

Subject:

Headache

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

China

School Hospital of the Wuhan University

Citation:

Qui, J., "Foot Reflex Zone Massage in Treating Agioneurotic Headache Report of 26 Cases." 1996 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 1-2.

Synopsis:

26 patients, both male and female, ages 19-43, with history of headaches from 1 hour to 5 months, were given foot reflexology focusing on the kidney, ureter, and urinary bladder, head, cerebellum, brainstem, pituitary gland, trigeminal nerve, frontal sinus, neck, cervical vertebrae, thyroid gland, eye, nose, ear, jaw, celiac plexus, stomach, intestines, liver and heart reflex zones. Thirteen patients were symptom-free after the first session, 13 patients after second session, 6 patients after the third session.

Conclusion:

Foot reflexology was found to be effective for the relief of agioneurotic headache.

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