

## Subject:

Headache

## Study Conducted: Country: Institution:

China

Clinic of the Hebei Reflexology Association

## Citation:

Liang, L., and Jia, C., "Two Cases of Stubborn Headache Treated with Reflexotherapy." 1998 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 7-8.

## Synopsis:

Patients with neurogenic headache and symptoms (sleeplessness, poor appetite, cerebellum, atrophy, and neurasthenia) were given 40-45 minutes of foot reflexology focusing on the brain and urinary system, glands, and for one patient the vertebrae reflexes. After 2 weeks, one patient recovered and the others recovered after 10 sessions.

## Conclusion:

Foot reflexology was found to be effective for the relief of neurasthenia and tension headaches.

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