

REFLEXOLOGY NEW ZEALAND

Diploma of Reflexology

Module 3 Descriptor

FOOT CARE

Hours: 50
Credits: 5
Level: 5
Co requisite: Anatomy and Physiology –300 hours Level 4

Delivery: Class contact hours: 10
Unsupervised learning hours: 40
Total hours: 50

To maximize learning 80% classroom attendance is required.

Aim: People credited with this module are able to

Identify common foot pathologies; apply foot care practices; and refer client for foot care outside the scope of reflexology as necessary.

Learning outcomes: On successful completion of this module the student will:

1. Identify common foot pathologies.
2. Interview and communicate with the client and identify any history of foot pathology.
3. Assess the feet and identify any abnormalities.
4. Apply foot care practices.
5. Plan for further treatments according to the anticipated effects of foot care including referral to allied health professional if necessary.

Content to include but not limited to :

Bacterial, viral, fungal infections, thickened, distorted nails, circulation problems, lymphatic congestion; soft tissue problems – tendonitis, tenosynovitis, fasciitis, ligament injury; neurological – neural dysfunction, joint fixation or subluxations, arthritis; stress fractures; systemic disorders. past injury or disease; previous surgery; family history of foot conditions; rate and type of wear on shoes; current activity level, abnormal structure in accordance with the anatomy and physiology of the feet including assessment of skin, nails, mobility of joints, conditions of muscles and tendons, posture and gait, foot exercises, footwear advice, foot hygiene, skin and nail care.

Referral entails recognition by the therapist that the problem is outside his/her scope of practice and a referral may be necessary. This should include but not be limited to maintaining client confidentiality, passing the client on to a professional, getting consent for release of client and information on to relevant professional in accordance with the Privacy Act 1993.

19/8/08