

Reflexology Benefits in the Workplace

A STUDY OF 28 STAFF SEEN WITHIN THE WORCESTER HOSPITALS BETWEEN MARCH 1993 AND JUNE 1994 USING REFLEXOLOGY SESSIONS

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Twenty-eight subjects (22 females & 6 males, aged 22 to 66 years) were reported on in this study. Subjects received one 40-minute reflexology session per week for six weeks. Response to reflexology was measured after each session on several parameters including: pain, mobility, lassitude and psychological stress. All subjects reported some improvement after six sessions, with significant improvement being reported by: 74% of the 23 subjects experiencing pain, 53% of subjects concerned about mobility, 62.5% of subjects concerned with lassitude, and, 55% of subjects concerned with psychological stress. It is concluded that reflexology is a cost effective treatment for companies and institutions concerned about absenteeism and sick leave.