

## Subject:

Drowsiness, Transitional

## Study Conducted: Country: Institution:

China

Department of Massage, Beiyuan Clinic, Luhe Hospital

## Citation:

Zhao, Y., "Transitional Drowsiness Treated with FRZ Massage, A Case Report." 1994 China Reflexology Symposium Report, Beijing , China Reflexology Association, pages 23-24.

## Synopsis:

An 11 year old boy with transitional drowsiness for 4 years was given foot reflexology daily. After the first treatment, he screamed less, fell asleep in class less; and by the 4th session, he was able to attend class and behave like a normal student. After 20 treatments, he recovered with no recurrences.

## Conclusion:

Foot reflexology was found to be effective for relief of transitional drowsiness.

Reflexology Research provided courtesy of the  
[American Academy of Reflexology](#), Bill Flocco, Director.