

LAMPIRAN
BIODATA PENELITI



A. Data Pribadi

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B. Riwayat Pendidikan

Tamat Sd : Tahun 2009 Di Sd 006 Balikpapan Tengah
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Standar Operasional Prosedur
(SOP)

FOOT MASSAGE

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Tujuan	Untuk menstabilkan Hemodinamik
Persiapan Alat	1. Minyak Telon 2. Handuk
Prosedur	<p>A. Pra Interaksi</p> <ul style="list-style-type: none">▪ mencuci tangan 6 langkah▪ menyiapkan alat <p>B. Orientasi</p> <ul style="list-style-type: none">▪ Memberikan salam sebagai pendekatan terapeutik▪ Menjelaskan tujuan dan prosedur tindakan pada keluarga/klien <p>C. Tahap Kerja</p> <ol style="list-style-type: none">2. Atur posisi pasien: Supinasi3. Peneliti meletakkan empat jari pada aspek dorsal kaki pasien4. menggunakan ibu jari untuk membuat tekanan rotasi di bagian tengah telapak kaki.5. Pijat refleksi untuk setiap kaki berlangsung dari 15 hingga 20 menit6. Keringkan/Lap telapak kaki klien dengan handuk <p>D. Terminasi</p> <ol style="list-style-type: none">1. Merapikan pasien2. Berpamitan dengan klien/keluarga3. Membereskan alat-alat

Dokumentasi

4. Mencuci tangan

Catat jam, hari, tanggal, serta hasil yang diperoleh dari pengkajian tersebut

Aplikasi *Foot Massage* untuk Menstabilkan Hemodinamik di Ruang *Intensive Care Unit* Rumah Sakit Umum Pusat dr. Soeradji Tirtonegoro Klaten

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Abstrak

Keywords:
Foot massage;
hemodinamik;
perawatan ICU

Latar Belakang: pasien yang dirawat di Ruang *Intensive Care Unit (ICU)* dengan kondisi kritis yang mengalami hemodinamik yang tidak stabil ditandai dengan peningkatan *MAP (Mean Arterial Pressures)*, *Heart Rate (HR)*, *Respiratory Rate (RR)*, serta penurunan saturasi oksigen (*SPO2*). Penerapan hasil penelitian *foot massage* ini bertujuan untuk menstabilkan hemodinamik selama pasien dirawat di Ruang *ICU*.

Metode: analisis masalah dilakukan untuk mendapatkan informasi tentang efektifitas dalam pemberian *foot massage* untuk menstabilkan hemodinamik. Intervensi *foot massage* dilakukan pada 10 orang pasien kritis yang dirawat di Ruang *ICU* dan dipilih berdasarkan kriteria yang telah ditentukan. Tindakan *foot massage* dilakukan selama 20-30 menit dan selanjutnya dilakukan evaluasi. Alat ukur yang digunakan yaitu lembar observasi untuk melihat perubahan hemodinamik pada *bed side monitor* pasien.

Hasil: sepuluh pasien yang dilakukan *foot massage* menunjukkan hasil *p-value* 0,001 ($<0,05$) pada *RR*; 0,000 ($<0,05$) pada *HR*; 0,004 ($<0,05$) pada *MAP*; 0,591 ($>0,05$) pada *SPO2* yang berarti bahwa signifikan pada hemodinamik non invasif pada pasien yaitu pada *HR*, *RR*, dan *MAP*, akan tetapi tidak adanya perubahan yang signifikan pada *SPO2*.

Diskusi: *foot massage* yang diaplikasikan pada pasien dengan ketidakstabilan hemodinamik dapat memberikan dampak meningkatkan sirkulasi, vasodilatasi arteri, mengurangi ketegangan otot, dan memberikan efek relaksasi otot polos.

Kesimpulan: penerapan aplikasi jurnal *foot massage* yang dilakukan pada pasien kritis dengan ketidakstabilan hemodinamik di Ruang *ICU* memberikan manfaat menstabilkan hemodinamik pada *HR*, *RR*, dan *MAP*, sehingga dapat menurunkan hari perawatan pasien di *ICU*.

