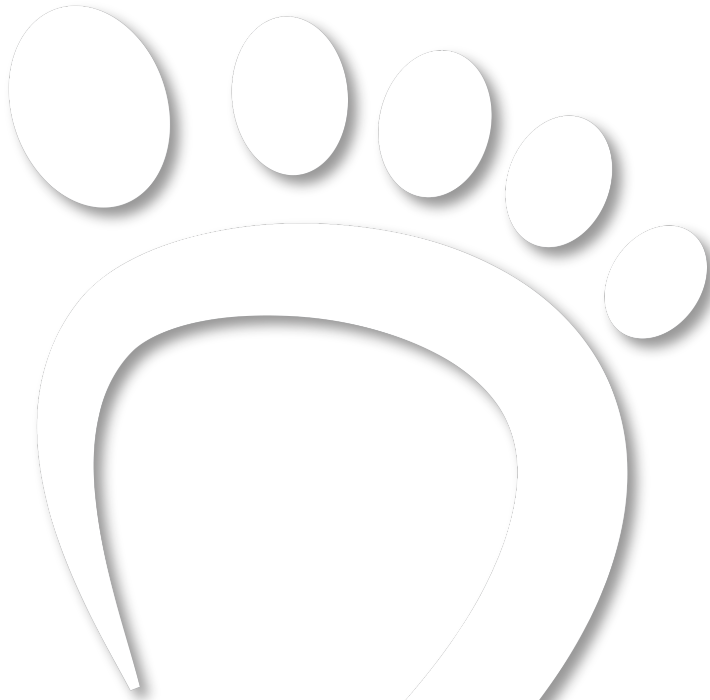


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# **WELLNESS LIFE ZONE**

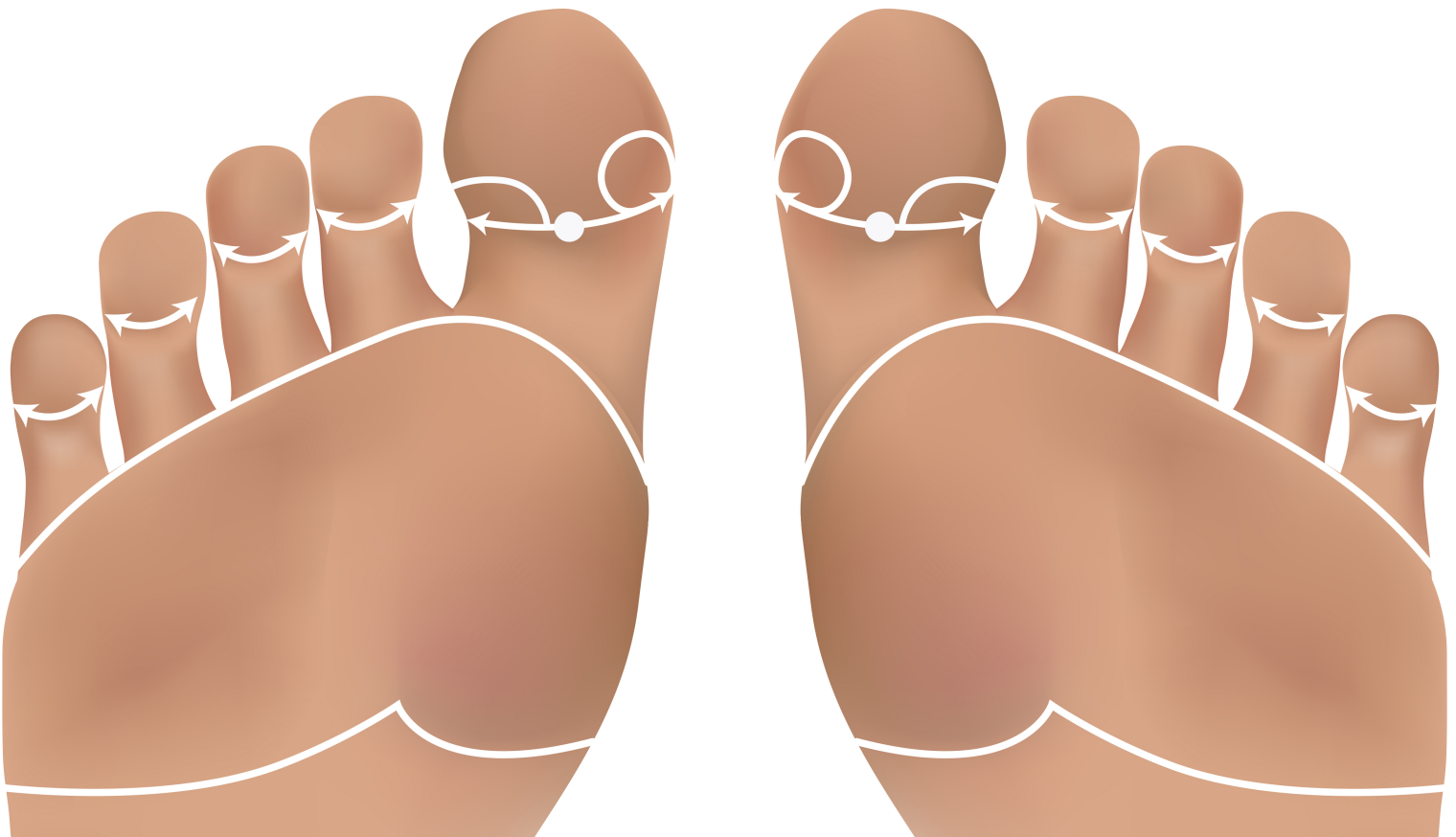
## **FOOT ZONE ACADEMY**

### **BOARDS**

#### **Foot Zone Mapping**

## Brain

1. **Trigger the Brain Stem:** top of the spinal cord, reticular formation, medulla oblongata, pons, mid-brain – **YELLOW**
2. **Trigger the Diencephalon Group:** thalamus, hypothalamus/pituitary, epithalamus/pineal – **BLUE**
3. **Trigger the Limbic Brain:** cingulate gyrus, corpus callosum, hippocampus, amygdala – **GREEN**
4. **Trigger the Cerebrum:** temporal lobe, frontal lobe, parietal lobe, occipital lobe – **ORANGE**
5. **Trigger the Cerebellum – PURPLE**



## **NERVOUS SYSTEM**

- 1. Trigger the Peripheral Nerves – DARK BLUE**
- 2. Label the:**
  - a) Cervical Nerves – PENCIL
  - b) Cervical Plexus – PENCIL
  - c) Brachial Plexus – PENCIL
  - d) Thoracic Nerves & Intercostal Nerves – PENCIL
  - e) Lumbar Nerves & Plexus – PENCIL
  - f) Sacral Nerves & Plexus – PENCIL
  - g) Cauda Equina – PENCIL
- 3. Trigger the Sensory Cortex – YELLOW**
- 4. Trigger the Motor Cortex – ORANGE**
- 5. Label all 12 Cranial Nerves – PENCIL**
  - a) Abducent
  - b) Facial
  - c) Glossopharyngeal
  - d) Hypoglossal
  - e) Oculomotor
  - f) Olfactory
  - g) Optic
  - h) Spinal Accessory
  - i) Trigeminal
  - j) Trochlear
  - k) Vestibulocochlear
  - l) Vagus
- 6. Trigger the Trigeminal Bulb – PINK**
- 7. Trigger:**
  - a) V1-Ophthalmic Nerve – PURPLE
  - b) V2-Maxillary Nerve – LIGHT GREEN
  - c) V3-Mandibular Nerve – ORANGE
- 8. Trigger the Cranial Facial Nerve VII Branches – BLACK**
- 9. Trigger the Spinal Cord – BROWN**
- 10. Trigger the Sciatic Nerve – ORANGE**
- 11. Trigger the Pudendal Nerve – PURPLE**
- 12. Trigger the Cervical Nerve Plexus – DARK GREEN**
- 13. Trigger Celiac Plexus (Solar Plexus) – RED**
- 14. Trigger the Extension of the Vagus Nerve to the Inferior Cardiac and Celiac Region – LIGHT BLUE**
- 15. Trigger the Hypogastric Nerve – YELLOW**
- 16. Trigger the Cardiac Conduction System: sinoatrial node, atrioventricular node, atrioventricular bundle, interventricular septum, Purkinje fibers – BLACK**

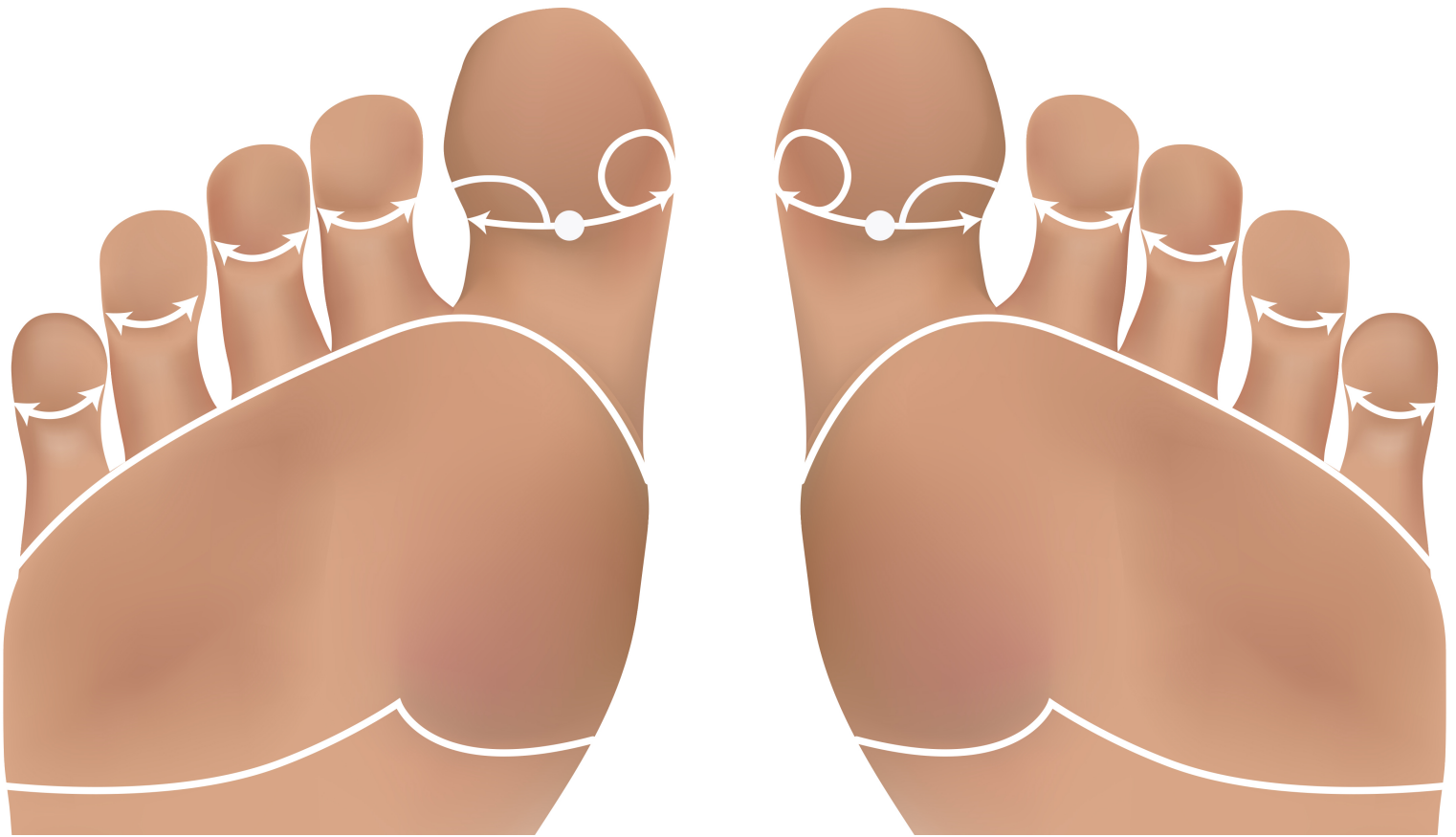
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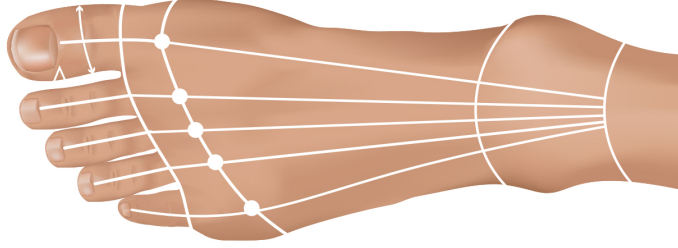
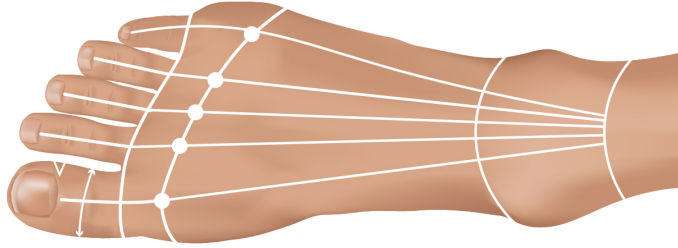
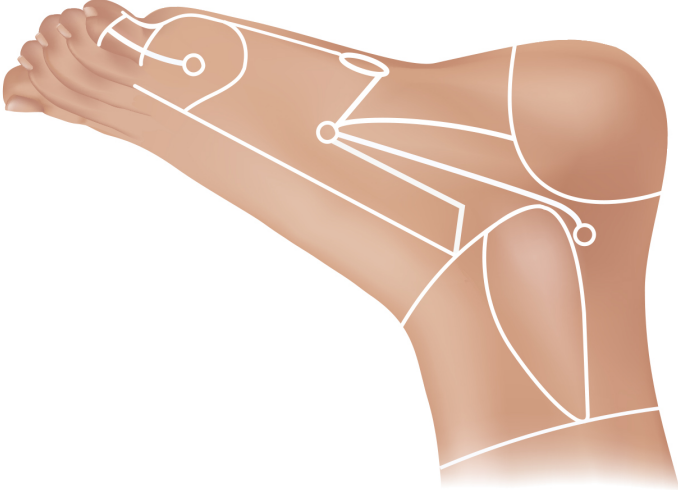
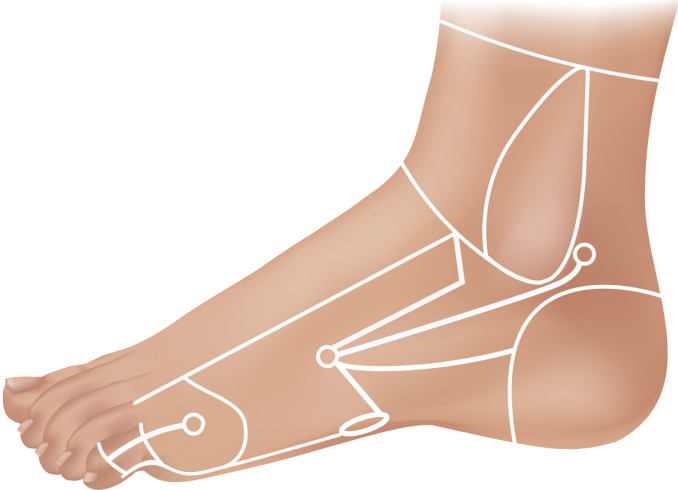
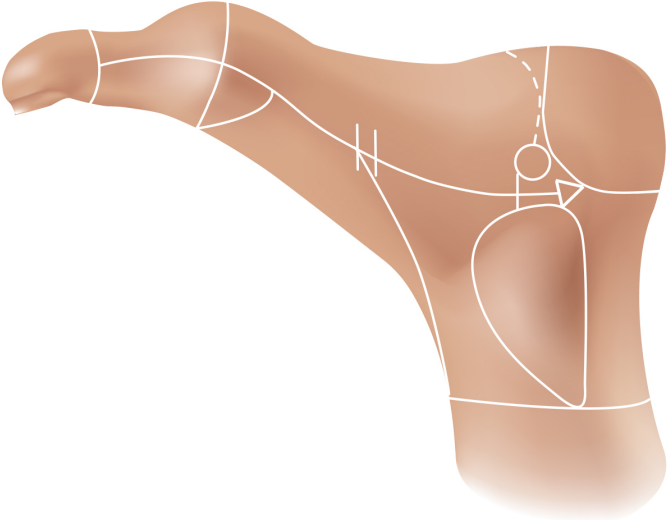
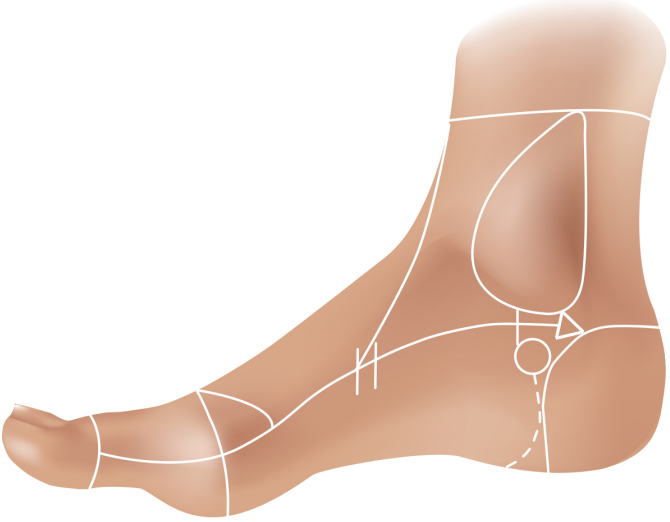
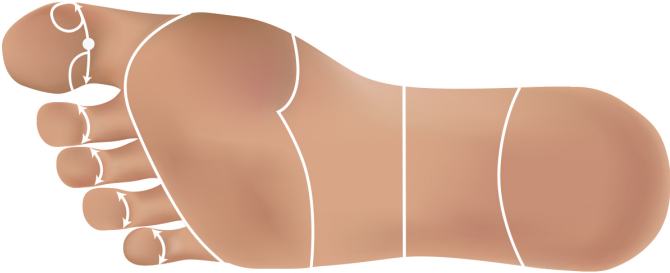
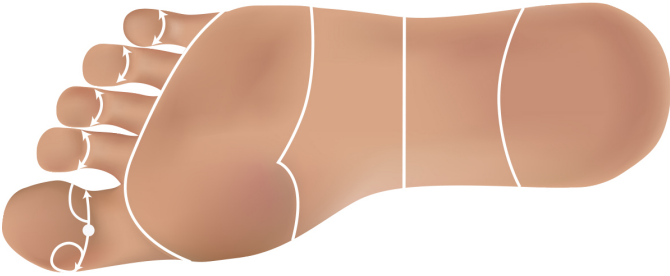
**17. Trigger the Eye – BROWN**

