

## Reflexology For Arthritis

### Subject:

Arthritis, Knees

### Study

### Conducted: Country:Institution:

China

Yang-Hua Clinic

### Citation:

Chen, G., "Treatment of Knee Arthralgia with Foot Reflexology: An Analysis of 17 Cases." 1993 China Reflexology Symposium Report, Beijing , China Reflexology Association, page 37.

### Synopsis:

17 patients, both male & female, from 5-80 yrs old, with arthralgia of the knee were given 30-45 minutes of reflexology daily for 10 sessions. The reflex areas worked on were knee, liver, 3 cm above the external malleolus in the feet, upper and lower lymph glands, parathyroid and spleen. Eleven of the patients recovered completely, 4 improved, and 2 had no results.

### Conclusion:

Foot reflexology was shown to have some success in relieving knee arthralgia; particularly acute cases without other complications.

### Subject:

Arthritis

### Study

### Conducted: Country:Institution:

China

Not indicated.

### Citation:

Chi, J., "Effect of Foot Reflexo-massage on Rheumatoid Arthritis." 1996 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 93-94.

### Synopsis:

3 female patients, ages 37. 50 & 62, with acute and chronic stages of rheumatoid arthritis were given 7 sessions of foot reflexology for one hour every other day. They were relieved of knee pain and joint swelling disappeared after 2-4 courses. It was found that foot reflexology can improve blood and lymphatic circulation, strengthen immune function, reduce ischemia and hypoxia of arthropathic limbs but should be used with caution or avoided in cases of uncontrolled acute inflammation.

### Conclusion:

Foot reflexology was found to be effective for the relief of symptoms associated with Rheumatoid arthritis.

**Subject:**

Arthritis, Faradotherapy

**Study****Conducted:****Country:Institution:**

China

Yichang First People's Hospital

**Citation:**

Gong, X., "Observation on Therapeutic Effects of Four Cases with Faradotherapy on the FRZ for Lymph Nodes of Upper and Lower Body." 1993 China Reflexology Symposium Report, Beijing, China Reflexology Association, pages 48-50.

**Synopsis:**

A 54 yr old female with arthralgia in all her joints and waist-leg pain was given foot reflexology with faradotherapy for 20 minutes to upper and lower lymph nodes reflexes daily after unsuccessful anti-rheumatic drugs for 3 years. The pain throughout her body was relieved after 6 sessions.

**Conclusion:**

Foot reflexology has been shown to be effective for the relief of rheumatic pain.

**Subject:**

Arthritis, Rheumatoid

**Study****Conducted:****Country:Institution:**

China

Tianjin Reflexology Association

**Citation:**

Lingyun, Z., Yuru, Y., Yuehong, W., "Analysis on Therapeutic Effects of Reflexology on Rheumatoid Arthritis." 2004 China Symposium Reflexology Report, pages 25-28.

**Synopsis:**

Twenty-three patients, 7 male and 16 female, diagnosed as rheumatoid arthritis were selected for observation. Ages varied from 28 to 78 years old. The duration of sickness varied from one to 50 years, at the average of 12 years. Besides the disorders of joints, the patients also presented extra-articular manifestations. Foot reflexology was applied on the key areas and during treatment, the combination of reflex areas could be modified according to the differentiation of syndromes. Each session lasted 30 to 60 minutes or longer if necessary. Other therapy was also combined at times. The treatment given was one session daily, 10 sessions made one course of treatment with each patient observed for three courses of treatment.

**Conclusion:**

Nine cases were markedly effective, 13 cases were effective, and one was ineffective. Joint pain and tenderness obviously improved, as well as joint swelling. No obvious change in joint deformity. Functional disturbance was remarkably improved. It is clear that reflexology combined with natural therapies can bring about satisfactory therapeutic effects on Rheumatoid arthritis.

**Subject:**

Arthritis, Normal signs in the feet

**Study****Conducted:****Country:Institution:**

China

Tianjin Reflexology Association

**Citation:**

Lingyun, Z., Yuru, Y., Yuehong, W., "Analysis on the Abnormal Signs on the Feet of Patients with Rheumatoid Arthritis" 2004 China Symposium Reflexology Report, pages 33-39.

**Synopsis:**

Twenty-three confirmed cases of rheumatoid arthritis were selected for observation. There were 7 males and 16 females between 28 and 78 years of age with a history of the disease differing from one to 55 years. The research team studied abnormal foot signs of the patients with rheumatoid arthritis so as to select the proper reflex areas for treatment, improve the therapeutic effect, and observe changes of disease.

**Conclusion:**

Through three treatment courses of foot reflexology, symptoms and signs of abnormal foot conditions were relieved; foot temperature raised in 90% of the cases, tenderness on reflex areas relieved or disappeared in 80% of the cases; granule, cord, and nodules were reduced in 20% of the cases; corn and cyst of one case disappeared. In rheumatoid arthritis patients, cold feet accounted for 95%; muscular tension 47%; abnormal soles 95%; abnormal toes 65%; and joint impairment 43%.

**Subject:**

Arthritis, Shoulder

**Study****Conducted:****Country:Institution:**

China

Medical College of Suzhou University

**Citation:**

Zhijua, H., "Clinical Observation of Treatment of 130 cases of Periarthritis of Shoulder by Foot Reflexotherapy Combined with Acupuncture.." 2002 China Reflexology Symposium Report, Beijing, China Reflexology Association, pages 29-30.

**Synopsis:**

130 cases were diagnosed as periarthritis of the shoulder. The patients were randomly divided into 2 groups; 42 cases in Group A were treated by acupuncture and 88 cases in Group B by foot reflexotherapy combined with acupuncture.

**Conclusion:**

Total effective rate of Group A was 83%, while that of Group B was 94%. The therapeutic effect of Group B was better than that of Group A.

**Subject:**

Arthritis, Rheumatoid

**Study****Conducted:****Country:Institution:**

China

Reflexology Association of  
Heilongjiang Province

**Citation:**

Zhimin, H., "Treatment of Rheumatoid Disease with Reflexotherapy." 2002 China Reflexology Symposium Report, pages 33-34.

**Synopsis:**

Case of one female in her late 20's had to give up her work due to the rheumatoid disease that worsened over the recent 10 years. On first visit to clinic patient walked limping, with pale and painful complexion, rigid and swollen left wrist, red and swollen left ankle, thinness, dizziness, poor appetite, fatigue and weakness, menstrual disorder, rigid neck, irritability, etc. The treatment session of 40 to 50 minutes took place once a day consisting of foot reflexotherapy combined with acupuncture.

**Conclusion:**

Therapeutic effect was significant after 13 months of daily treatment. General physiological function was recovered fundamentally.