## Lumbar (prolapse of) (157A)

"Among the 52 cases of this group, 15 cases were significantly effective (symptoms and signs disappeared), 28 cases effective (symptoms and sign were relieved), and 2 cases were ineffective (symptoms and sign remained unchanged after treatment. … The shortest therapeutic course was 1 course (10 sessions in 10 days), and the longest was 12 courses. In average the therapy showed noticeable effect in half a course."

## Mental health (163)

A reflexologist and a counsellor worked with 74 people (49 receiving reflexology and 25 receiving counselling) between May 1996 and August 1997. Findings: (1) A reported increase in relaxation levels and decrease in anxiety levels (except for 2 reflexology participants). (2) Release of tension through being able to talk led to greater relaxation, alleviating headaches and improving sleep. (3) Participants developed and increased awareness of tension and increased ability to change that state. (4) Improvement in emotional status, Fear, worry and despair were considered to have changed into more positive and fulfilling emotions. Greater progress when reflexology and counselling were offered together.

## Nervous exhaustion (175)

Recent research from China suggest that reflexology may be particularly helpful for patients suffering from nervous exhaustion. Twenty patients with a history of neurasthenia (nervous exhaustion) which had lasted between 1 & 8 years were given a course of reflexology at the department of physiotherapy,

The patients' chief symptoms were dizziness, insomnia, memory loss, indigestion and headaches. All had previously received long term medical treatment none of which had helped them. The reflexology treatments focused on the areas of the feet relating to the adrenal gland, kidneys, bladder, sinus, brain and heart. Those patients who suffered from associated digestive problems were also treated to the areas of the feet relating to spleen, stomach, duodenum and celiac, while those patients who suffered from headaches had the areas of the feet relating to the cerebellum and trigeminal nerves treated.

The reflexology treatments were given daily over a period of seven days and the results were quite remarkable: 40% experienced complete 'cure,' further 35% had greatly improved, and a further 15% had mildly improved. Only 10% showed no change at all to the treatment.

## Pain (184)

Reflexology was applied to 60 individuals from ages 1 to 73 who were experiencing pain. Sessions lasted 20 minutes to 40 minutes. the pain resulted from Toothache (6), headache (8), sore throat (50), stiff neck (40), shoulder pain/old wound (2), breast pain (2), chest & rib pain (2), dysmenorrhea (3), abdominal pain (5), wrist and leg pain (19), and joint pain in limbs. Following one session 18 of the 60 were healed. 11 were healed following 2 or 3 sessions, 22 were effectively treated after 2 or 3 sessions. Reflexology was ineffective for 9 cases after 1 to 3 sessions.

## Pain (Shoulder) (182)

The 39 cases of shoulder pain ranged in age from 49 to 58 years old. At the completion of reflexology treatment, 32 had been cured (pain disappeared, the arm and shoulder could move freely) and 17 had received an effect (pain reduced, the movement of the arm and shoulder obviously improved).

## Pain of herniated disc

"Foot reflexology is both a diagnostic technique and therapy. It is an alternative therapy which is considered useful in pain management. Its effectiveness as a therapy has been studied at the Mestre hospital where a clinical study has been undertaken to determine the effectiveness of reflexology in the reduction of pain. A group of 40 persons suffering almost exclusively from a lumbar-sacral disc hernia received three treatments of reflexology massage for a week. The results found that 25 persons (62.5%) reported a reduction in pain, (rating at 0.75 on a scale of 0-4). These results however did not take into consideration the relationship between the effectiveness of foot reflexology and variables such as the persons physicality (Body Mass Index), or their psychological or social status."