

Subject:

Blood, Cortisol

Study Conducted: Country: Institution:

Denmark

Glostrup County Hospital

Citation:

Author unknown, "Reflexology and Plasma Cortisol Under Surgical Stress." 1977

Synopsis:

16 patients were studied in 1977 study to see if foot reflexology could influence the increase of plasma cortisol during surgery. They were given 10 minutes of reflexology using a tool for precision touch, Eight received stimulation in the pituitary-adrenal zones and 8 patients, the control group, received stimulation in their shoulder zones.

Conclusion:

Foot reflexology was not shown to be effective in this study for influencing the increase of plasma cortisol during surgical stress, possibly due to flaw in research design.

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