

## Subject:

Heart, Angina

## Study Conducted: Country: Institution:

China

Senile Convalescent Hospital,  
Outpatient Department

## Citation:

Zhang, B., "Effect of Foot Massage on a Patient with Angina Observing with EKG: A Case Report." 1994 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 53-54.

## Synopsis:

A 64 year old male with acute myocardial infarction was given medicine to treat his condition but the angina and arrhythmia continued. An EKG showed coronary ischemia with ventricular premature beats. He was given 20-30 minutes of foot reflexology daily massaging the heart reflex strongly 100 times. The patient felt relief in his chest after the first session and over time, He improved greatly. After 10 days of sessions, nocturnal attacks of premature beats were relieved.

## Conclusion:

Foot reflexology was found to be effective in relieving the symptoms associated with angina attacks

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