**18. Trigger the Ear:** outer ear, ear canal, tympanic membrane (ear drum), tympanic cavity, malleus, incus, stapes, semicircular canals, cochlea, eustachian tube – **LIGHT BLUE**

**19. Circle the Nasal & Oral Cavities – PENCIL**

**Use foot charts below and on the page.**



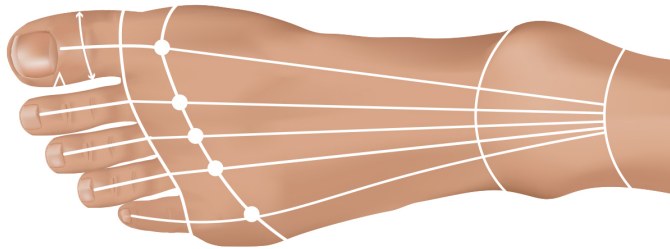
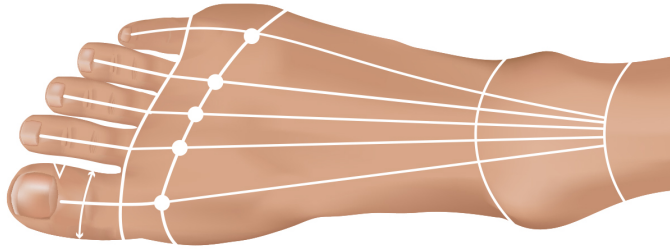
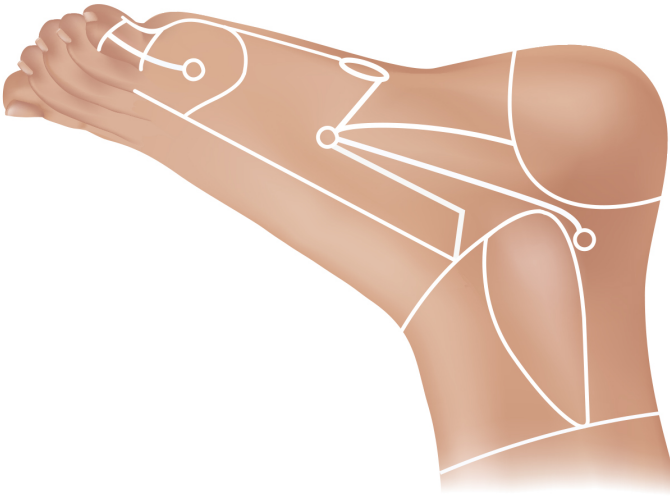
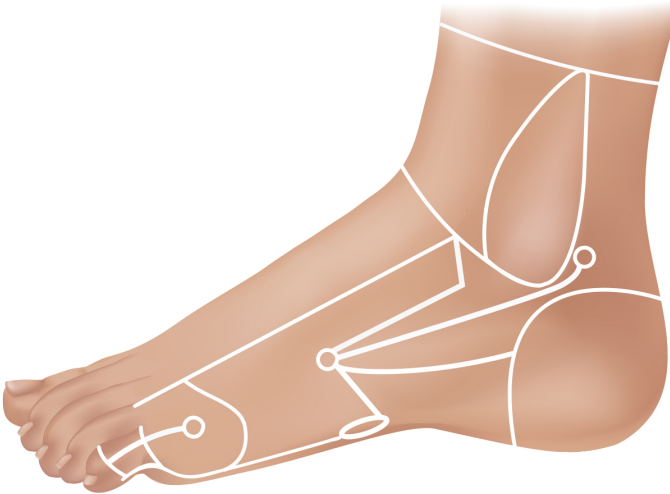
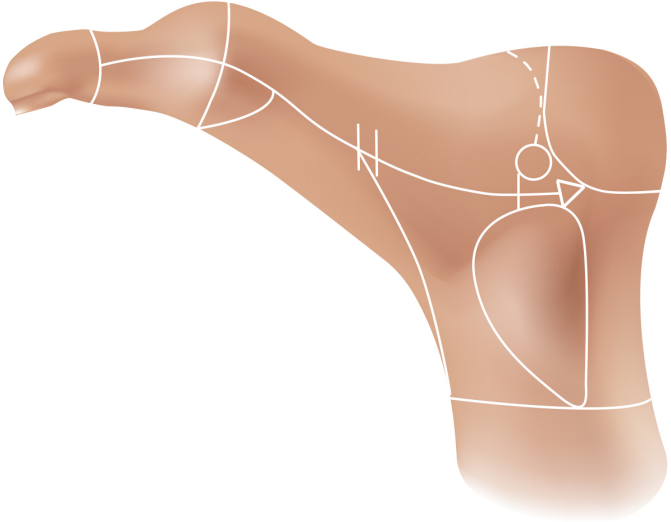
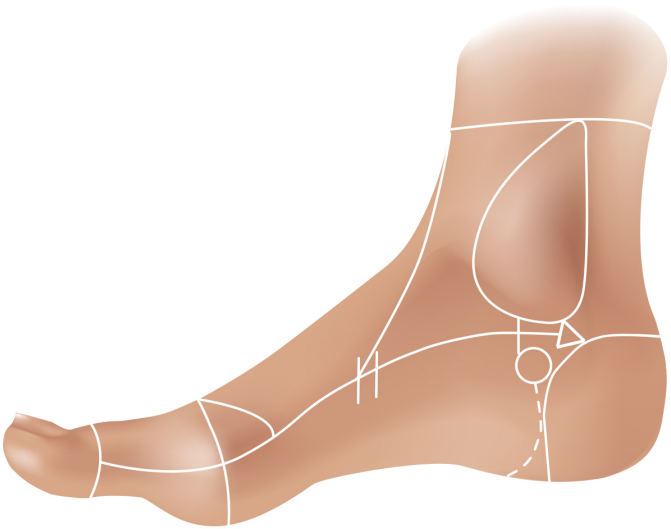
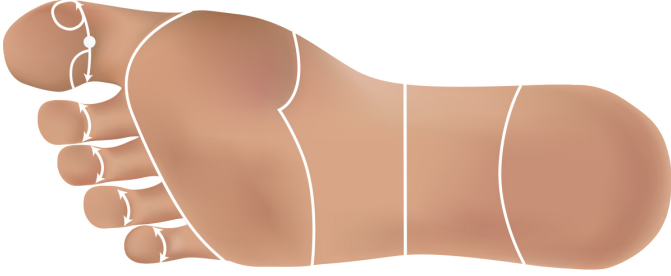
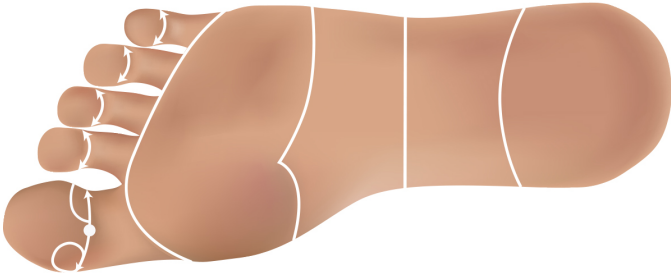


## **SKELETAL SYSTEM**

1. **Trigger the Clavicle Bone (collarbone) and Scapula – RED**
2. **Trigger the Vertebrae: coccyx, sacrum, lumbar, thoracic, cervical – ORANGE**
3. **Trigger the Intervertebral Discs – BROWN**
4. **Trigger the Posterior & Anterior Ribs – BLUE**
5. **Trigger the Sternum & Xiphoid Process – YELLOW**
6. **Draw and label the Shoulder Joint (superior & inferior) including the Bursae, Humerus, Elbow, Forearm, Wrist Joint, and Hand – PENCIL**
7. **Trigger the Hip Joint – PURPLE**
8. **Identify and label the Femur, Patella (knee), Fibula, and Tibia – PENCIL**
9. **Circle and label the Medial Foot – PENCIL**
10. **Circle and label the Lateral Foot – PENCIL**
11. **Trigger the Jaw to Orbit, Chin, & Ear – PINK**
12. **Identify and label all Cranial Bones:**
  - a) Ethmoid
  - b) Frontal
  - c) Lacrimal
  - d) Mandible
  - e) Occipital
  - f) Orbit
  - g) Parietal
  - h) Sphenoid
  - i) Temporal
  - j) Vomer
  - k) Zygomatic
  - l) Maxilla
  - m) Nasal Bone
13. **Trigger the Hyoid Bone – DARK GREEN**
14. **Trigger the Pelvis Bones: ilium, ischium, pubis, pubis symphysis – LIGHT GREEN**
15. **Identify and label the Sinuses**
  - a) Ethmoid
  - b) Frontal
  - c) Sphenoid
  - d) Maxillary

Use foot charts on next 2 pages.

