

Subject:

Circulation, Legs

Study Conducted:

Country:

China

Institution:

Beijing Railway General Hospital

Citation:

Wu, Y., and Li, Z. , "Foot Massage in the Treatment for Bilateral Leg Circulation Disturbance." 1996 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 97-98.

Synopsis:

A 67 year old man with urinary bladder tumor had bilateral leg circulation disturbance, swelling, burning sensation, and limitation in ankle movement for 2 years. He had many surgeries and the skin on his ankle was black and blue and swollen. He was given 40 minutes of foot reflexology daily for 10 days separated by 2-3 day intervals. After 10 days, the color returned to his legs and feet and the swelling was reduced. After 20 treatments, the ankles looked normal. the swelling was reduced further and he was able to move his ankle. After 28 treatments, the skin color was normal and there was slight swelling.

Conclusion:

Foot reflexology was found to be effective for the relief of bilateral leg circulation disturbance.

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