

Subject:

Circulation, Baroreceptor Reflex Sensitivity (BRS)

Study Conducted: Country: Institution:

United Kingdom

University of Leeds

Citation:

Frankel, B., "The Effect of Reflexology on Baroreceptor Reflex Sensitivity, Blood Pressure and Sinus Arrhythmia." *Complementary Therapies in Medicine*, 1997, Vol. 5, pages 80-84.

Synopsis:

A study was done to measure the physiological changes in the body when foot reflexology and foot massage were given. It was found that reflexology stimulated the sensory nervous system in the feet from the reduction in Baroreceptor Reflex Sensitivity (BRS) and a measurable increase in Sinus Arrhythmia (SA)

Conclusion:

Foot reflexology, in conjunction with massage, was found to be effective for eliciting measurable Baroreceptor changes in the body as an explanation for how reflexology works.

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