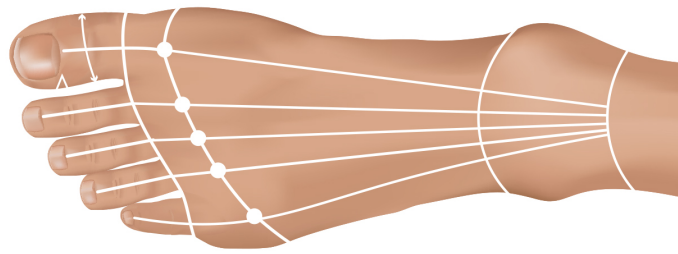
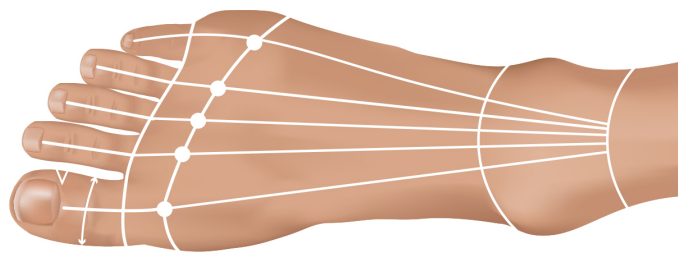
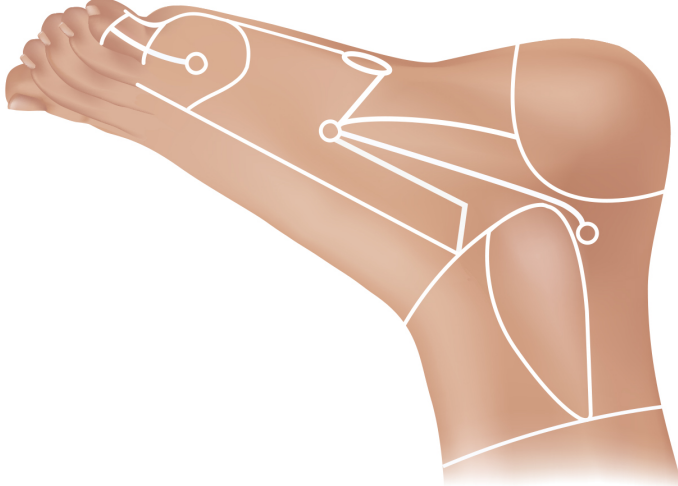
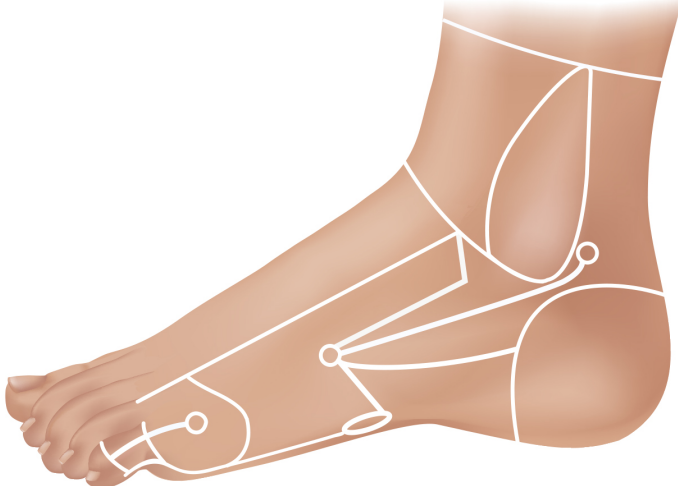
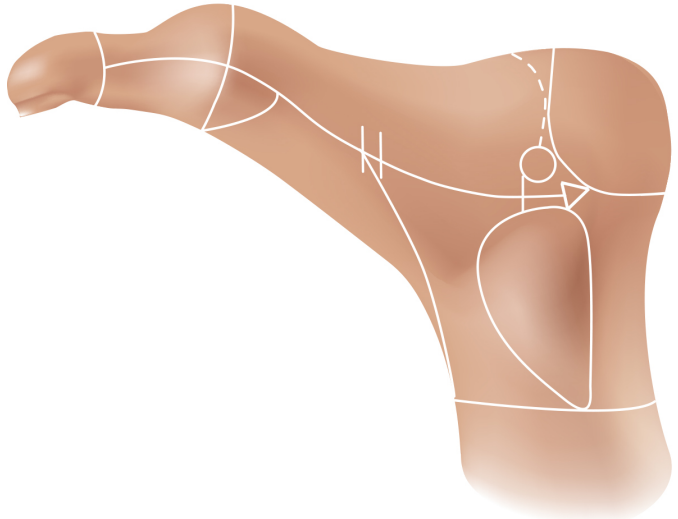
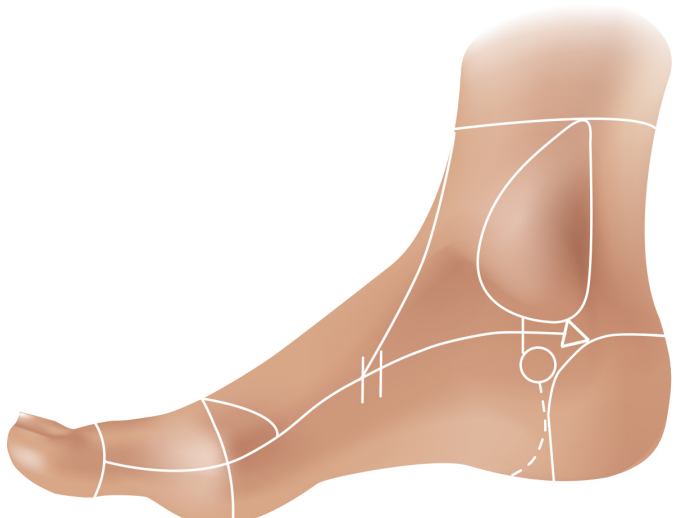
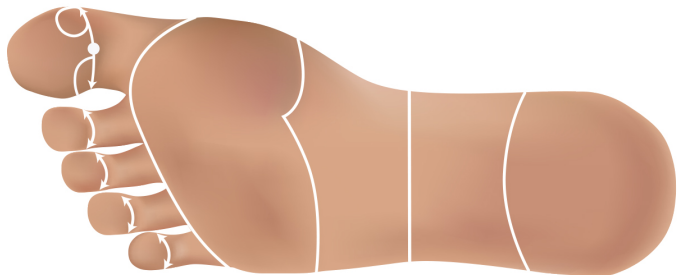
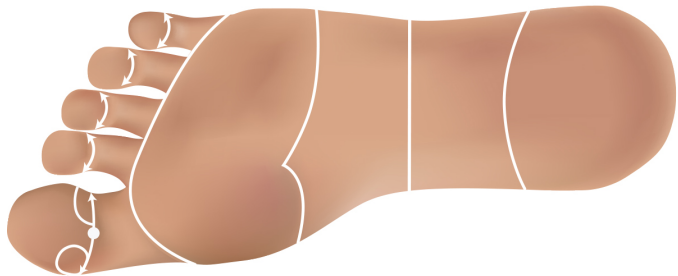






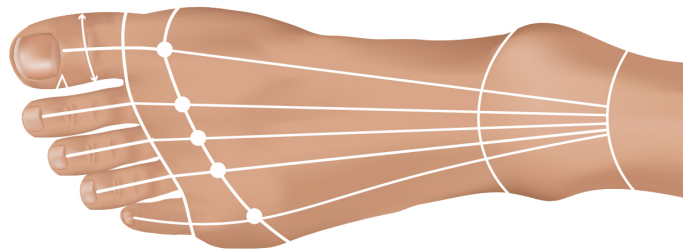
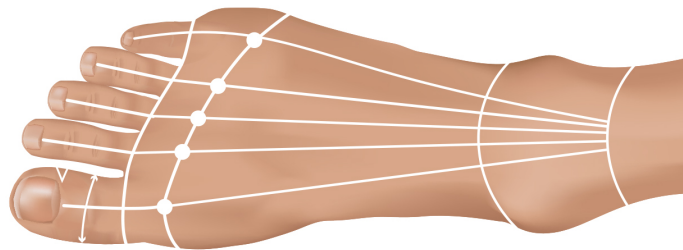
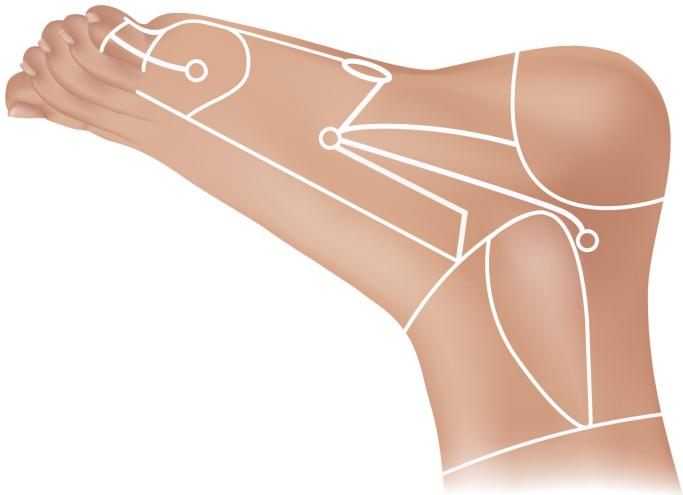
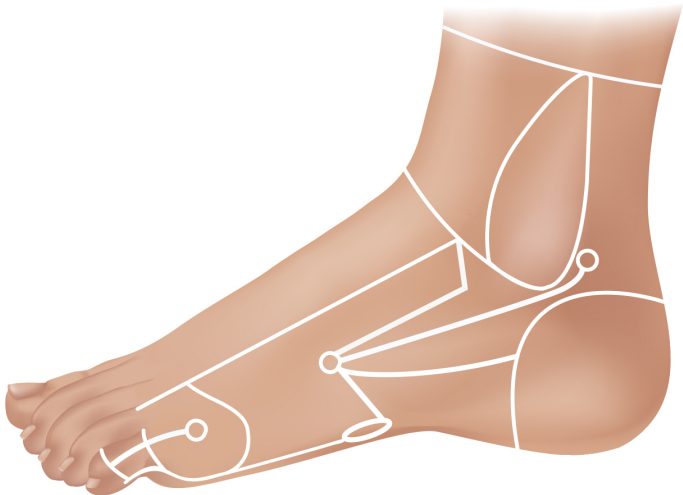
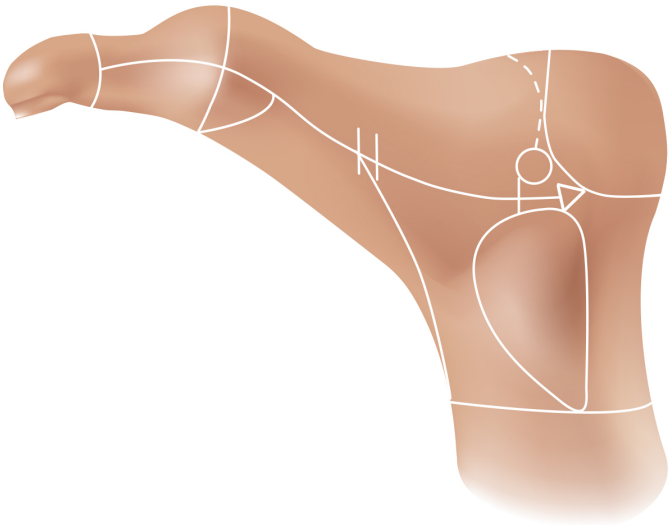
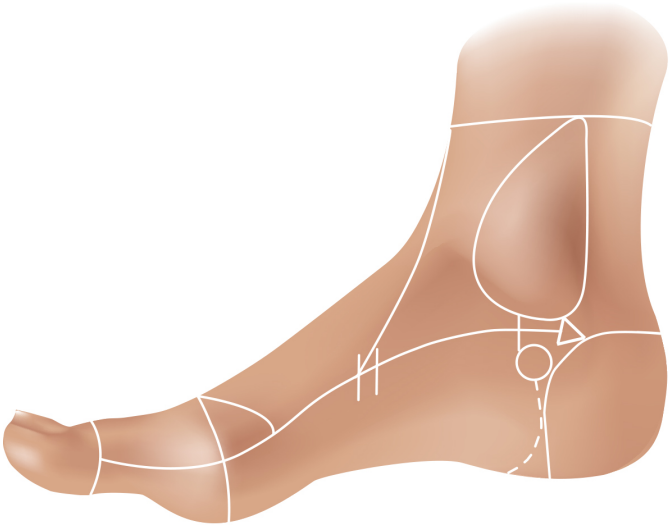
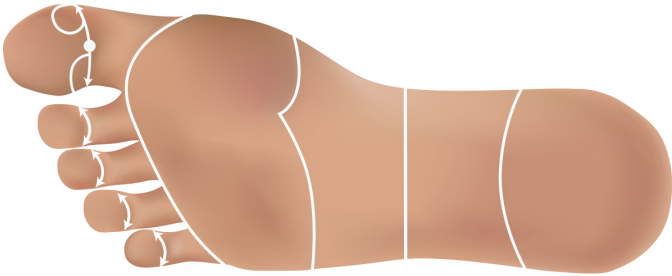
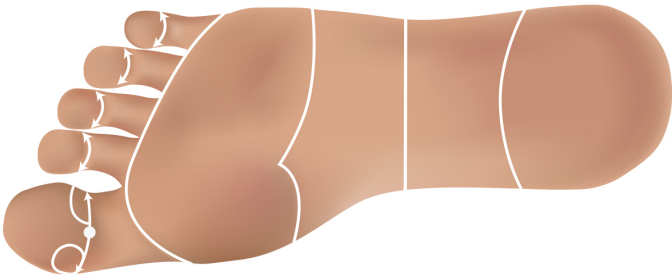
## **MUSCLE SYSTEM**

