

Subject:

Lungs, Chronic Obstructive Pulmonary Disease (COPD)

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

United
Kingdom

St. George's Hospital, Tooting,
London

Citation:

Wilkinson, Ians S.A., Prigmore, Samantha, And Raynor, Charlotte F., "A Randomized-Controlled Trail Examining The Effects Of Reflexology Of Patients With Chronic Obstructive Pulmonary Disease (COPD)." 2006 Complementary Therapies In Clinical Practice, 12, Pages 141-147.

Synopsis:

Fourteen (14) patients with moderate to severe lung disease (COPD) were divided in to two groups for this study. One group received four 50 minute reflexology treatments each week for four weeks. The second group met only to review the diary card and for discussion of any problems that the patient was experiencing. Data was collected through measurement of blood pressure, heart and respiratory rates and oxygen saturation; lung function tests; quality of life questionnaires; diary cards and an evaluation questionnaire at the end of the study. There were no statistically significant results from this study, although patients felt that they benefited from taking part in it.

Conclusion:

This small scale study shows that there are a number of areas of possible benefit for patients with COPD in receiving reflexology. A larger study over a longer time period is needed to evaluate benefits of reflexology in affecting sleep patterns, breathing and the ability to cope with life.

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