

need to be regular, and the benefits seem to diminish after twelve weeks.

Joyce M, Richardson R., "Reflexology helps multiple sclerosis." *JACM* July 1997 10-12 (www.internethealthlibrary) (MS Centre (Glasgow), Unit 16, Chapel Hill Industrial Estate, Maryhill, Glasgow G20 9BD, Tel: 0141 945 3344)

* **Multiple sclerosis**

"To evaluate the effect of reflexology on symptoms of multiple sclerosis (MS) in a randomized, sham-controlled clinical trial. **METHODS:** Seventy-one MS patients were randomized to either study or control group, to receive an 11-week treatment. Reflexology treatment included manual pressure on specific points in the feet and massage of the calf area. The control group received nonspecific massage of the calf area. The intensity of paresthesias, urinary symptoms, muscle strength and spasticity was assessed in a masked fashion at the beginning of the study, after 1.5 months of treatment, end of study and at three months of follow-up. **RESULTS:** Fifty-three patients completed this study. Significant improvement in the differences in mean scores of paresthesias ($P = 0.01$), urinary symptoms ($P = 0.03$) and spasticity ($P = 0.03$) was detected in the reflexology group. Improvement with borderline significance was observed in the differences in mean scores of muscle strength between the reflexology group and the controls ($P = 0.06$). The improvement in the intensity of paresthesias remained significant

at three months of follow-up ($P = 0.04$). **CONCLUSIONS:** Specific reflexology treatment was of benefit in alleviating motor; sensory and urinary symptoms in MS patients."

Siev-Ner I, Gamus D, Lerner-Geva L, Achiron A., "Reflexology treatment relieves symptoms of multiple sclerosis: a randomized controlled study," *Mult Scler.* 2003 Aug;9(4):356-61(Complementary Medicine Clinic, Department of Orthopedic Rehabilitation, Sheba Medical Center, Tel-Hashomer, Israel) PMID: 12926840

* **Pain (chronic low back)**

Poole, H. M. Murphy, P. and Glenn S., "Reflexology and Relaxation in the Management of Chronic Low Back Pain," *Proceedings of the British Psychological Society*, Vol. 8 No. 2, p. 43, 2000

* **Post surgical pain**

A ten-minute foot massage significantly reduced the agony in post-surgical patients over patients on pain killers alone. Scientists studied sixty women admitted for surgery at the Stepping Hill Hospital in Stockton, England. Half of the women were given a pain-killing drug regime and half were given the drug regime and foot massage by "a skilled acute pain nurse." Researchers found that those receiving the foot massage reported 'significantly less' agony than those on painkillers alone. ... "The massage is thought to work by relaxing the patients and thus raising their pain threshold." "Foot Rubs Easing Pain (post-sur-