- 1. Trigger the Transversospinalis Muscle Group:** multifidi, rotatores, semispinalis capitis – **LIGHT GREEN**
- 2. Trigger the Upper Extremities:** muscles, tendons, ligaments, and bones of the shoulder, arm, & hand – **PINK**
- 3. Trigger the Erector Spinae Muscle Group:** spinalis, longissimus, iliocostalis – **BLUE**
- 4. Trigger the Deep Back and Lateral Abdominal Muscle Group:** serratus posterior superior, serratus posterior inferior, internal abdominal oblique, transverse abdominal muscle – **RED**
- 5. Trigger the Gluteus Muscle Group:** medius, maximus, and minimus – **PURPLE**
- 6. Trigger the Deep Gluteal Region:** piriformis, superior gemellus, obturator, inferior gemellus, quadratus femoris – **DARK BLUE**
- 7. Trigger the Hamstring Muscle Group:** vastus lateralis posterior, biceps Femoris, semitendinosus, semimembranosus, adductor magnus – **DARK GREEN**
- 8. Trigger the Quadriceps Muscle Group:** vastus medialis, sartorius, rectus, vastus intermedialis, tensor fasciae latae, vastus lateralis anterior, pectineus, adductor longus & brevis, partial psoas, adductor, gracilis – **RED**
- 9. Trigger the Lower Leg-Lateral Calf Muscles:** gastrocnemius posterior, fibularis brevis, extensor digitorum, tibialis anterior, extensors & tendons of lateral ankle, lateral foot, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> toe – **ORANGE**
- 10. Trigger the Lower Leg-Medial Calf Muscles:** gastrocnemius medial, soleus, flexor digitorum longus, extensors and tendons of the medial ankle, medial foot and big toe – **YELLOW**
- 11. Trigger Torso/Abdomen/Chest Muscles:** pectoralis major & minor, sternalis, rectus abdominis, partial trapezius, mammary glands, external & internal oblique, partial serratus anterior – **ORANGE**
- 12. Trigger the Muscles to the Face & Head:** groups 1, 2 & 3 - **PINK**
- 13. Trigger all the Muscles to Anterior Neck:** sternohyoid, platysma, scalene, sternocleidomastoid, omohyoid inferior & superior, thyrohyoid & **Muscles to Face and Head:** depressor angulorum oris, depressor labii inferioris, mentalis, orbicularis (lips), nasalis, frontalis, temporalis, occipitalis, galea aponeurotica fiber – **LIGHT BLUE**
- 14. Trigger the Deep Neck and Back Muscle Group:** levator scapulae, rhomboid minor & major, serratus anterior lateral, infraspinatus – **ORANGE**
- 15. Trigger the Diaphragm (superior/anterior & posterior) – PINK**
- 16. Trigger the Psoas Muscle – DARK BLUE**
- 17. Trigger the Pelvic Diaphragm Muscle Group:** pubococcygeus, iliococcygeus, coccygeus, piriformis, obturator internus – **BLACK**
- 18. Trigger the Perineal Pouch – DARK GREEN**
- 19. Trigger Superficial Muscles of the Back:** external oblique, latissimus dorsi, trapezius, infraspinatus, teres, sternocleidomastoid – **PURPLE**



## **FASCIAL SYSTEM**

- 1. Trigger the Lateral Band (includes the iliotibial band) – BLACK**
- 2. Trigger the Posterior Sacrum/Pelvic Ligaments & Fascia – LIGHT GREEN**
- 3. Trigger the Oblique Band – ORANGE**
- 4. Trigger the Anterior & Posterior Arm Band – DARK GREEN**
- 5. Trigger the Superficial Back Band – PINK**
- 6. Trigger the Superficial Front Band – TEAL GREEN**
- 7. Trigger the Anterior Functional Band – RED**
- 8. Trigger the Posterior Functional Band – GRAY**
- 9. Trigger the Psoas Band – PURPLE**
- 10. Trigger the Spiral Band (anterior) – DARK BLUE**
- 11. Trigger the Spiral Band (posterior) – LIGHT BLUE**
- 12. Trigger the Anterior Pelvic Ligaments & Fascia – ORANGE**
- 13. Trigger the Deep Front Band – BROWN**

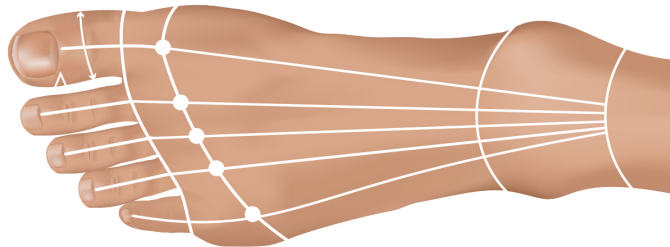
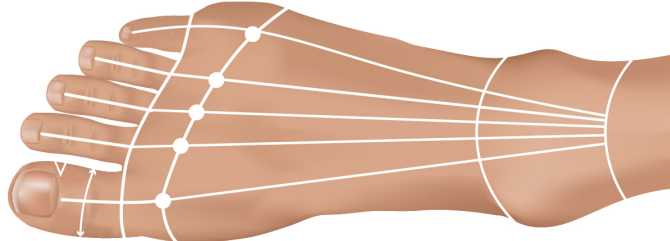
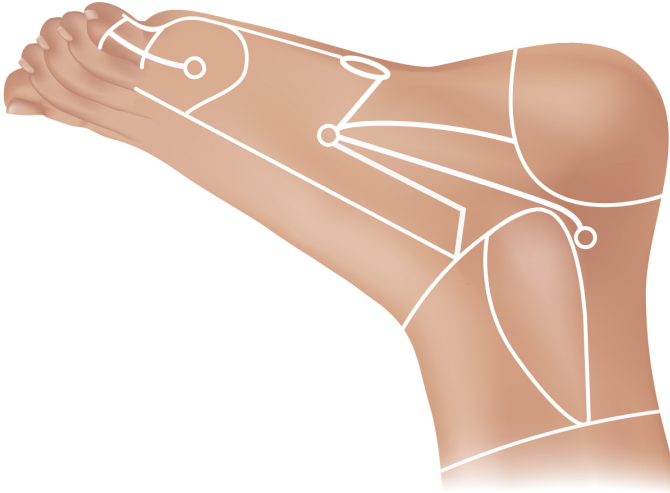
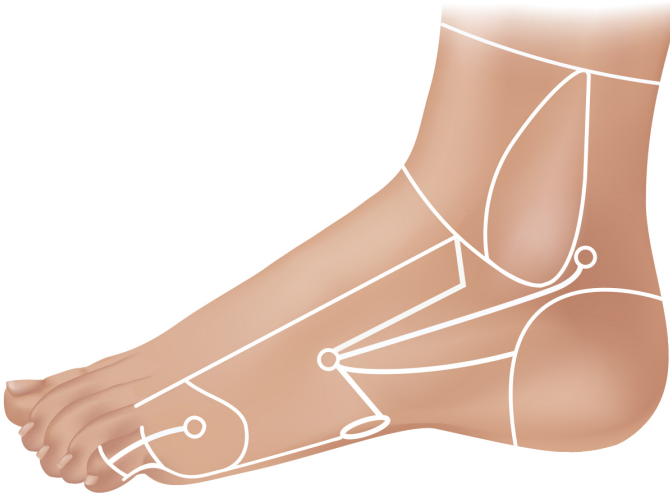
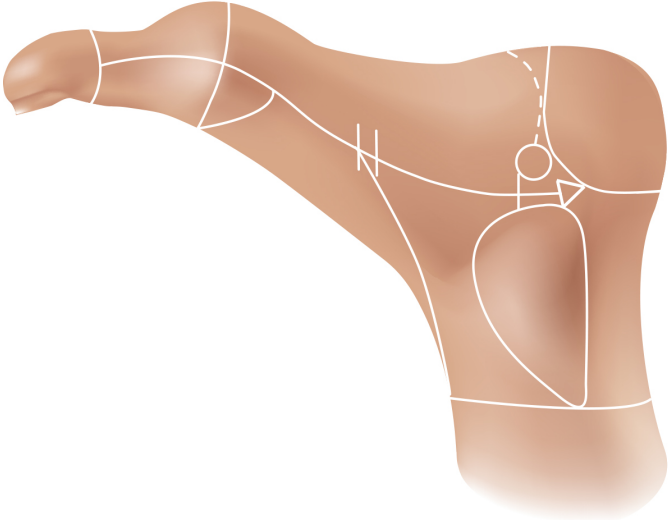
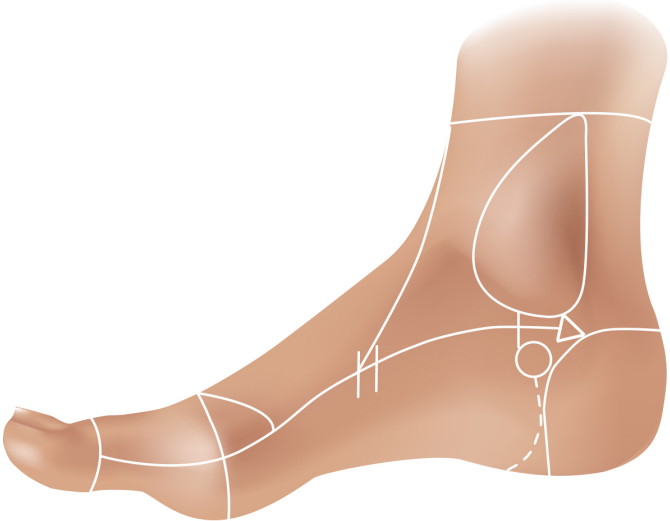
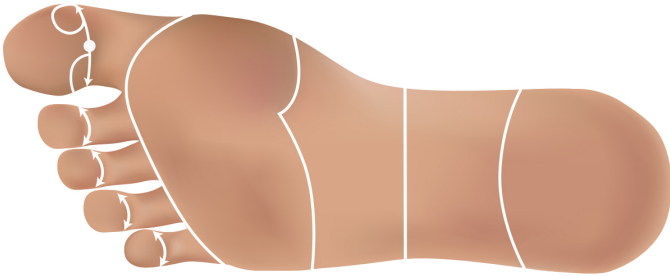
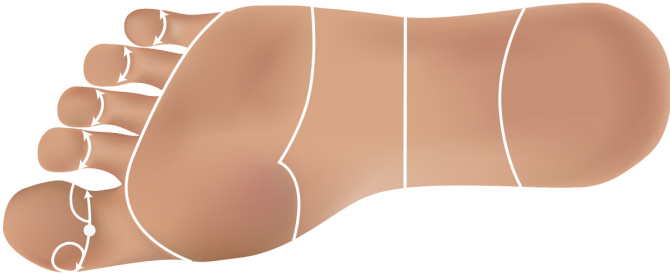


## **DIGESTIVE SYSTEM**

1. Identify and label the Medulla Oblongata – PENCIL
2. Trigger the Teeth – DARK BLUE
3. Identify and label the Saliva Glands: submandibular, sublingual, parotid – PENCIL
4. Trigger the Oral Cavity tongue, lingual tonsils, uvula, palatine tonsils, pharyngeal tonsil (adenoid), sublingual salivary gland, submandibular salivary gland - RED
5. Trigger the Throat (right & left foot): pharynx, larynx, epiglottis, thyroid cartilage, trachea, esophagus –PURPLE
6. Trigger the Cardiac Sphincter Valve – PENCIL
7. Trigger the Stomach (right & left foot) – PINK
8. Identify and label the Pyloric Valve – PENCIL
9. Trigger the Head and Tail of the Pancreas (right & left foot) – YELLOW
- 10.Trigger the Sphincter of Oddi – LIGHT PURPLE
- 11.Trigger the Liver – BROWN
- 12.Trigger the Gall Bladder – DARK GREEN
- 13.Identify and label the Upper Duodenum – PENCIL
- 14.Trigger the Small Intestines: duodenum, jejunum, ileum – PINK
- 15.Trigger the Ileocecal Valve – ORANGE
- 16.Circle the Cecum – RED
- 17.Trigger the Ascending Colon – DARK PURPLE
- 18.Trigger the Transverse Colon – LIGHT GREEN
- 19.Circle the Hepatic Flexure and the Splenic Flexure – PENCIL
- 20.Trigger the Descending Colon – DARK BLUE
- 21.Trigger the Sigmoid Colon – LIGHT BLUE
- 22.Trigger the Rectum – BROWN
- 23.Trigger the Anus – PINK

Use foot charts on next 2 pages.



