

Subject:

Multiple Health Conditions: Pain, lower back, shoulders, arms

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

China

School Hospital, Beijing Material College

Citation:

Ma, L., "Foot Reflexology Therapy in Acute Soft Tissue Injury: Report of 4 Cases." 1993 China Reflexology Symposium Report. Beijing : China Reflexology Association, page 36.

Synopsis:

4 Patients with acute soft tissue injury were given foot reflexology. The first patient had chest pain; and after working on reflex areas for the chest for 8 sessions, they were relieved. The second patient who had an acute lumbar sprain and pain which was relieved after two sessions. The third patient who had pain in the right shoulder after lifting a heavy weight was relieved after three sessions. The fourth patient who had sudden pain in her right arm while carrying a heavy weigh and was relieved in three days.

Conclusion:

Foot reflexology has been shown to be effective for the relief of symptoms of acute soft tissue injuries.

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