

Children by Foot Massage,"(19)96 *Beijing International Reflexology Conference (Report)*, China Preventive Medical Association and the Chinese Society of Reflexology, Beijing, 1996, p. 26

#### \* **Mental Retardation (Diagnosis)**

Characteristics of the feet of ninety-six children with an IQ ranging from 40 to 70 and ages of 8 to 14 were compared to the feet of a control group of 96 normal children of similar ages and sexes.

##### *Color Comparison*

Pale feet were more common in the experiment group (34%) than the control group (3%)

##### *Big Toe Shapes*

Sixty-five in the experiment group and thirty-one in the control group showed abnormal big toe shapes including deviated ball-center (30/5), flat ball (13/3), triangle shaped (9/0), valgus (6/3), overlapped with other toes (4/0), other (3/1).

##### *Comparison of 2nd to 5th Toe*

Fifty-three of the experiment group showed abnormal signs as compared to 5 of the control group: overlapped (9/0), curved (10/0), short proximal phalanges (11/0), protrusion of ball center (8/1), shortage of toes (13/2), other (2/0).

##### *Comparison of Reflex Areas*

Heart reflex area: tender, bubbled, granules or nodes in 51% of experiment group and 11% of control group.

Liver reflex area: tender, bubbled, grandules or node in 34% of experiment group and 7% of control group.

Feng Gu, Zhao Lingyun, Yang Yuru, Hao Jiamo, Cao Shuwen, Zhang Xiulan, "Comparative Study of Abnormal Signs in the Feet of Feebleminded Children," *1998 China Reflexology Symposium Report*, China Reflexology Association, Beijing, pp. 9-13

#### \* **Mental retardation (Social abilities)**

80 children from a school for the mentally retarded were divided into two groups, a control group receiving educational training in the school and an experimental group combining foot reflexotherapy and school training. Mentally retarded children were shown to improve significantly in height, weight, health states, social living abilities, and intellectual development when receiving foot reflexology as opposed to those not receiving treatment.

Lingyun, Yuru, Zhao; Yang Yuru, Feng gu; Jiamo, Hao; Shuwen, Cao and Xiulan, Zhang, "Observation on Improvement of Feeble-Minded Children's Social Abilities by Foot Reflexo-Therapy," *1998 China Reflexology Symposium Report*, China Reflexology Association, Beijing, pp. 24 - 28

#### \* **Migraine headache**

In a blind random trial, (Lafuente) "examined 32 patients between the ages of 15 and 57. There were 25 women and 7 men randomly assigned to two groups. One group was given a placebo and received reflexology treatments two times a week for two or three months. The other group received Flunarizin treatment (a selective calcium entry blocker with calm-

odulin binding properties and histamine blocking activity that has been effective in preventing migraines) and massage of a non-specific area twice a week for 12 sessions. Patients were evaluated at the end of the study and again three months after the study. It was concluded that the reflexology treatment was at least as effective as the Flunarizin treatment and may be classified as an alternative non-pharmacological therapeutic treatment that would be particularly appropriate to those patients that were unable to follow pharmacological treatment."

Lafuente A et al (1990). "Effekt der Reflex zonenbehandlung am FuB bezüglich der prophylaktischen Behandlung mit Flunarizin bei an Cephelea-Kopfschmerzen leidenden" Patienten.Erfahrungsheilkunde. 39, 713-715.

Testa, Gail W., "A Study on the Effects of Reflexology on Migraine Headaches" August 2000 (<http://members.tripod.com/GTesta/Dissertationall.htm>)

#### \* **Multiple sclerosis**

Following a number of reports by reflexologists of MS patients benefiting from reflexology treatment, a small scale study was initiated backed by the Grampian branch of the Charity Action and Research for Multiple Sclerosis (GARMS) and the Scottish Institute of Reflexology.

GARMS provides regular hyperbaric oxygen therapy and physiotherapy for people with MS, and volunteers were asked to participate in reflexology study. Fourteen were assigned to a treatment group to receive a one hour