## **Foot Massage Chart**

## medial side of both feet

## Groin Area Lymph Nodes Sciatic Nerve Vas Deferens/Fallopian Tubes Hip Middle Back Diaphragm **Abdominal Wall** Chest/Breast Neck Nose Teeth **Brain** Bladder Penis/Vagina Pelvis Thymus Uterus/Prostate Sacrum **Lumbar Spine** Thoracic Spine **Cervical Spine**

## lateral side of both feet