1. PENDAHULUAN

Intensive Care Unit (ICU) adalah suatu bagian dari rumah sakit yang mandiri, dengan staf yang khusus dan

perlengkapan yang khusus untuk observasi, perawatan, dan terapi pasien-pasien yang menderita penyakit akut, cedera, atau penyulit-penyulit yang

Pengaruh *Foot Massage* terhadap Parameter Hemodinamik Non Invasif pada Pasien di *General Intensive Care Unit*

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Abstrak

Kondisi hemodinamik yang tidak stabil merupakan kondisi yang biasa terjadi pada pasien di *General Intensive Care Unit* (GICU). Hal ini dapat disebabkan karena stresor yang berasal dari aspek fisiologis, psikologis, maupun lingkungan. Saat ini terapi yang diberikan pada pasien di GICU didominasi oleh terapi farmakologi. Sementara berdasarkan teori keperawatan holistik, asuhan perawatan pada pasien dapat dioptimalkan dengan terapi komplementer seperti *foot massage*. Penelitian ini bertujuan untuk mengetahui pengaruh *foot massage* terhadap parameter hemodinamik non invasif pada pasien di ruang GICU RSUP Dr. Hasan Sadikin Bandung. Rancangan penelitian ini menggunakan *quasi experimental design* dengan pendekatan *time series design*. Jumlah sampel yang digunakan sebanyak 33 pasien dengan teknik *consecutive sampling*. Data penelitian dianalisis menggunakan uji Friedman dan dilanjutkan dengan analisis *Post-Hoc*. Hasil penelitian menunjukkan terdapat pengaruh *foot massage* secara signifikan terhadap penurunan MAP ($p<0,001$), penurunan denyut jantung ($p=0,002$), dan penurunan frekuensi pernafasan ($p<0,001$); namun tidak terdapat pengaruh *foot massage* secara signifikan terhadap peningkatan saturasi oksigen ($p=0,150$). *Foot massage* dapat menimbulkan aktivitas vasomotor di medula. Aktivitas vasomotor ini dapat menurunkan resistensi perifer dan merangsang saraf parasimpatis untuk menurunkan frekuensi jantung yang selanjutnya dapat meningkatkan curah jantung sehingga membuat pengiriman dan penggunaan oksigen oleh jaringan menjadi adekuat. Oleh karena itu, diharapkan perawat dapat melakukan praktik *foot massage* terhadap pasien untuk melengkapi terapi farmakologi yang sudah diberikan.

Kata kunci: *Foot massage*, parameter hemodinamik non invasif.

Effects of Foot Massages towards Non Invasive Hemodynamic Parameters of Patients in General Intensive Care Unit

Abstract

Unstable hemodynamic condition commonly happens in General Intensive Care Unit (GICU). This is caused by stressors from physiological, psychological, and environmental stressors. Nowadays, therapies for GICU patients are dominated by pharmacological therapies. Meanwhile, holistic nursing care could be optimized using complementary therapy such as foot massages. This study aimed to identify the effects of foot massages towards non-invasive hemodynamic parameters of patients in GICU Dr. Hasan Sadikin Hospital Bandung. The research design was quasi experimental using time series design. The sample size was 33 patients who were recruited using consecutive sampling technique. The data were analysed using Friedman test and followed by Post-Hoc analysis. The results showed that there were significant effects of foot massage towards the decreased of MAP ($p<0,001$), the decreased of heart rate ($p=0,002$), and the decreased of respiration rate ($p<0,001$); however, there was no significant effect of foot massages towards the increased of oxygen saturation ($p=0,150$). Foot massage can create vasomotor activation in the medulla. This vasomotor activation can decrease peripheral resistances and stimulate parasympathetic nervous to decrease the heart rate which then increase cardiac output thus increase adequate oxygen supply and usage by body tissues. Therefore, it is recommended that nurses can perform foot massages for patients to complement the pharmacological therapies that has been given.

Keywords: Foot massages, non-invasive hemodynamic parameter.

EFEKTIVITAS *FOOT HAND MASSAGE* TERHADAP RESPON FISILOGIS DAN INTENSITAS NYERI PADA PASIEN INFARK MIOKARD AKUT : STUDI DI RUANG ICCU RSUD.DR. ISKAK TULUNGAGUNG

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ABSTRAK

Latar Belakang : Infark miokard akut (IMA) terjadi kerusakan jaringan jantung akibat kekurangan suplai oksigen menimbulkan nyeri dada, nyeri ini dapat menyebabkan frustrasi dan penurunan kualitas hidup. Berbagai intervensi dapat dilakukan untuk mengatasi nyeri dada baik dengan farmakologis dan non farmakologis, salah satu intervensi nonfarmakologis adalah *foot hand massage*.