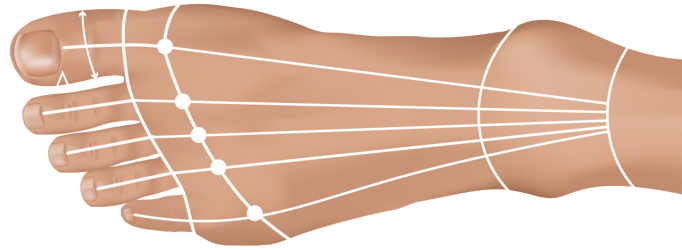
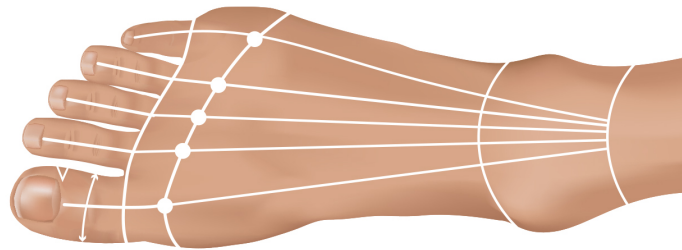
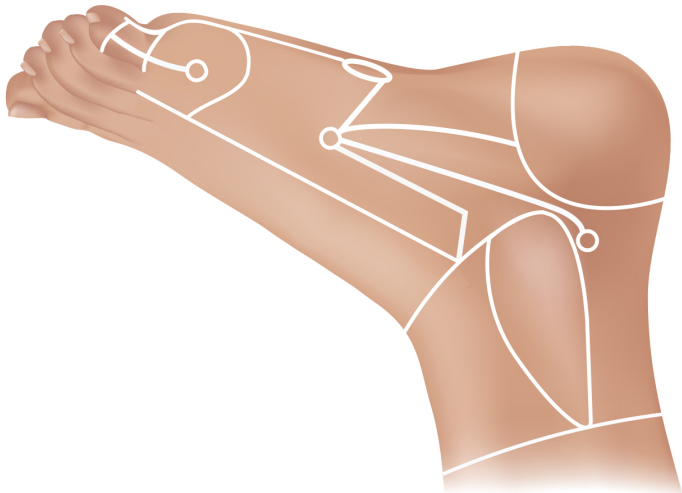
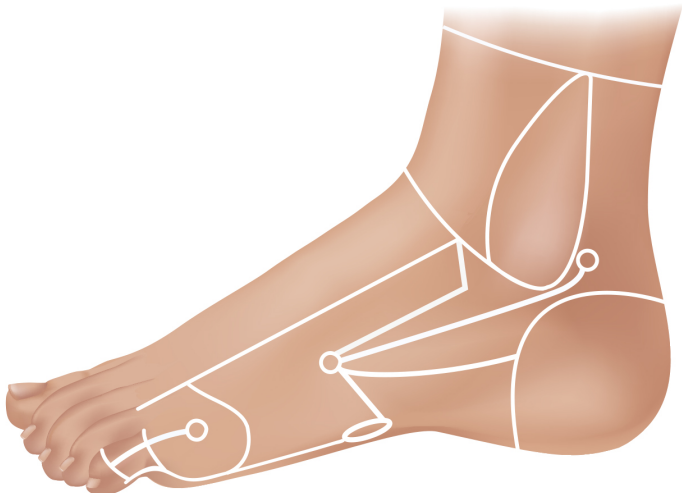
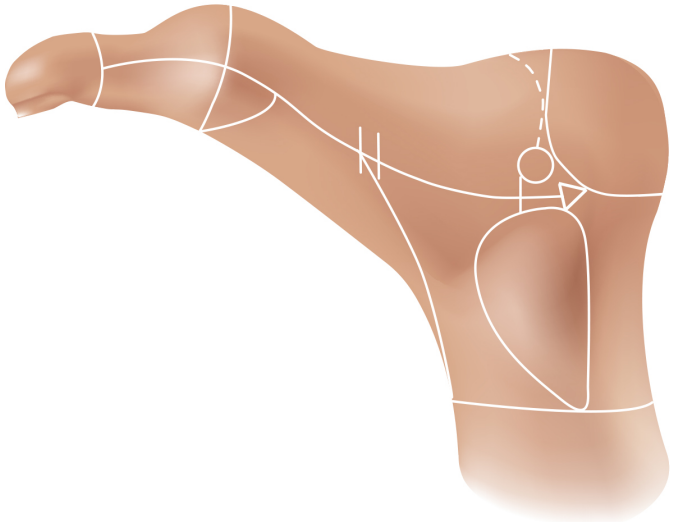
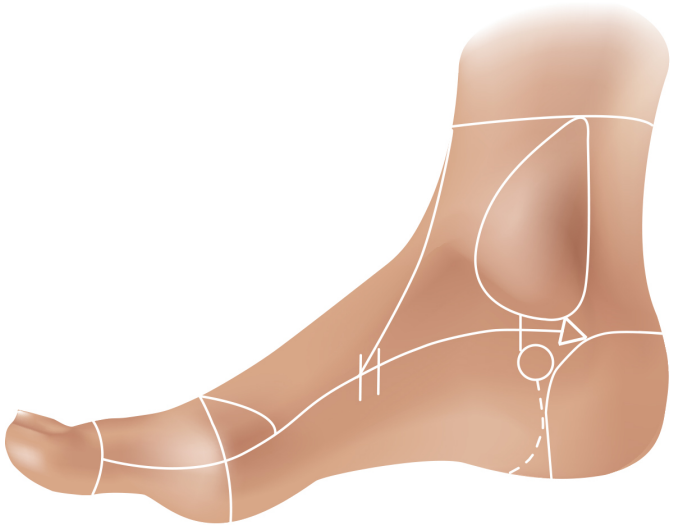
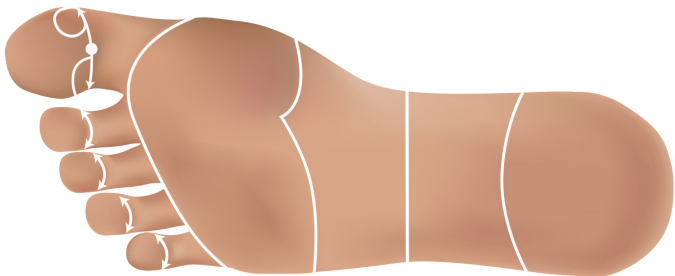
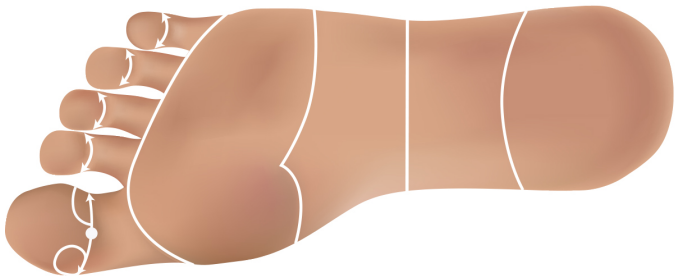


### **EXCRETORY SYSTEM**

- 1. Trigger the Kidney – BROWN**
- 2. Trigger the Ureter – ORANGE**
- 3. Trigger the Bladder – PINK**
- 4. Trigger the Urethra – YELLOW**
- 5. Draw the Right and Left Lungs – PENCIL**
- 6. Draw the Liver and identify the part of the Liver that is involved with metabolism – PENCIL**

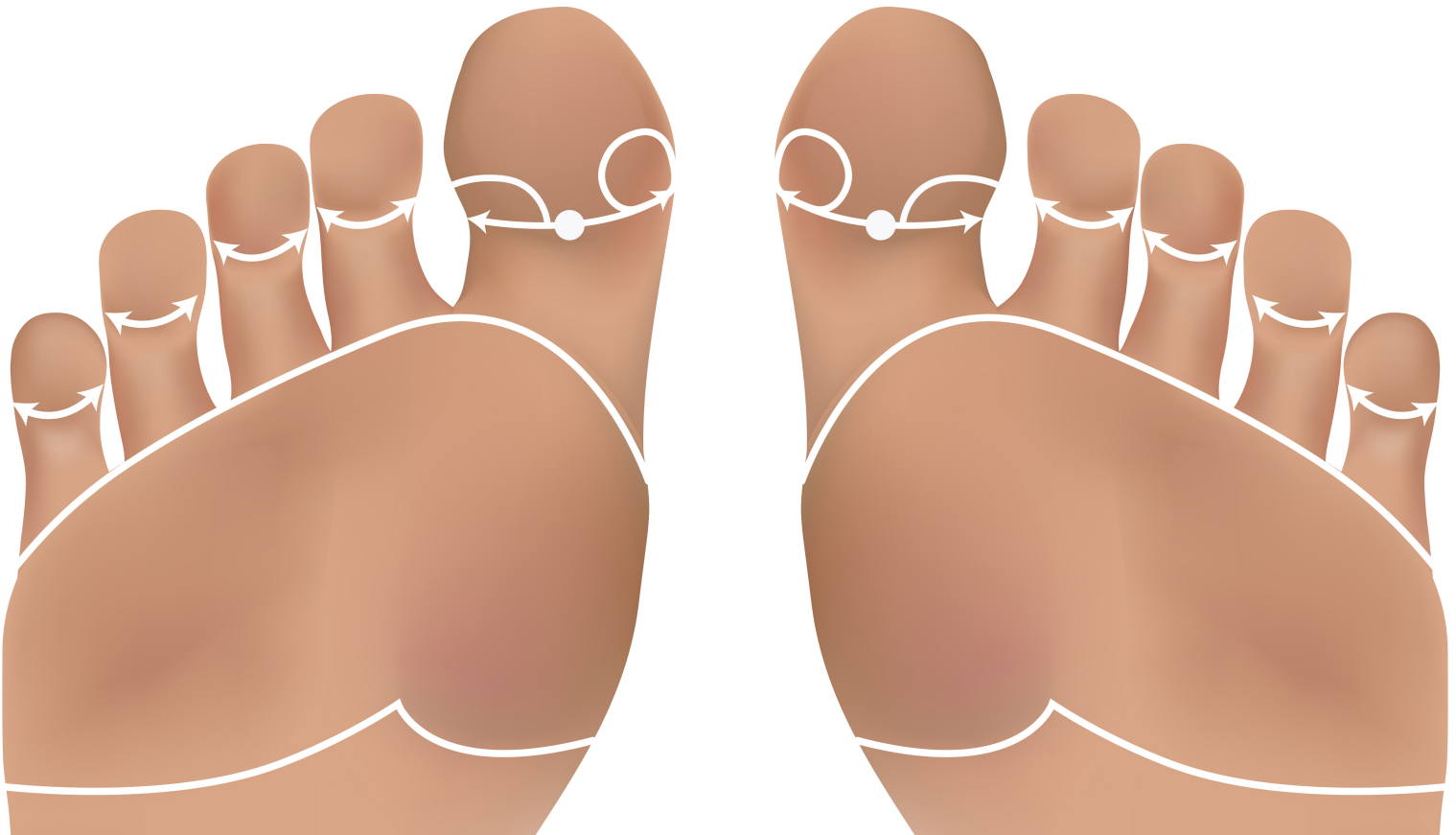
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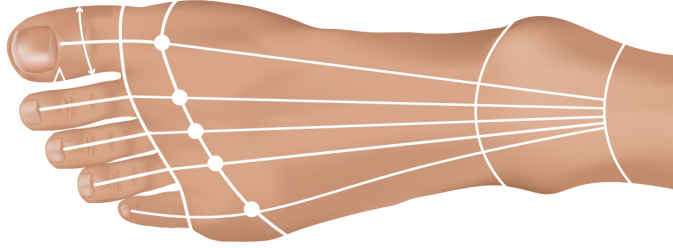
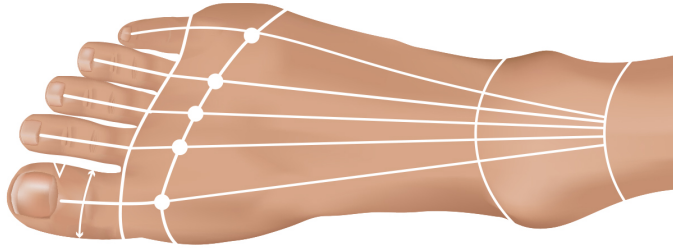
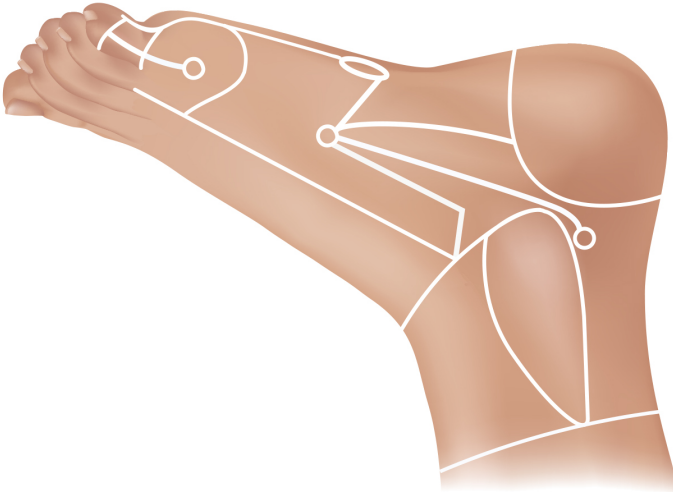
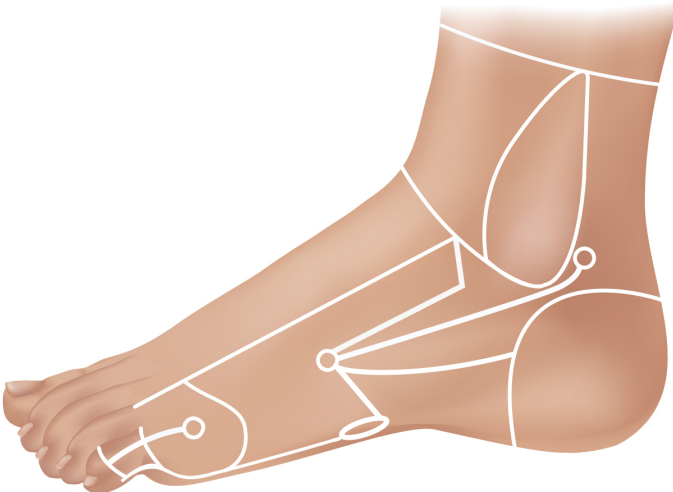
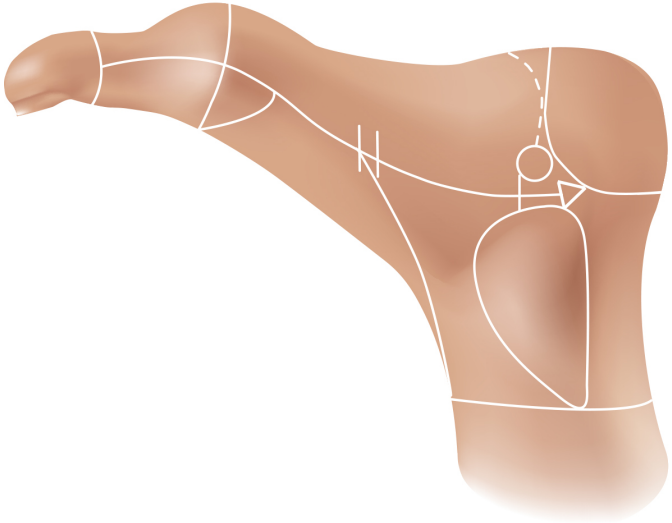
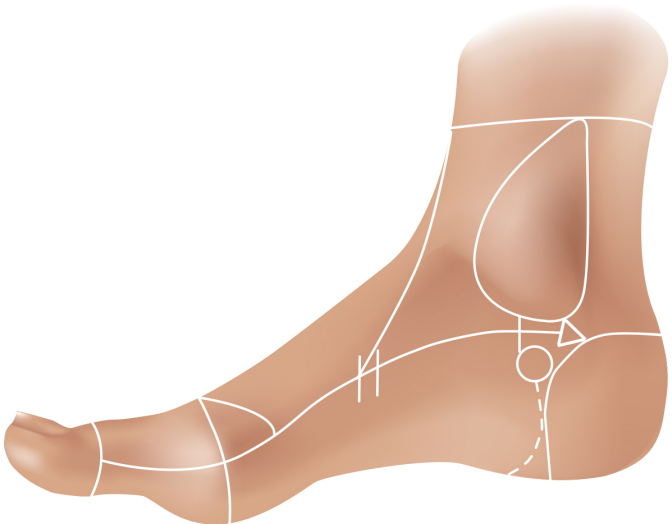
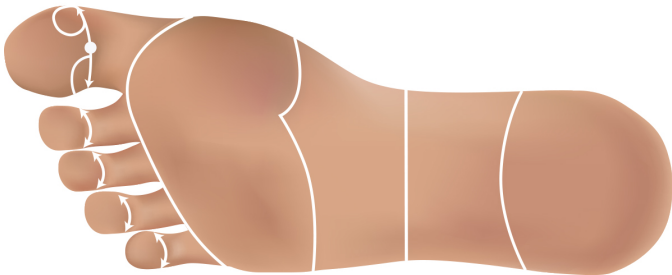
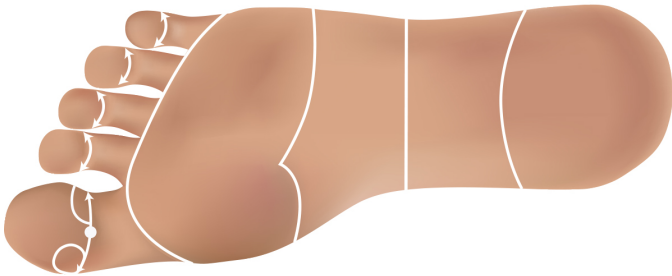




