

Subject:

Menstruation, Hypermenorrhea

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

China

Hangzhou Traditional Medical
Hospital

Citation:

Wu, Z., "Foot Reflexology in the Treatment for Hypermenorrhea." 1996 China Reflexology Symposium Report. Beijing : China Reflexology Association, pages 70-71

Synopsis:

28 patients with hypermenorrhea were given foot reflexology which was significantly effective in 23 patients (82.2%) and effective in 5 cases (17.8%). The first case was a 32 year old woman who complained of excessive menstrual bleeding for more than 3 months after a miscarriage 4 months earlier. After 15 treatments of foot reflexology, the menstrual bleeding decreased significantly, heel pain disappeared, and mental and body strength increased. The second case was a 43 year old woman suffering from hypermenorrhea for over 20 years. She had excessive menstrual bleeding, sore lower back, constipation, lassitude, and tiredness. After 25 foot reflexology treatments, the menstrual bleeding returned to normal and constipation disappeared.

Conclusion:

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

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