

## Foot massage with Ann Young



### New Directions: Maximising Independence

**Name:**

**Date:**

#### What you will need:

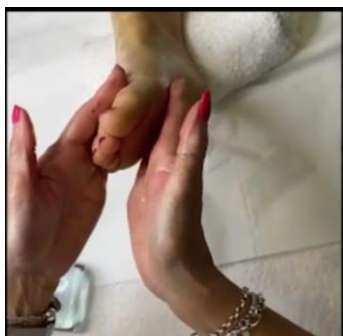
Home-made body scrub

Baby oil or body lotion

Towel



1. Start by applying oil or lotion to feet and rubbing the feet in circular motions



2. Lift the foot and focus on massaging the ankle and sole of the foot



3. Using your thumbs, work the oil upwards to help relax any tight muscles



4. Using one thumb moving in circular motions directly under the toes on the sole of the foot

Why not listen to some relaxing music or do a face mask while relaxing?