

Subject:

Menstruation, Painful Periods, Dysmenorrhea

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

China

Clinic of Beijing Institute of
Electricity Design and Program

Citation:

Wang, J., "Clinical Observation on the Treatment for 36 Cases with Dysmenorrhea by Foot Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 56-57

Synopsis:

36 female cases, ages 15-39, some single and some married, with a history of very painful periods lasting from 6 months to 10 years, were given foot reflexology every 2 days focusing on the soft areas of the foot with strong pressure. Symptoms were reduced by 75%

Conclusion:

Foot reflexology was found to be effective for the relief of cramps and pain of menstrual period.

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