Metode : Desain penelitian ini menggunakan *Randomized Pretest-Posttest Control Group Design*. Pengambilan sampel dengan *simple random sampling* besar sampel 36 responden terdiri 18 kelompok perlakuan dan 18 kelompok kontrol. Analisis data secara univariat dengan table distribusi frekuensi dan analisis bivariat dengan *paired t-test*, *wilcoxon* untuk kelompok berpasangan, untuk kelompok tidak berpasangan menggunakan *independen t-test*, *mann-whitney* dengan taraf signifikansi $\leq 0,05$

Hasil: *Foot hand massage* berpengaruh terhadap respon fisiologis nyeri (kelompok berpasangan) *p-value*: tekanan darah systole 0,001 diastole 0,004, nadi 0,004, respirasi 0,001, suhu 0,059, leukosit 0,001, intensitas nyeri 0,001. Kelompok tidak berpasangan sesudah perlakuan *p-value* : tekanan darah sistole 0,034, diastole 0,010 nadi 0,001, respirasi 0,024, suhu 0,557, leukosit 0,019, intensitas nyeri 0,001.

Simpulan: Pasien infark miokard akut yang diberikan *foot hand massage* selama 4 kali 20 menit dalam 2 hari bersama dengan pengobatan standart dapat memberikan respon fisiologis nyeri pada tekanan darah sistole, diastole, nadi , respirasi, leukosit darah dan pada kelompok perlakuan 94% intensitas nyeri menurun skala ringan, tapi tidak berespon terhadap suhu.

Saran: *Foot hand massage* sangat efektif dan dapat digunakan sebagai salah satu intervensi keperawatan non farmakologi untuk mengatasi nyeri infark miokard akut

Kata Kunci : *Foot Hand Massage*, Nyeri, Infark Miokard Akut

Effect of 'foot massage and reflexology' on physiological parameters of critically ill patients

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Abstract: 'Foot massage and reflexology' is one of the commonest method of complementary therapies. Massage therapy and reflexology are manual therapeutic approaches used to facilitate healing, health and can be used by nurses in almost any setting. The present study was conducted to assess the effect of 'foot massage and reflexology' on physiological parameters i.e systolic and diastolic blood pressure, heart rate and oxygen saturation of critically ill patients. The study was carried out in five intensive care units. Using purposive sampling, 60 patients were enrolled in this study. A protocol on the procedure of 'foot massage and reflexology' was developed. An Observation checklist was used to record the various parameters. Controlled observations for all the physiological parameters under study were recorded for the first three days in the morning as well as in the evening hours with the total of six observations. Then, for the next three days the procedure of 'foot massage and reflexology' was implemented on the same patients. All the physiological parameters were recorded just before and after the implementation of protocol on each day in the morning as well as in the evening hours. Mean age (yrs) \pm SD of study subjects was 46.7 ± 16.1 and 70% were male. During the controlled observations there was no significant difference in any of the physiological parameters. There was significant decrease in the systolic blood pressure, increase in diastolic blood pressure, reduction in the heart rate and improvement in the oxygen saturation in some interventional observations after the intervention. But, no statistically significant difference was found on the abnormal category of the blood pressure and heart rate. So, because of the positive results of the intervention, the nurse practitioners may be trained about the technique of foot massage and reflexology.

Key words :

Physiological parameters, critically ill patients, foot massage and reflexology.

Introduction

Nursing is a profession based on art and science. This means that a professional nurse learns to deliver care artfully with compassion. Care should always change with new discoveries and innovations. When nurses integrate the science and art of nursing into their practice, the quality of care provided to the patients is at a level of excellence that benefits in innumerable ways. 'Intensive care unit(ICU) provides care to patients who are

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The impacts of short-term foot massage on mean arterial pressure of neurosurgical patients hospitalized in intensive care units

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ABSTRACT

Aims: Short term foot massage helps regulate the vital signs of patients who are hospitalized for long periods of time in intensive care units. The purpose of this study was "to examine the immediate impacts of short-term foot massage on mean arterial pressure among neurosurgical patients hospitalized in intensive care units".

