

Subject:

Arthritis, Normal signs in the feet

Study Conducted: Country: Institution:

China

Tianjin Reflexology Association

Citation:

Lingyun, Z., Yuru, Y., Yuehong, W., "Analysis on the Abnormal Signs on the Feet of Patients with Rheumatoid Arthritis" 2004 China Symposium Reflexology Report, pages 33-39.

Synopsis:

Twenty-three confirmed cases of rheumatoid arthritis were selected for observation. There were 7 males and 16 females between 28 and 78 years of age with a history of the disease differing from one to 55 years. The research team studied abnormal foot signs of the patients with rheumatoid arthritis so as to select the proper reflex areas for treatment, improve the therapeutic effect, and observe changes of disease.

Conclusion:

Through three treatment courses of foot reflexology, symptoms and signs of abnormal foot conditions were relieved; foot temperature raised in 90% of the cases, tenderness on reflex areas relieved or disappeared in 80% of the cases; granule, cord, and nodules were reduced in 20% of the cases; corn and cyst of one case disappeared. In rheumatoid arthritis patients, cold feet accounted for 95%; muscular tension 47%; abnormal soles 95%; abnormal toes 65%; and joint impairment 43%.

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