

**Subject:**

Multiple Health Conditions: Neck, Shoulders, Lower Back

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

India

Department of Biophysics, All  
India Institute of Medical  
Sciences

**Citation:**

Dalal, K., "Reflexology as an Efficient Therapy for Relieving Pain Involving Neuromusculoskeletal Dysfunction." This study, conducted in India , was reported in the China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 107-115

**Synopsis:**

A 48 chronic cases (cervical spondylitis, osteoarthritis, stiff neck, frozen shoulder, tennis elbow, lower backache, decreased knee joint movement and painful heel) and 30 acute cases with pain from neuromusculoskeletal dysfunctions were treated with foot reflexology. Length of therapy depended on the patient's age and how long they had their ailment. The acute cases were relieved in a few treatments, but the chronic cases (especially spondylitis and osteoarthritis) needed more. Three cases with osteoarthritis and edema went on to receive further therapy.

**Conclusion:**

Foot reflexology, in conjunction with acupressure, was found to be effective for giving relief to pain associated with neuromusculoskeletal dysfunction.

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