

## **Reflexology and Back Pain - Xiao Zhenge, Hospital of Beijing College of Languages**

A study conducted at the Hospital of Beijing College of Languages investigated the effect of reflexology treatment on acute lower back pain. Twenty patients between the ages of 35 and 55, all of whom were teachers or office workers, and suffering from lower back strain participated in the study.

The reflex points on the patients' feet were treated for a maximum of ten treatments and the results analysed. All of the patients reported that the treatment had effectively eliminated their pain; 5 of the patients obtained complete relief after only one treatment, 10 after 3 to 4 treatments and a further 5 after 5 to 7 treatments. No analgesics or other medications were used throughout the course of treatments.

Although a small scale study, it adds to the growing body of evidence confirming that reflexology has extensive therapeutic value beyond the realms of mere relaxation and stress management.

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