

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.

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