## ENDOCRINE SYSTEM

1. Trigger the Hypothalamus and Pituitary – YELLOW
2. Trigger the Pineal Gland - PINK
3. Trigger the Thyroid Gland - BLACK
4. Trigger the Parathyroid Glands - RED
5. Trigger the Thymus Gland - PURPLE
6. Trigger the Adrenal Gland - BROWN
7. Draw the Pancreas – YELLOW
8. Draw and color the Mammary Glands – ORANGE
9. Circle and label the Ovaries – PENCIL
10. Circle and label the Testes – PENCIL

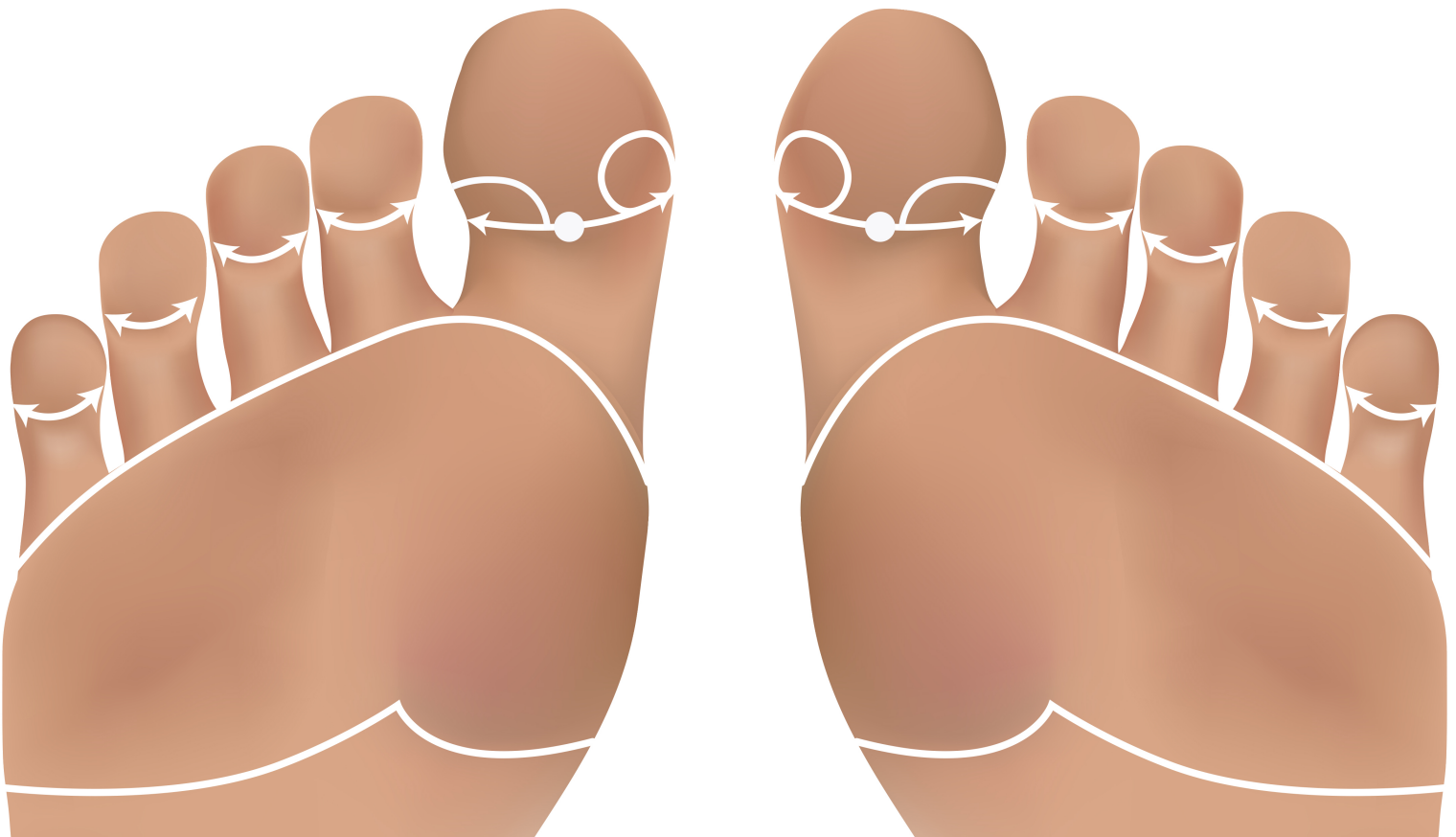


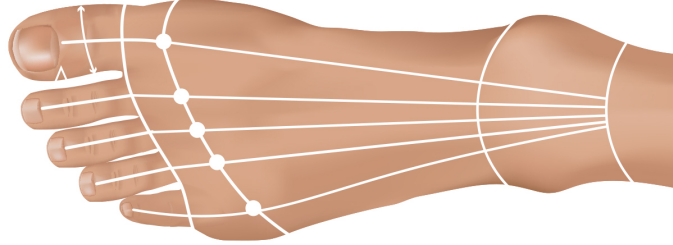
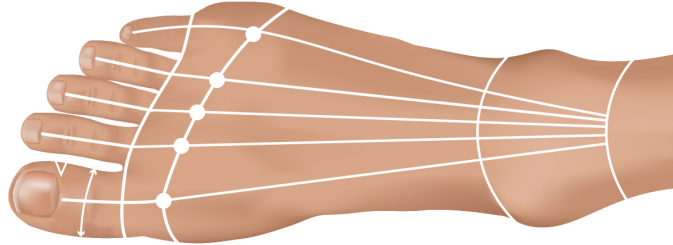
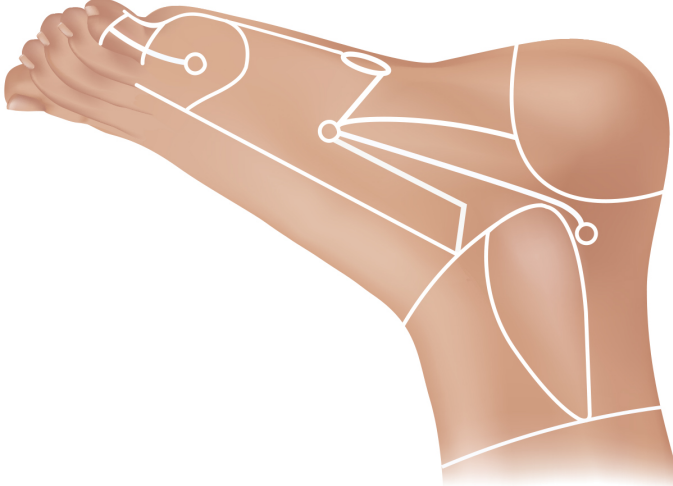
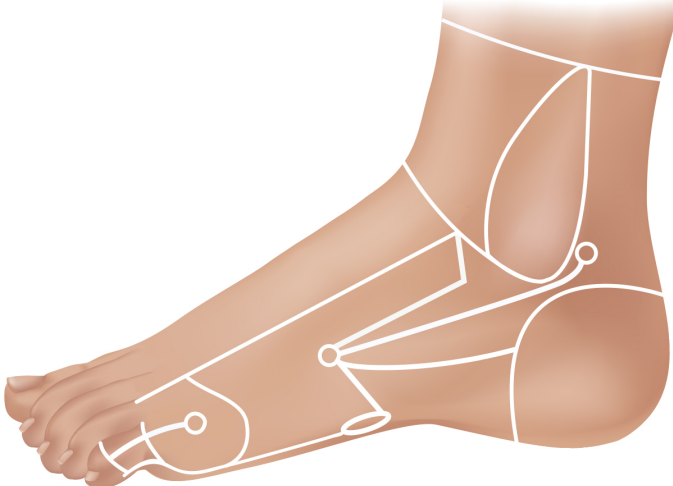
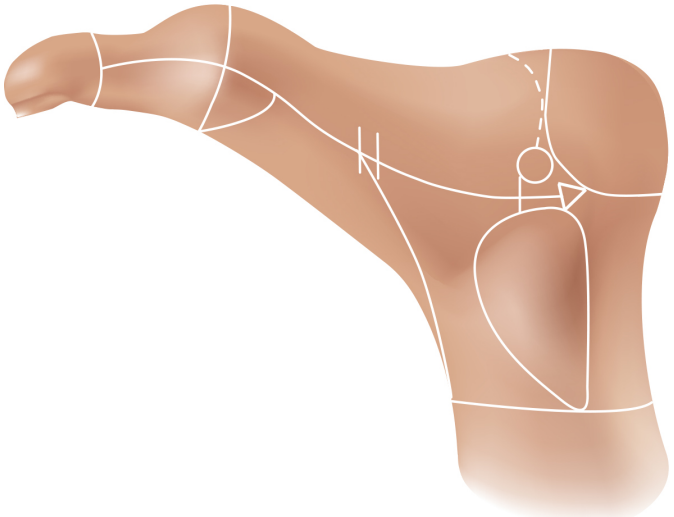
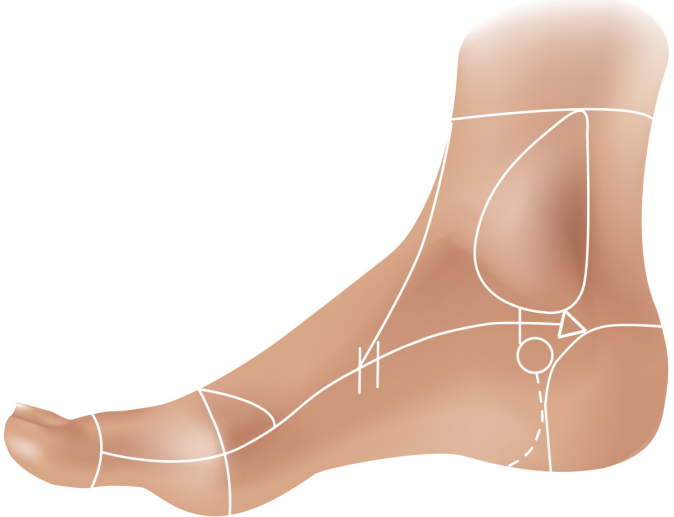
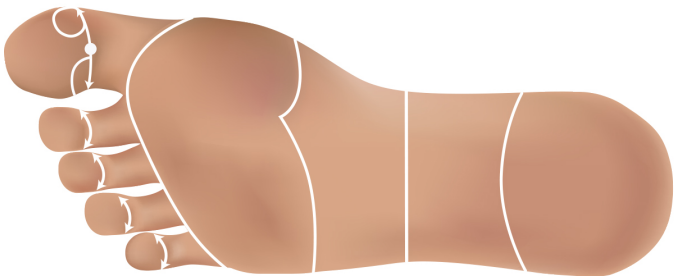
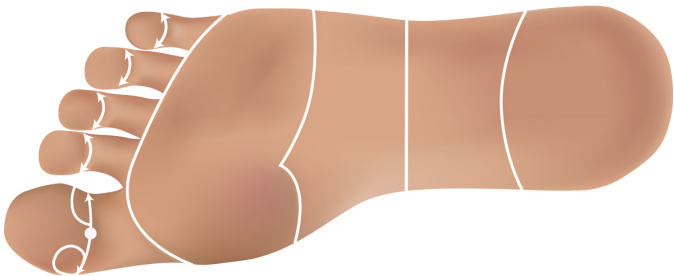


## **REPRODUCTIVE SYSTEM**

1. Trigger the Ovaries - RED
2. Trigger the Fimbria and Fallopian Tube - PURPLE
3. Trigger the Uterus - BROWN
4. Trigger the Cervix - BLACK
5. Trigger the Vagina - GREEN
6. Trigger the Scrotum, Testes, and Epididymis - DARK BLUE
7. Trigger the Vas Deferens - RED
8. Trigger the Prostate - ORANGE
9. Trigger the Seminal Vesicle - LIGHT BLUE
10. Trigger the Cowper's Gland - GREEN
11. Trigger Penis – PINK
12. Circle and label the Hypothalamus and Pituitary Glands – PENCIL

Use foot charts on this page and the next.



