:30.780 My circular massage just really
NOTE Confidence: 0.897726584285714
00:21:30.780 --> 00:21:34.420 get in there to the soft tissue.
NOTE Confidence: 0.897726584285714
00:21:34.420 --> 00:21:35.770 As appropriate.
NOTE Confidence: 0.7150268775
00:21:40.610 --> 00:21:42.778 Circles around the urge.
NOTE Confidence: 0.849521989230769
00:21:47.530 --> 00:21:50.494 And then paying my full attention
NOTE Confidence: 0.849521989230769
00:21:50.494 --> 00:21:54.030 to that area here below the toes.
NOTE Confidence: 0.849521989230769
00:21:54.030 --> 00:21:56.586 Often this massage will very very,
NOTE Confidence: 0.849521989230769

00:21:56.590 --> 00:21:59.308 very quickly give you feeling again.
NOTE Confidence: 0.849521989230769

00:21:59.310 --> 00:22:00.750 If you have numbness,
NOTE Confidence: 0.849521989230769

00:22:00.750 --> 00:22:02.550 you may begin to experience
NOTE Confidence: 0.849521989230769

00:22:02.550 --> 00:22:04.248 like a tingling feeling,
NOTE Confidence: 0.849521989230769

00:22:04.250 --> 00:22:07.618 which is a good is a good thing.
NOTE Confidence: 0.849521989230769

00:22:07.620 --> 00:22:10.326 And from there you might say
NOTE Confidence: 0.849521989230769

00:22:10.326 --> 00:22:12.130 feel more sensation beginning
NOTE Confidence: 0.849521989230769

00:22:12.212 --> 00:22:14.780 relatively quickly after massage.
NOTE Confidence: 0.90066709875

00:22:17.140 --> 00:22:20.964 And the longer that you do the massage,
NOTE Confidence: 0.90066709875

00:22:20.970 --> 00:22:23.070 the more benefits you'll receive.
NOTE Confidence: 0.898716314166667

00:22:25.890 --> 00:22:27.384 And again, we don't want to
NOTE Confidence: 0.898716314166667

00:22:27.384 --> 00:22:28.909 forget the front of the foot.
NOTE Confidence: 0.858095946666667

00:22:36.850 --> 00:22:40.588 Excellent. And of course the toes.
NOTE Confidence: 0.8956121

00:22:52.280 --> 00:22:53.260 Excellent.
NOTE Confidence: 0.857817862222222

00:22:55.380 --> 00:22:57.918 Each child and again at the base of that.
NOTE Confidence: 0.857817862222222

00:22:57.920 --> 00:22:59.605 Oh, there's a lot of

NOTE Confidence: 0.857817862222222
00:22:59.605 --> 00:23:00.616 acupressure points there.
NOTE Confidence: 0.857817862222222
00:23:00.620 --> 00:23:03.662 You may feel little little hard areas,
NOTE Confidence: 0.857817862222222
00:23:03.662 --> 00:23:05.654 and you could just spend a
NOTE Confidence: 0.857817862222222
00:23:05.654 --> 00:23:08.141 couple of extra minutes and just
NOTE Confidence: 0.857817862222222
00:23:08.141 --> 00:23:10.037 little slight circular friction.
NOTE Confidence: 0.857817862222222
00:23:10.040 --> 00:23:10.868 To release that,
NOTE Confidence: 0.857817862222222
00:23:10.868 --> 00:23:12.800 and then I'm pulling on the toe.
NOTE Confidence: 0.928622553333333
00:23:15.620 --> 00:23:16.958 With each one.
NOTE Confidence: 0.91426342
00:23:21.830 --> 00:23:22.800 Very good.
NOTE Confidence: 0.77166686
00:23:25.380 --> 00:23:27.248 And at last squeeze.
NOTE Confidence: 0.930968965
00:23:31.430 --> 00:23:35.620 OK. Beautiful.
NOTE Confidence: 0.930968965
00:23:35.620 --> 00:23:37.480 Alright, so just maybe take up,
NOTE Confidence: 0.930968965
00:23:37.480 --> 00:23:39.356 take a couple of seconds here and
NOTE Confidence: 0.930968965
00:23:39.356 --> 00:23:41.219 just kind of see how you feel.
NOTE Confidence: 0.930968965
00:23:41.220 --> 00:23:43.700 You feel a little blood
NOTE Confidence: 0.930968965

00:23:43.700 --> 00:23:46.720 flow going to the foot now.
NOTE Confidence: 0.930968965

00:23:46.720 --> 00:23:48.676 Maybe you just feel your whole
NOTE Confidence: 0.930968965

00:23:48.676 --> 00:23:50.590 body a little more relaxed.
NOTE Confidence: 0.930968965

00:23:50.590 --> 00:23:52.820 And if you are experiencing
NOTE Confidence: 0.930968965

