

Subject:

Multiple Health Conditions: Pain, Various Parts Of Body

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

China

Xingcheng Sanatorium of
Ministry of Railway

Citation:

Jin, H., "Reflexology Applied as Pain-Killer." 1998 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 86-88.

Synopsis:

60 people, both male and female, ages 1-73, with pain (toothache, headache, sore throat, neck, back, shoulder, breast, rib, abdomen, leg and joint pain) were given 20-40 minutes of foot reflexology for 1-3 sessions and found relief. Acute pain was relieved at a faster rate than chronic pain. Results: (48.3%) relief in 29 cases, and (36.6%) relief in 22 cases. The total rate was 85%.

Conclusion:

Foot reflexology was found to be effective for relief of pain.

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