

Subject:

Arthritis, Rheumatoid

Study Conducted:

Country:

China

Institution:

Tianjin Reflexology Association

Citation:

Lingyun, Z., Yuru, Y., Yuehong, W., "Analysis on Therapeutic Effects of Reflexology on Rheumatoid Arthritis." 2004 China Symposium Reflexology Report, pages 25-28.

Synopsis:

Twenty-three patients, 7 male and 16 female, diagnosed as rheumatoid arthritis were selected for observation. Ages varied from 28 to 78 years old. The duration of sickness varied from one to 50 years, at the average of 12 years. Besides the disorders of joints, the patients also presented extra-articular manifestations. Foot reflexology was applied on the key areas and during treatment, the combination of reflex areas could be modified according to the differentiation of syndromes. Each session lasted 30 to 60 minutes or longer if necessary. Other therapy was also combined at times. The treatment given was one session daily, 10 sessions made one course of treatment with each patient observed for three courses of treatment.

Conclusion:

Nine cases were markedly effective, 13 cases were effective, and one was ineffective. Joint pain and tenderness obviously improved, as well as joint swelling. No obvious change in joint deformity. Functional disturbance was remarkably improved. It is clear that reflexology combined with natural therapies can bring about satisfactory therapeutic effects on Rheumatoid arthritis.

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