00:23:52.820 --> 00:23:54.158 some peripheral neuropathy,
NOTE Confidence: 0.930968965

00:23:54.160 --> 00:23:58.290 maybe you're feeling a little more sensation,
NOTE Confidence: 0.930968965

00:23:58.290 --> 00:24:02.458 a little less numbness, a little less pain.
NOTE Confidence: 0.930968965

00:24:02.460 --> 00:24:05.430 So this is again just an
NOTE Confidence: 0.930968965

00:24:05.430 --> 00:24:08.290 overview of what you can do.
NOTE Confidence: 0.930968965

00:24:08.290 --> 00:24:09.976 You can do this on yourself,
NOTE Confidence: 0.930968965

00:24:09.980 --> 00:24:11.240 which is wonderful at anytime
NOTE Confidence: 0.930968965

00:24:11.240 --> 00:24:12.500 you can have a friend,
NOTE Confidence: 0.930968965

00:24:12.500 --> 00:24:14.680 a partner, a family member.
NOTE Confidence: 0.930968965

00:24:14.680 --> 00:24:16.408 Do that for you.
NOTE Confidence: 0.930968965

00:24:16.408 --> 00:24:18.253 Again, always being mindful
NOTE Confidence: 0.930968965

00:24:18.253 --> 00:24:20.137 of your personal situation,

NOTE Confidence: 0.930968965

00:24:20.140 --> 00:24:22.024 your level of pain,

NOTE Confidence: 0.930968965

00:24:22.024 --> 00:24:24.850 and the condition of your skin.

NOTE Confidence: 0.930968965

00:24:24.850 --> 00:24:25.806 In conclusion and closing,

NOTE Confidence: 0.930968965

00:24:25.806 --> 00:24:27.530 we're just going to do a very,

NOTE Confidence: 0.930968965

00:24:27.530 --> 00:24:30.790 very simple exercise to ground.

NOTE Confidence: 0.914559235

00:24:32.810 --> 00:24:36.506 Take a deep breath and close your eyes.

NOTE Confidence: 0.914559235

00:24:36.510 --> 00:24:41.046 An imagine a beautiful white light.

NOTE Confidence: 0.914559235

00:24:41.050 --> 00:24:44.758 Entering the top of your head.

NOTE Confidence: 0.914559235

00:24:44.760 --> 00:24:48.012 Imagine that white light going down

NOTE Confidence: 0.914559235

00:24:48.012 --> 00:24:51.350 through your head to your chest.

NOTE Confidence: 0.914559235

00:24:51.350 --> 00:24:54.724 Out both arms down through your belly,

NOTE Confidence: 0.914559235

00:24:54.730 --> 00:24:57.775 down through your legs and out to

NOTE Confidence: 0.914559235

00:24:57.775 --> 00:25:01.330 each foot into your toes. An exhale.

NOTE Confidence: 0.870738405384615

00:25:05.070 --> 00:25:07.870 A deep breath in and feel that white

NOTE Confidence: 0.870738405384615

00:25:07.870 --> 00:25:09.928 light coming through your toes.

NOTE Confidence: 0.870738405384615

00:25:09.930 --> 00:25:12.850 Up back through your legs to your chest,
NOTE Confidence: 0.870738405384615

00:25:12.850 --> 00:25:15.310 from your fingers to your arms,
NOTE Confidence: 0.870738405384615

00:25:15.310 --> 00:25:17.086 up your chest, up your head,
NOTE Confidence: 0.870738405384615

00:25:17.090 --> 00:25:18.938 and back out the top of your head.
NOTE Confidence: 0.7598374

00:25:23.490 --> 00:25:27.526 And exhale. OK everybody,
NOTE Confidence: 0.7598374

00:25:27.526 --> 00:25:29.598 I hope that helps.
NOTE Confidence: 0.7598374

00:25:29.600 --> 00:25:31.224 Whatever you're going through.
NOTE Confidence: 0.7598374

00:25:31.224 --> 00:25:32.848 I wish you well.
NOTE Confidence: 0.7598374

00:25:32.850 --> 00:25:35.234 I wish you happiness I wish you peace
NOTE Confidence: 0.7598374

00:25:35.234 --> 00:25:37.120 remember to drink lots of water.
NOTE Confidence: 0.7598374

00:25:37.120 --> 00:25:39.496 Of course healthy food choices and
NOTE Confidence: 0.7598374

00:25:39.496 --> 00:25:41.842 just remember how unique and how
NOTE Confidence: 0.7598374

00:25:41.842 --> 00:25:44.243 beautiful and how special you all are.
NOTE Confidence: 0.7598374

00:25:44.250 --> 00:25:45.510 I love working with you.
NOTE Confidence: 0.7598374

00:25:45.510 --> 00:25:47.974 Thank you for joining and be well.
NOTE Confidence: 0.7598374

00:25:47.980 --> 00:25:49.000 Take care. Bye bye.