Methods: This quasi-experimental study was conducted in 2013 on 78 patients who had been conveniently recruited from the intensive care units of Imam Reza (PBUH) Hospital, Kermanshah, Iran. Patients were equally and randomly assigned to the experimental and the control groups. Study data were collected by using a demographic questionnaire and a blood pressure data sheet which were completed through observation, interviewing, and physiologic measurement. Mean arterial blood pressure was measured both five and one minutes before the intervention. Then, the feet of each patient in the experimental group were massaged for five minutes and mean arterial pressure was re-measured one and five minutes afterward. The SPSS₁₆ was used for calculating the measures of descriptive statistics and conducting the paired- and the independent-samples t tests.

Results: In the experimental group, mean arterial blood pressure decreased significantly both one minute (93.23 ± 14.16 ; $p=0.005$) and five minutes (89.76 ± 13.66 ; $p<0.005$) after the study intervention. However, within-group comparison revealed that mean arterial blood pressure did not change significantly in the control group after the intervention.

Conclusions: Foot massage is effective in decreasing mean arterial pressure and giving patients a sense of calmness.

Keywords: Short-term foot massage, Intensive care unit, Neurosurgery, and Mean arterial pressure.

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The Effect of Foot Reflexology on Physiological Indicators and Mechanical Ventilation Weaning Time among Open-Heart Surgery Patients

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Abstract Shortening the length of mechanical ventilation (MV) and lowering dose of sedatives among critically ill patients can decrease complications, intensive care length of stay and mortality rate. Therefore, introducing non-pharmacologic interventions such as reflexology became an issue of concern for critical care nurses. The purpose of this study was to investigate the effect of foot reflexology on physiological indicators and mechanical ventilation weaning time in open-heart surgery (OHS) patients. **Methods:** Quasi-experimental study with a convenience sampling technique was used to recruit 80 patients who underwent open heart operation and admitted to cardiothoracic intensive care unit (ICU) of Mansoura University Hospital. Random assignment was allocated to the intervention group (foot reflexology) and the control group (routine care). Data were collected using participants' physiological indicators and MV weaning time assessment tool. **Results:** There were statistical significant differences between the foot reflexology group and the control group concerning all physiological indicators ($p < 0.05$). Statistical significant differences were also noted on shortening the length of weaning time between both groups ($p < 0.05$). **Conclusion:** Foot reflexology is an effective method for stabilizing physiological indicators and decreasing ventilator dependence among patients undergoing OHS. Therefore, it can be introduced as an adjunct to daily care of OHS patients in ICU.

Keywords: foot reflexology, physiological indicators, mechanical ventilation weaning time, open heart surgery

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1. Introduction

Cardiovascular diseases (CVDs) are considered to be the first leading cause of death worldwide due to stroke and cardiac arrest. According to the World Health Organization, in 2016, 17.9 million people lost their lives due to CVDs representing 31% of all global deaths [1].

This mortality rate is expected to increase in the following ten years [2]. Surgical interventions still play a critical role in prolonging life and improving patients who experience CVDs quality of life [3]. However, patients undergoing open heart operation may experience physical, psychological and cognitive problems [4].

After operation, OHS patients are transported directly to the cardiothoracic ICU to allow liberation from MV after stabilization of their cardiac and respiratory functions [5]. However, weaning from MV after cardiovascular surgery is still one of the most complex tasks. Moreover, the use of sedatives post cardiac surgery in ICU to improve MV tolerance and reduce metabolic demands during hemodynamic and respiratory instability is very

common [6]. However, these agents have several negative consequences on patients' conditions, and may lead to prolongation of MV, over-sedation, delirium, and hemodynamic instability [7].

Prolonged mechanical ventilation (PMV) is a serious complication following cardiovascular surgeries. Although it occurs with a low incidence (3–9.9%), it is associated with increased morbidity, mortality and cost of health care services [8,9]. Furthermore, prolonged ICU length of stay after cardiac operation is associated with increasing cost and resources utilization [6,8]. Therefore, early extubation is considered to be an essential element of 'fast-track' management strategy after cardiac operation and is linked with shorter stay in ICU and lowered health care costs [10].

There are various pharmacological and non-pharmacological methods for reducing patients' stress, pain and anxiety [11]. However, there are several complications related to pharmacological management such as disturbed level of consciousness and increasing the risk of drug dependence [7]. Currently, Non-pharmacological interventions, such as distraction, relaxing music, relaxation techniques, massage therapy and biofeedback are used by nurses as measures for

Therapeutic Effect of Massage on the Patients in Intensive Care Unit

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Background: Different and unrelieved side effects of hospitalization in intensive care unit can easily affect the patients and cause irritabilities and fluctuations in different vital signs.

