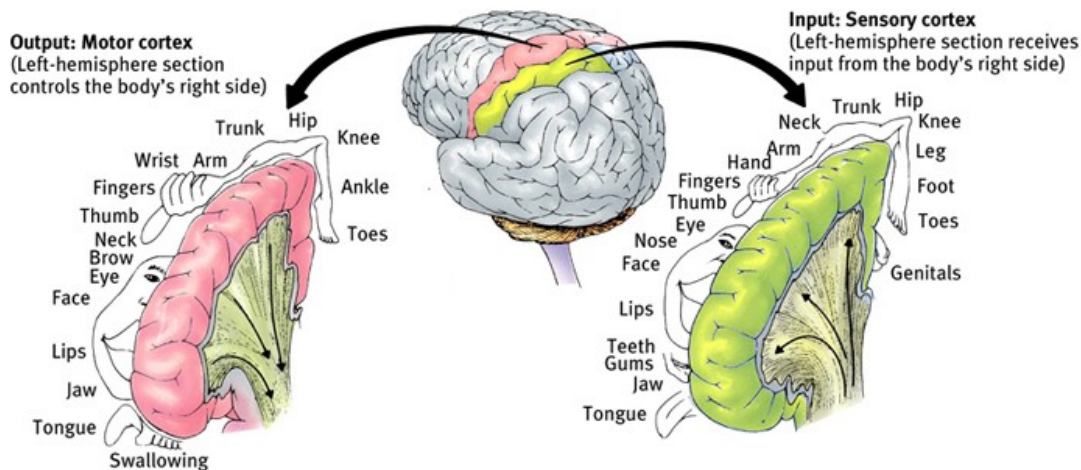


Introduction to body-reflexology – part 4 - by Arve Fahlvik

The following is related to all types of reflexology, not only body-reflexology. I feel it is an important subject, and therefore wish to set focus on it.

The little human

Does your foot charts or other charts include homunculus? Never heard of it? The precentral gyrus and the postcentral gyrus contains the primary motor area and the primary sensory area respectively. This area roughly forms a model of the human body, and is called homunculus.



Standard solution

How do reflexologists approach to tension in musculus deltoid? In most cases: massaging the shoulder in foot system. What then if the tension don't vanish? Probably more of the same. Even with a lots of projections to work trough this situation can arise.

The connections

Take a 5 kilo weight in you hand and then contract biceps brachii to lift it 50 times. When dropping the weight the arm will be in a contracted position, if you don't do any stretching. This will happen even if you concentrate on relax. The brain don't tell the muscle to contract, but he muscle have come into a kind locked state, and needs an external force to help unlock. This unlock can then be done by stretching.



When the previous situation with the shoulder occurs, it is possible to view it as an opposite situation of the one with biceps brachii. You forces the shoulder to relax through your work on the shoulder reflex, but the brain tells it to keep contract. The big question is then: how do we "stretch the brain"?

If you can use a projection to release tension in the shoulder, it should be possible to also use a projection to release the tension in the brain. More specific, work on a projection of homunculus. If you are only familiar with the projections on the feets or hands, you can find it directly under the nail. This is a good projection of it.