

**Subject:**

Heart, Atrial Fibrillation

**Study Conducted: Country: Institution:**

China

Not indicated.

**Citation:**

Xu, Q., Wang, Y. and Wang, L., "A Case of Atrial Fibrillation Treated by Foot Reflexology." 1994 China Reflexology Symposium Report, Beijing : China Reflexology Association, page 47.

**Synopsis:**

A female patient with a diagnosis of coronary insufficiency and atrial fibrillation having frequent palpitation, breathlessness and fatigue for 2 years, was treated with 6 sessions of foot reflexology. After the first session, her symptoms improved. After the sixth session, she was symptom free and remained so for one year.

**Conclusion:**

Foot reflexology was found to be effective in relieving and eliminating atrial fibrillation.

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