How to Use Pressure Points for a Foot Massage

![Foot diagram with pressure points]
Press firmly on the tips of the toes to help relieve headache and sinus pain. Press firmly but do not cause pain. Hold the pressure on for several seconds at a time.

Press firmly on the small rounded area just below the smallest toe. This pressure point is associated with pain in the shoulder and neck area. Apply pressure on this point for up to 20 seconds.

Apply pressure to the area just below the ball of the foot to alleviate stomach problems. Firm pressure held for several seconds and then repeated could be beneficial to the digestive system.

Apply pressure to the area just in front of the ankle on the bottom of the foot to help relieve knee pain.

Source: [TheCybugle]
Posting Disclaimer Notice:
This posting is not my own creation collection. My effort is copy paste only. I got it from internet posted by someone else. I’m just saving some time for you to avoid searching everywhere. I’m not violating any copy rights law or not any illegal action which I'm not supposed to do. If anything is against law please notify me so that it can be removed.