

“Anderung der nierendurchblutung durch organassozierte reflexzontherapie am fuss gemussten mit farbkodierter dopplersonographie,” *Forsch Komplementarmed* 1999, Jun;6(3):129-34 (PMID: 14060981, UI: 99392031)

#### \* **Pain of Kidney and ureter stones**

Thirty patients were divided into three groups of ten each: one group received 10 minutes of reflexology stimulation to kidney and ureter reflex areas, one group of ten received 10 minutes of reflexology stimulation to the shoulder reflex area, and one group received on the lateral end of the clavicle, same side as pain. Members of the treatment group experienced reduced pain (5 of the 10 for four hours, 1 for three hours, and 3 for one hour.) In the control groups 1 of each group experienced pain relief for less than an hour. Medical doctors concluded that reflexology treatment of ureterolithiasis has a pain relieving effect. Compared to common analgesic, the effect of reflexology occurs more rapidly but has a shorter duration.

Eriksen, Leila, “Reflexology use in (Pain Caused by) Ureter and Kidney Stone Attacks, *Danish Reflexologists Association Research Committee Report*, Feb. 1995 (Originally published in *Zonetherapeuten*, No. 6, 1993)

#### \* **Urinary tract: Kidney stones (Recovery from Lithotripsy)**

In a controlled trial, 46 individuals were followed after receiving lithotripsy (externally crushing kid-

ney or ureter stones). 46 cases receiving foot reflexology were compared to 50 cases not receiving foot reflexology. A comparison was made between the beginning time to excrete the fragmented calculus (stones) between the treatment group and untreated group. Results: Members of the treated group experienced less pain, began excretion earlier, and completed the excretion process earlier. (1) 39 of 46 treated cases began excretion in less than 10 days compared to 13 of the 50 in the control group, (2) All members of the treated group completed the excretion process at 20 days, compared to 38 of the 50 in the untreated group.

Xiaojian, Ying, “Foot Reflexology as an Accessory Treatment after External Lithotripsy a Clinical Observation of 46 Cases, *1996 China Reflexology Symposium Report*, China Reflexology Association, Beijing, pp. 58 - 59

#### \* **Urinary tract infection**

24 cases of urinary tract infection were divided into two groups. In the treated group norfloxin and foot massage were used. In the control group only norfloxin was used. Of the treated group, 5 showed immediate amelioration of disappearance of symptoms with 7 showing amelioration or disappearance on the second day. Of the control group 4 showed amelioration or disappearance on the second day and 8 showed amelioration or disappearance on the third day. Foot massage was found to be effective in treating urinary tract infection.

Yu-lian, Zao, “Clinical Observation on Treatment of Infection of