Foot Reflexology Chart

Right Sole
- Head/Brain
- Teeth/Sinuses
- Eye
- Ear
- Trapezius
- Armpit
- Lung/Chest
- Arm
- Shoulder
- Liver
- Gall Bladder
- Kidney
- Elbow
- Leg Knee
- Ascending Colon
- Small Intestine
- Appendix
- Sciatic Nerve
- Lower Back/Gluteal Area

Left Sole
- Head/Brain
- Teeth/Sinuses
- Eye
- Ear
- Trapezius
- Armpit
- Lung/Chest
- Heart
- Arm
- Shoulder
- Liver
- Spleen
- Kidney
- Leg Knee
- Descending Colon
- Small Intestine
- Sciatic Nerve

Medial Side of Both Feet
- Groin Area
- Lymph Nodes
- Vas Deferens/Fallopian Tubes
- Middle Back
- Diaphragm
- Abdominal Wall
- Chest/Breast
- Neck
- Nose
- Teeth
- Brain

Lateral Side of Both Feet
- Groin Area
- Lymph Nodes
- Vas Deferens/Fallopian Tubes
- Middle Back
- Diaphragm
- Abdominal Wall
- Chest/Breast
- Head
- Hip
- Pelvis
- Bladder
- Penis/Vagina
- Uterus/Prostate
- Thymus
- Sacrum
- Lumbar Spine
- Thoracic Spine
- Cervical Spine
- Gluteal Area
- Leg Knee/Lower Back
- Elbow
- Ovaries/Testes
- Arm
- Shoulder
- Ear