Objectives: To determine the effect of different massage therapists on the 6 vital signs of conscious hospitalized patients in ICU.

Patients and Methods: The study was a randomized controlled clinical trial, which was conducted in 33 patients and 33 family members in experimental group 1 and 33 patients and 33 nurses in experimental group 2 and 2, and 33 patients in the control group. Data collection tool consisted of demographic data and a checklist to record the patient's vital signs (systolic blood pressure, diastolic blood pressure, respiratory rate, temperature, pulse rate, pressure of oxygen saturated, and pain). All measurements were conducted at the same time in three groups as follow: before the intervention (30 minutes full-body massage therapy), and 1, 2, 3, and 4 hours after intervention. The massage techniques included static, surface tension, stretching, superficial lymph unloads, transverse friction, and myofascial releasing techniques.

Results: Multivariate analyses revealed significant differences between experimental groups 1 and 2 and the control group with regard to the systolic blood pressure (SBP), diastolic blood pressure (DBP), pulse rate (PR), respiratory rate (RR), temperature (T), saturated of peripheral oxygen (SPO₂), and pain in all time points after intervention ($P < 0.05$). The differences were more significant in experimental group one than group two.

Conclusions: Having different massage therapists have several unparalleled positive effects on the patients' clinical conditions; and therefore, it should be recognized as one of the most important clinical considerations for all hospitalized patients.

Keywords: Vital Signs; Pain; Visual Analog Scale; Intensive Care Units; Randomized Controlled Trial

1. Background

Critical care environment because of its multifactorial nature can impose different complications on the hospitalized patients, especially conscious patients (1, 2). Hemodynamic instabilities are one of the most common side effects of such environments (3, 4). Unrelieved hemodynamic instabilities influences different systems, including cardiovascular and sympathetic nerves (5). The most common result of such instabilities, are irritabilities of different vital signs, including systolic blood pressure, diastolic blood pressure, pulse rate, respiratory rate, temperature, pressure of oxygen saturated, and response to pain (3, 6).

Recently, to relieve vital signs irritabilities, alternative and complementary therapies, like massage therapy

have been widely used (7-9). Massage therapy is a therapeutic technique, which because of improving hemodynamic and nervous system, has been gained popularity in a number of clinical trials (1-3). Massage effectively helps treating the nervous and cardiovascular system, and causes a feeling of well-being, relaxation and comfort (10). Using lubricant jell like Almond oil is also recommended to enhance the purposes of massage therapy.

In the meantime, several studies have focused on comparing the roles of family members with nurses in ICU settings to perform such manipulations (11-16). Family centered care (FCC) as a natural extension of patient is so popular (17). This approach can mitigate and smooth symptoms including anxiety, stress, and depression (18).



Effects of Foot Reflexology on Post-sternotomy Hemodynamic Status and Pain in Patients Undergoing Coronary Artery Bypass Graft: A Randomized Clinical Trial

Khosrow Hashemzadeh¹, Marjan Dehdilani², Mehdi Khanbabayi Gol^{1*}

Abstract

Objectives: There are contradictory results regarding the effects of foot reflexology on postoperative pain and hemodynamic status in patients undergoing coronary artery bypass graft (CABG). Therefore, the present study aimed to investigate the effects of foot reflexology on post-sternotomy pain and physiological parameters in patients undergoing CABG.

Materials and Methods: This randomized clinical trial was conducted on 40 women in Shahid Madani hospital of Tabriz in 2019. The sample size was determined based on previous studies using a formula and the participants were randomly assigned to treatment ($n=20$) and control ($n=20$) groups. In addition, all participants completed a three-part questionnaire (i.e., demographics, the visual analog scale, and hemodynamic symptoms forms) before and 40 minutes after the intervention. Then, the women in the test group received 20 minutes of left foot reflexology based on the existing method while those in the control group received no intervention. The data were statistically analyzed using the Kolmogorov-Smirnov and chi-square tests, as well as the paired sample and independent t tests at the significance level less than 0.05.

Results: The results indicated that the intervention significantly reduced systolic ($P=0.001$) and diastolic ($P=0.005$) blood pressures, along with heart ($P=0.003$) and respiratory ($P=0.041$) rates. Further, foot reflexology significantly decreased the severity of postoperative pain in the treatment group ($P=0.003$).

