

Subject:

Pain, Chest

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

England

Queen Elizabeth Hospital, Birmingham

Citation:

Berker, M., "Is Chest Pain Affected by Reflexology Intervention? A Small Study." *Footprints*, 1993, Vol. 9, page 9.

Synopsis:

4 cardiac catheterization patients with history of chest pain from 18 months to 13 years were given foot reflexology. Each patient kept a diary to rate their chest pain before and after the sessions. Three patients were relieved completely of chest pain for 9 months, and one experienced a reduction in pain.

Conclusion:

Foot reflexology was found to be effective for the relief of chest pain after cardiac catheterization.

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