

Foot Reflexology Charts

FOOT REFLEXOLOGY CHARTS

Common Trigger Points

Designed by macrovector / Freepik

Head - Select corresponding foot location and symptoms

- ☐ Top of the toes - Headache, sinus congestion, eye pain
- ☐ Middle of the toes - Neck pain, shoulder pain
- ☐ Ball of the foot - Digestive problems, nausea, vomiting
- ☐ Arch of the foot - Heartburn, chest pain, anxiety
- ☐ Instep of the foot - Cough, shortness of breath, asthma
- ☐ Heel - Back pain, fatigue, urinary problems

Notes