Conclusions: Overall, the study findings revealed that foot reflexology had positive effects on the stability of hemodynamic status and thus relieved postoperative pain in patients undergoing CABG.

Keywords: Foot reflexology, Severity of pain, Hemodynamic stability, CABG

Introduction

Cardiovascular diseases are considered as the main causes of death worldwide and are predicted to remain by 2020. According to Deytrmenjian et al (1), the drug cannot eliminate the problem in some patients with cardiovascular disease thus there is a need for surgery including coronary artery bypass graft (CABG), which accounts for 60% of all open-heart surgeries in Iran (2).

Despite the success of cardiac surgery techniques, postoperative pain is a common complication in such patients (3). Based on the results of previous research, 33%-75% of patients undergoing cardiac surgery suffer from moderate to severe pain (4). In addition, postoperative pain within the first 27-72 hours after CABG has various reasons such as surgical site incisions, chest tube insertion, tissue manipulation, and invasive procedures during the surgery (5,6).

Similarly, the hospitalization of such patients in the intensive care unit (ICU) within the first two to three days

after the surgery increases their chances of experiencing stress and anxiety, leading to an increase in their blood pressure (BP), respiratory rate (RR), and heart rate (HR), and generally, change their hemodynamic status (7).

Hence, anxiety and pain management in such patients is very essential and unavoidable for controlling their hemodynamic status (7). The use of complementary therapies including massage techniques in medical centers has increased in recent years. Soft tissue touch in massage therapy reduces pain but increases comfort in patients and relaxes them thus increasing their ability to adapt to the new situation. It is proven that there is a relationship between cardiovascular diseases and the psychological state of patients, therefore, alternative medicine is predicted to effectively promote the health and comfort of such patients (8,9).

Many studies reported the positive and beneficial effects of reflexology, therefore post-reflexology pain and the parameters of hemodynamics are controlled in

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The effect of foot reflexology on physiological parameters

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ABSTRACT

Reflexology have a positive impact on stabilize the physiological parameters such as blood pressure and heart rate. This study aims to investigate the effects of foot reflexology on physiological parameters of patients before coronary angiography. This study is an interventional study performed in Kashan hospitals and 100 male patients undergoing angioplasty were randomly divided into two groups. In the intervention group for 30 minutes of foot reflexology massage and stimulate the soles of the feet in three points the solar plexus, the pituitary gland and the heart was performed, but in the control group was only Masazhmvmy feet. The vital signs 30 minutes before and after the intervention in both groups were measured. To analyze the data, t-test and ANOVA with repeated observations was used. The mean systolic blood pressure in both groups had significant difference compared to before [0010. = p]. Diastolic blood pressure in both groups had significant difference compared to before [420. = p]. Changes in heart rate before and after the intervention had no significant difference [090. = p]. The average number of breathing in both groups had significant difference compared to before [0010. = p and 0010.> P]. Foot reflexology can sustain physiological parameters such as systolic and diastolic pressure.

Key words: Reflexology, physiological, coronary angiography

INTRODUCTION

In general, any invasive procedure on patients with stress and anxiety [1]. It's actually a physiological response of the body's natural stress and anxiety and a feeling of concern Mntshrast often sympathetic nervous system stimulation, autonomous and associated instability in these parameters [2]. The most important changes in these patients can stimulate the sympathetic system include increased blood pressure, sweating, tremor, dizziness, palpitations, arrhythmias, dysrhythmias and noted chest pain [3]. One of the aggressive actions that can be associated with instability of physiological parameters, cardiac angiography. Before performing invasive techniques such as angiography, patients can undergo physical and mental status changes [4]. Research studies on patients before angiography shows that more than 82% of patients who underwent coronary angiography are experiencing fear and anxiety that could change the physiological parameters stability [5].foot reflexology noted [6]. This simple, low-cost and side effects are rare [7].Foot reflexology is based on the method of energy throughout the body through vertical areas of the foot to the head there. So the pressure on the foot can be a reflection point on all organs,

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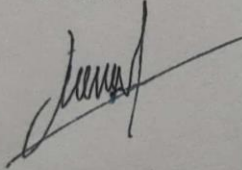
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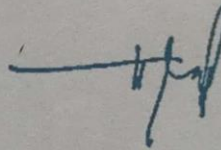
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

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