

Subject:

Breasts, lobular
hyperplasia

Study Conducted: Country: Institution:

China

Not indicated.

Citation:

Wu, S., and Duanmu, H., "Treatment of Lobular Hyperplasia of Mammary Gland with Foot Massage." 1994 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 87-88.

Synopsis:

15 females, ages 18-44, with lobular hyperplasia of the mammary gland were given foot reflexology 1-2 times daily until the symptoms resolved. Fourteen cases were relieved of symptoms and lumps. The other case improved and lumps decreased in size.

Conclusion:

Foot reflexology was found to be effective for relief of lobular hyperplasia of the mammary gland.

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