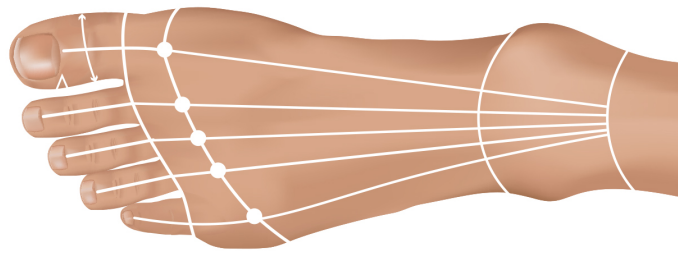
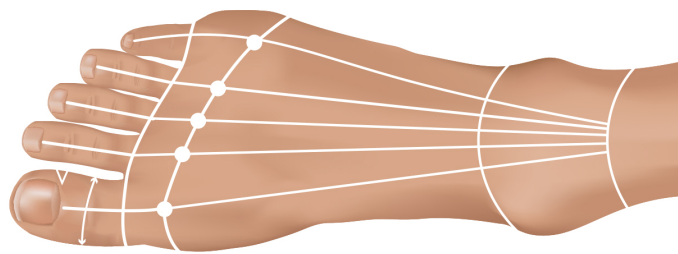
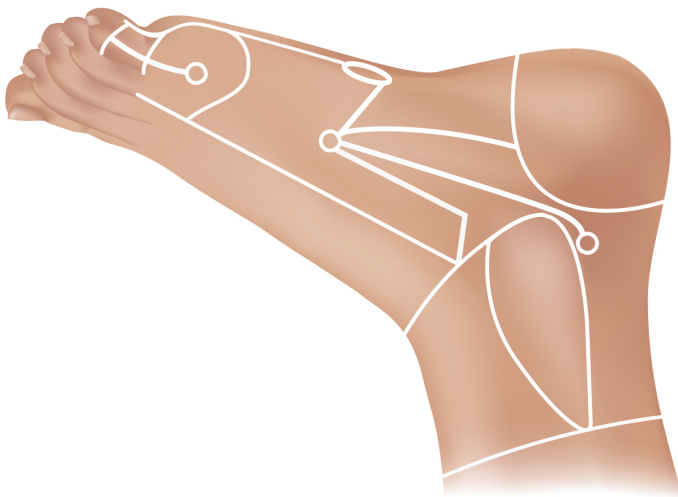
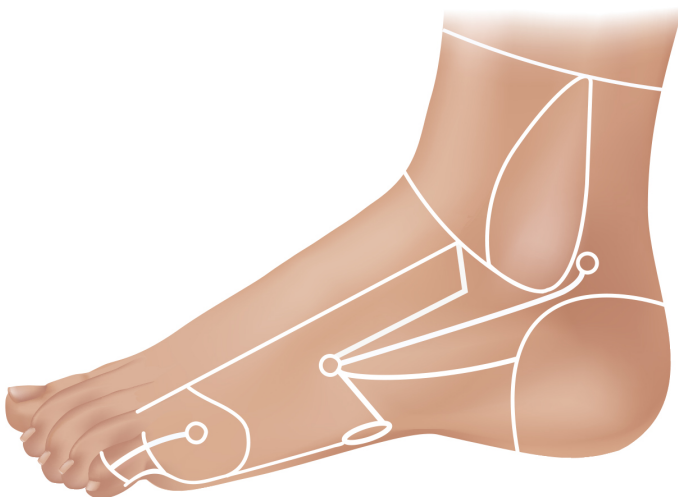
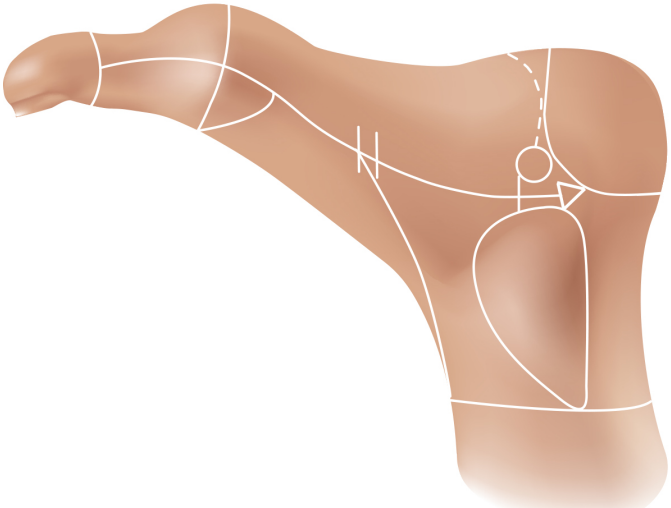
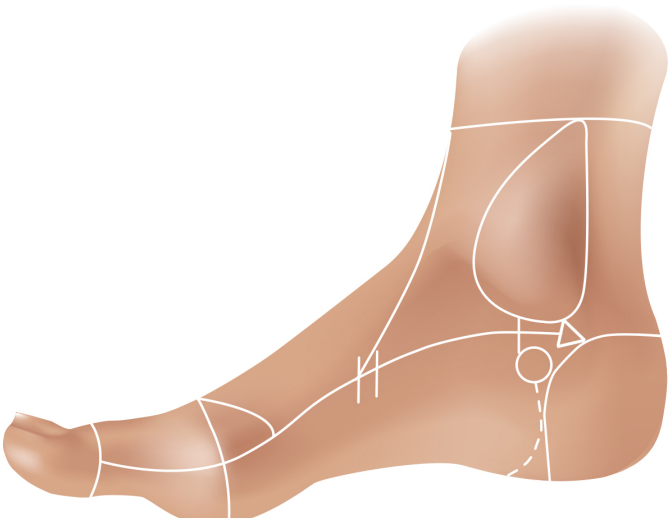
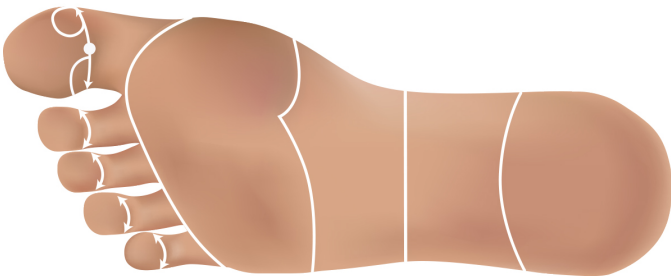
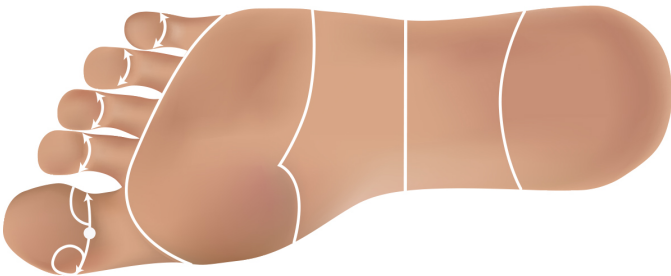


## CIRCULATORY SYSTEM

1. Trigger the Circle of Willis – LIGHT PINK
2. Trigger the Blood to the Eyes – ORANGE
3. Draw the Aortic Arch – PENCIL
4. Trigger the Brachiocephalic Artery, Lead to the Left Common Carotid Artery, and Lead to the Left Subclavian Artery – LIGHT GREEN
5. Trigger the Aorta, Vena Cava (superior & inferior), Common & Internal Iliac Arteries & Veins, and Gonadal Arteries & Veins – DARK BLUE
6. Trigger the Blood to the Deep Gluteal Region: internal iliac arteries & veins, obturator arteries & veins, inferior & superior gluteus arteries & veins – RED
7. Trigger the Subclavian Arteries and Veins – PURPLE
8. Trigger Blood to the Shoulder, Arm, & Hand – RED
9. Trigger the Blood to the Mesenteric Arteries & Veins and Renal Arteries & Veins – YELLOW
10. Trigger the Blood to the Hepatic Arteries & Veins – DARK GREEN
11. Trigger the Femoral Blood Flow to the Lateral Leg: femoralis artery & vein – LIGHT GREEN
12. Trigger the Femoral Blood Flow to the Medial Leg: great saphenous vein, obturator artery, tibial artery & vein – BROWN
13. Circle and label the Blood to the Knee – PENCIL
14. Trigger the Blood to the Lungs: pulmonary artery & veins – DARK PINK
15. Trigger the Blood to the Head & Neck: facial vein, jugular external vein, occipital artery, carotid artery exterior, cervical profunda vein, vertebral vein & artery, jugular internal vein, carotid artery, thyroid inferior vein & artery, thyroid superior vein & artery – LIGHT BLUE
16. Draw the Heart
  - a) Left Atrium – PINK
  - b) Left Ventricle – RED
  - c) Right Atrium – LIGHT BLUE
  - d) Right Ventricle – DARK BLUE
  - e) Pulmonary Artery – PURPLE

Use foot charts on next 2 pages.



