

**Subject:**

Menstruation, Premenstrual Syndrome (PMS)

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

United  
States Of  
America

American Academy of  
Reflexology

**Citation:**

Oleson, T., and Flocco, W., "Randomized Controlled Study of Premenstrual Symptoms Treated with Foot, Hand, and Ear Reflexology." *Obstetrics and Gynecology*, Vol. 82, pages 906-911

**Synopsis:**

35 women with 38 premenstrual symptoms were divided into two groups. One was given foot, hand, and ear reflexology; the other a placebo reflexology session. Each kept a diary for 2 months before, during and after the study. Results: 46% improvement in the first group and 19% in the placebo group.

**Conclusion:**

Ear, hand, and foot reflexology used together was found to be effective for the relief of premenstrual symptoms (PMS)

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