

Study on Pain and Reflexology

REFLEXOLOGY AND PAIN REDUCTION

Unpublished Report available through the FDZ Research Committee, Denmark

This study evaluated the effects of reflexology on shoulder, neck and head pain. Twenty-nine persons, 22 females and 7 males (aged 17 - 71 years) who had suffered from pain 6 months to 30 years (average = 10 years) were selected to participate from forty applicants. Three women withdrew before the end of the study. Each of the remaining 26 participants received 10 foot reflexology treatments. All 26 participants complained of neck pain before treatment. After treatment, 13 participants (50%) were pain free; 8 participants (30.77%) felt considerable effect; 2 participants (7.69%) felt little effect, and 3 participants (11.54%) felt no effect. Twenty-three of the 26 participants complained of shoulder pain before treatment. After treatment 8 participants (34.78%) were pain free, 10 participants (43.48%) felt considerable effect, 2 participants (8.70%) felt little effect, and 3 participants (13.04%) felt no effect. Twenty three of the 26 participants complained about headaches before treatment. After treatment, 11 participants (47.83%) were pain free, 6 participants (26.09%) felt considerable effect, 2 participants (8.70%) felt little effect, and 4 participants (17.39%) felt no effect from the treatment. Four participants felt pain reduction in other areas of the body, improvement in allergy and asthma symptoms, increased energy and increased well-being. Many (number not reported) participants reduced or eliminated their need for medication.