

Degan M, Fabris F, Vanin F, Bevilacqua M, Genova V, Mazzucco M, Negrisolo A, "The effectiveness of foot reflexotherapy on chronic pain associated with a herniated disk," *Prof Inferm.* 2000 Apr-Jun;53(2):80-7 [Article in Italian] ULSS 12 Veneziana. (mardeg@libero.it)PMID: 11272089

Stroke (212)

Foot reflexology was applied once a day for ten days, every other day for ten days, and once or twice a week for ten days. A review of 38 cases of cerebrovascular accident patients showed a 95% effectiveness rate. Results were evaluated as (1) effective if the "functions of palsy lower limbs got recovered to enable the patient to walk independently in the room and" and (2) remarkably effective if the "function of lower limbs got recovered, digital meticulous action partially recovered, Babinski's sign turned negative" Results: among the 28 patients of the cerebral thrombosis groups (a) 9 cases showed effect in the first course of treatment and 15 in the second course and (b) 3 cases showed remarkably effective in the second course of treatment and 3 cases in the third course. Among the cerebral infarction group (a) 2 cases showed effective in the first course of treatment and 2 cases in the second and (b) 2 cases showed remarkably effective in the third course of treatment.

Toothache (217)

150 cases with toothache existing for one hour to three months were

enrolled in the study. After one foot reflexotherapy session, 26.6% experienced a disappearance of all symptoms, 66% experienced pain relief with return of pain after a few hours, 7.3% experienced relief of pain for a short time. Only those with pronounced inflammation required 3 or 4 sessions to relieve pain.