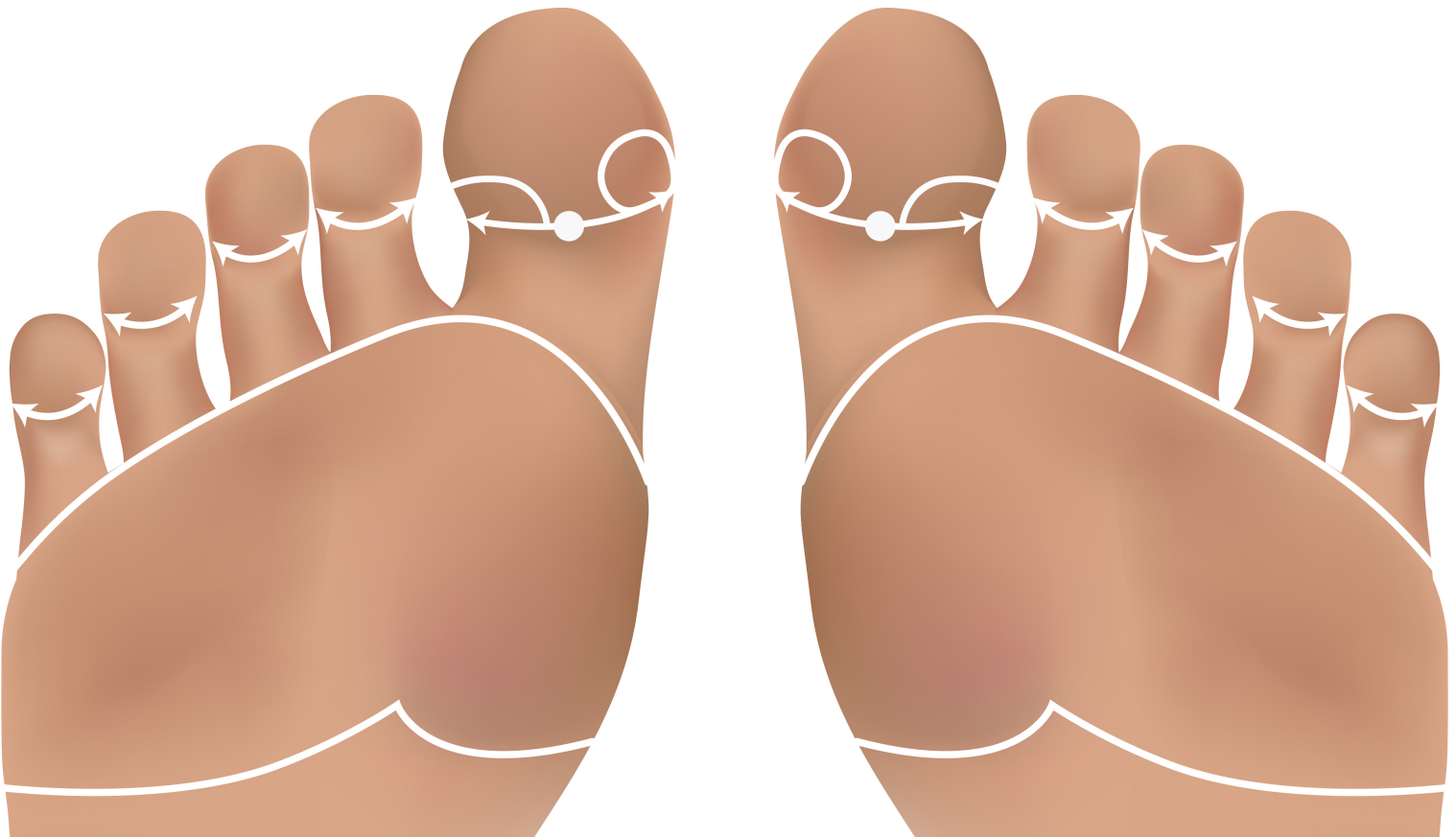


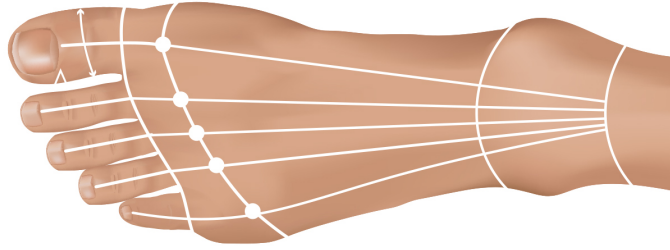
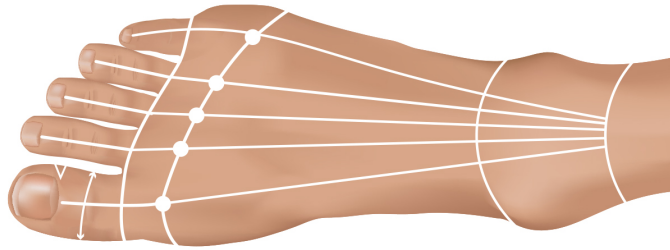
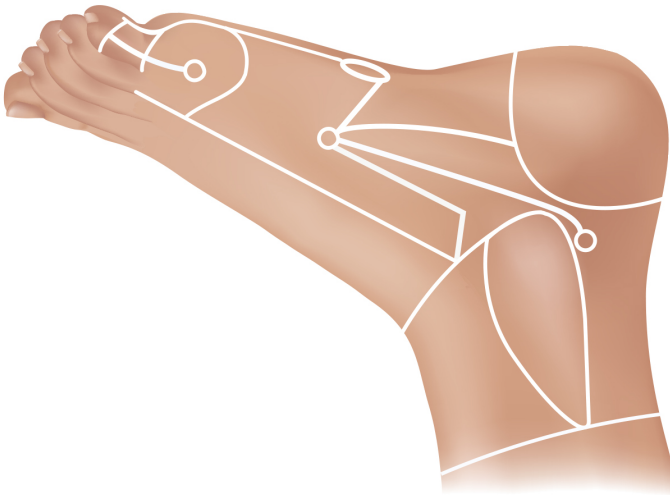
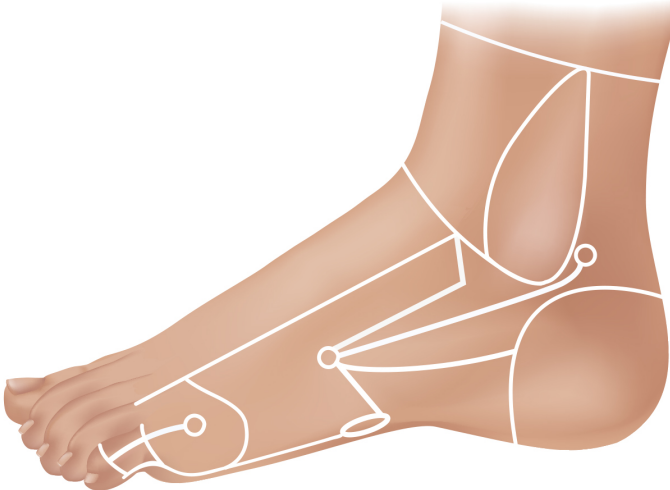
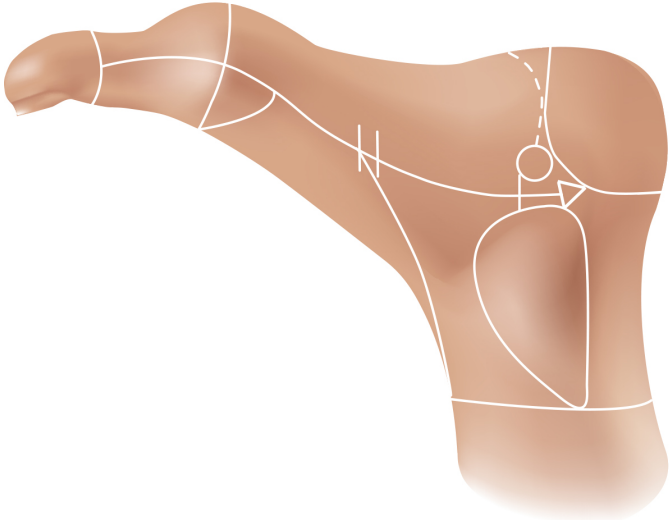
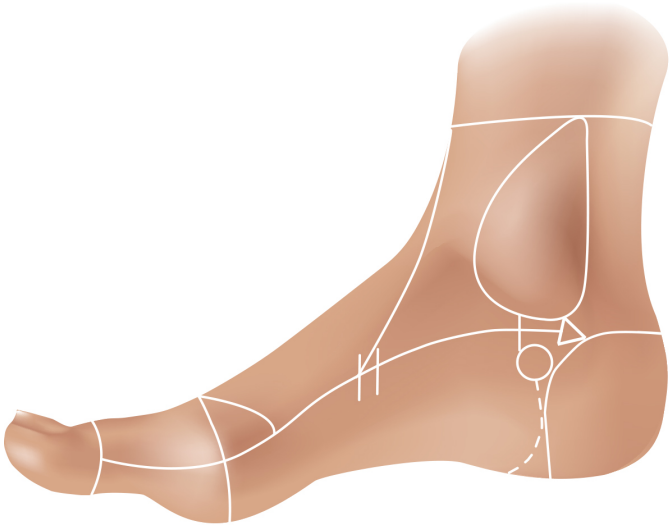
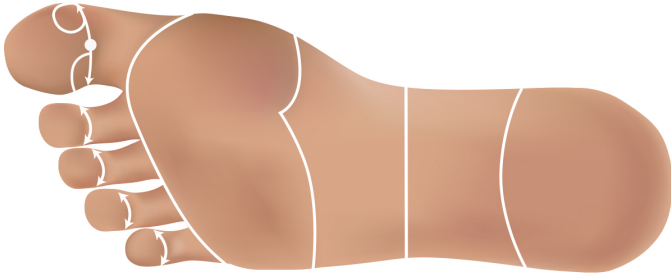
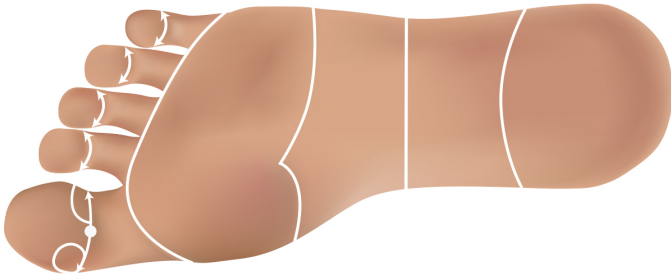


## RESPIRATORY SYSTEM

1. Identify and label the Medulla Oblongata – PENCIL
2. Trigger the Trachea – RED
3. Trigger the Pulmonary Circulation: primary bronchi, secondary bronchi, tertiary bronchi, bronchioles, alveoli – BLACK
4. Trigger the Lungs: right & left lobes – DARK GREEN
5. Trigger the Pleura Sac of the Lungs – BROWN
6. Trigger the Superior/Anterior & Posterior Diaphragm – ORANGE
7. Circle and label the Nasal & Oral Cavities – PENCIL
8. Label the Sinuses:
  - a) Sphenoid
  - b) Ethmoid
  - c) Maxillary
  - d) Frontal

Use foot charts on this page and the next.



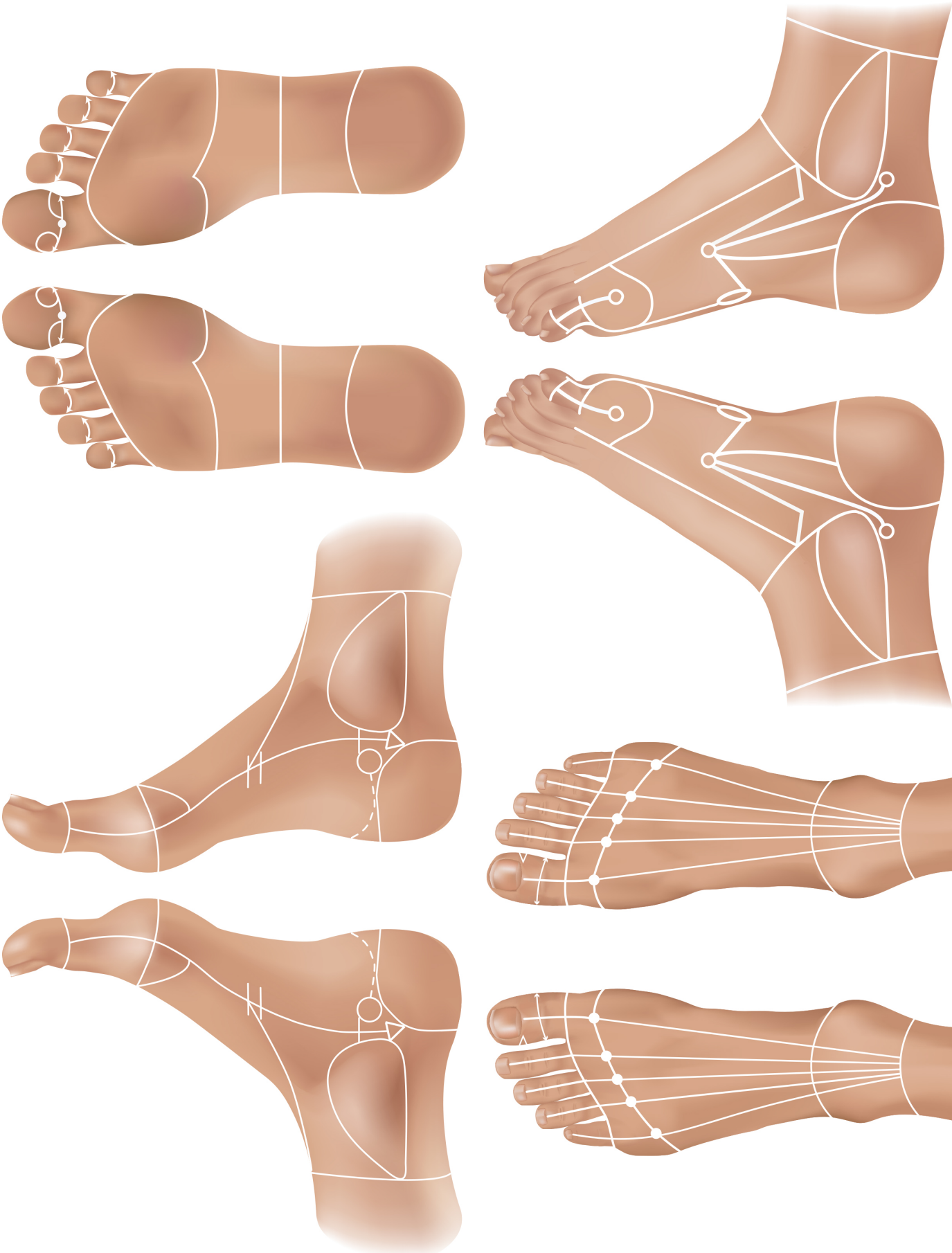


## **LYMPH SYSTEM**

- 1. Trigger the Superficial Lymph Group: chest/back/arms – LIGHT GREEN**
- 2. Trigger the Superficial Lymph Group: buttocks/groin/leg & foot – PURPLE**
- 3. Trigger the Deep Lymph: intestinal, Inguinal, lumbar, intestinal, bronchomediastinal, axillary lymph nodes – ORANGE**
- 4. Trigger the Cisterna Chyli – DARK BLUE**
- 5. Trigger the Right & Left Thoracic Lymph Trunks – DARK GREEN**
- 6. Trigger Lymph Group: Deep Cervical Lymph to Head, Neck and Thyroid – YELLOW**
- 7. Trigger Right & Left Lymph Ducks into the Right & Left Subclavian Veins – PENCIL**
- 8. Trigger Lymph to Superficial Cervical Lymph to Head & Neck – DARK GREEN**
- 9. Circle and label the Tonsil Region: pharyngeal (adenoid), palatine, and lingual – PENCIL**
- 10. Trigger the Thymus Gland – RED**
- 11. Trigger the Spleen – PINK**
- 12. Draw and label the Peyer's Patches – PENCILS**
- 13. Trigger the Appendix – BROWN**
- 14. Trigger the Superior Sagittal Sinus, Cerebral Fluid, Meningeal Dura Mater, and Arachnoid Granulation – LIGHT BLUE**
- 15. Trigger the Right & Left Lateral Ventricle & Choroid Plexus, Interventricular Foramen (foramen of Monro), Third Ventricle & Choroid Plexus, Cerebral Aqueduct, Fourth Ventricle & Choroid Plexus, Lateral Aperture, Median Aperture & Choroid Plexus**
- 16. Trigger the Central Canal & Spinal Fluid – BLACK**



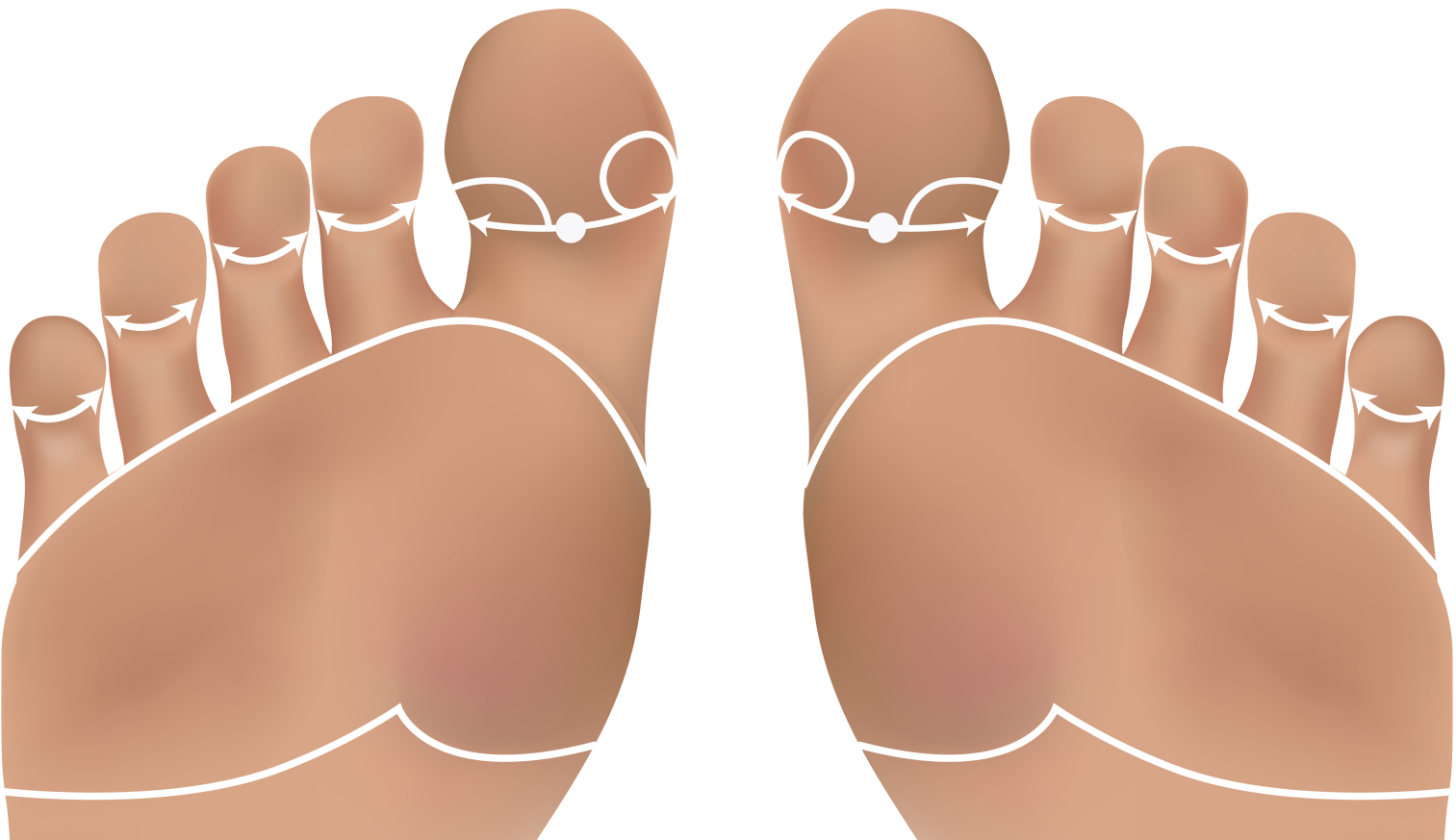
**Foot Zone Mapping Boards**



## IMMUNE SYSTEM

1. Circle and label the Tonsil Region: pharyngeal (adenoid), palatine, and lingual – PENCIL
2. Trigger Thymus – PINK
3. Trigger Liver – RED
4. Trigger Spleen – PURPLE
5. Trigger Adrenals – ORANGE
6. Draw and Label the Peyer's Patches – PENCIL
7. Trigger Appendix – LIGHT BLUE
8. Draw and label the Ilium – GREEN
8. Trigger the Sternum – BLACK

Use foot charts on this page and the next page.



Foot Zone Mapping Boards

