

## Subject:

Arthritis

## Study Conducted: Country: Institution:

China

Not indicated.

## Citation:

Chi, J., "Effect of Foot Reflexo-massage on Rheumatoid Arthritis." 1996 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 93-94.

## Synopsis:

3 female patients, ages 37, 50 & 62, with acute and chronic stages of rheumatoid arthritis were given 7 sessions of foot reflexology for one hour every other day. They were relieved of knee pain and joint swelling disappeared after 2-4 courses. It was found that foot reflexology can improve blood and lymphatic circulation, strengthen immune function, reduce ischemia and hypoxia of arthropathic limbs but should be used with caution or avoided in cases of uncontrolled acute inflammation.

## Conclusion:

Foot reflexology was found to be effective for the relief of symptoms associated with Rheumatoid arthritis.

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