

Subject:

Headache, Migraine

Study Conducted:

Country:

China

Institution:

The Hospital of No. 1 Iron Work of Laiwu Iron and Steel General Factory, The Hospital of Yantai Jail

Citation:

Song, S., and Song, Q., "Clinical Observation on Treatment of Migraine with Reflexology." 2000 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 1-2.

Synopsis:

60 cases, both male and female, ages 16-60, with migraines from 6 months to 10 years, were divided into 2 groups: A treatment group and a control group each with 30 patients. The treatment group was given 20-30 minutes of foot reflexology daily for 2 weeks; and after 2 sessions, 3 cases were healed, 22 cases were relieved, and 5 cases had no results with a total success rate of 83.33%. The control group were given only conventional medicine and 2 cases were healed, 18 cases were relieved, and 10 cases had no results with a total success rate of 66.67% including fatigue in all cases, insomnia in 5 cases, dry mouth and nausea in 3 cases. Results: foot reflexology was more successful.

Conclusion:

Foot reflexology was found to be effective for the relief of migraines.

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