

Variation blood stops using feet and knees

By Asoknanada

You can use your foot to stop the blood in the arm. Place your foot with the instep on the upper arm close to the armpit. Make sure to slowly increase the pressure. Don't overdo it. Hold for up to 30 seconds. Slowly release. Do one arm after the other.



Using the foot to apply pressure to the femoral artery.

Photo courtesy Asokananda.

An alternative to stopping the blood flow to the legs with the hands is doing it with the foot. Be very careful as it is difficult in the beginning to get a good feeling for the amount of pressure needed and it is easy to overdo it, causing unnecessary pain. Do one leg at a time, not both legs together. Place your foot below the groin. Leave a few centimeters of space between the groin and the spot where you place your foot to avoid pressing on the glands. The inside of the instep is pointing towards the groin (see photo). Shift your weight to your foot. Get your patient's feedback to help you to find out when to stop increasing the pressure. Hold for up to 50 seconds and release the pressure slowly.

Another option you have is to stop the blood with the knees. Place both of your knees below the groin on the upper part of the thigh (see photo). Shift your weight towards the knees. This version can be helpful if you work on people with big muscular legs. It is not recommended for skinny patients as it might be rather uncomfortable or even painful.



⚠ *Never do blood stops on anybody with high blood pressure or with a heart condition.*

The above information was excerpted with permission from "Thai Traditional Massage For Advanced Practitioners", by Asokananda, DK Books, 1996.