

Reflexology Study

Published in a magazines a book or as a report

(If it's a scientific research article, published in a peer-reviewed journal* then please fill in Summary Sheet no 1).

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Where did this article/publication appear? Publication/Reference: <input checked="" type="checkbox"/> Magazine <input type="checkbox"/> Book <input type="checkbox"/> Report <input type="checkbox"/> Other	Title of the article/publication: Effect onderzocht: zenuwreflexologie inzetten bij rugpijn = the efficiency of nerve reflexology in treatment of chronic low back pain Authors (name of writers): Nico Pauly Journal/Magazine (name): Reflexzone Year (e.g.2013): 2013 Issue and pages (e.g. No 2, page 35, if relevant): No 5, page 19-21
Language paper written in:	Dutch

Study group: Illness / problem etc.	To measure the effects of nerve reflexology in the treatment of chronic low back pain (CLBP). Seven qualified nerve reflexologists selected at random a number of clients from their practice who met the criteria: Age 25-65; low back pain > 12 weeks; pain limited to thoraco-lumbal, lumbal and gluteal region; no arthritis or fibromyalgia; no fever; no psychopharmaceutic.
Describe the study: Design & methods. Include describing the type of study, number of clients control type etc.	Single group study with 20 participants and no control group. (9 male, 11 female, average age of 47 years). They all got 9 neuro reflexology treatments once a week at an interval of 6 days. Parameters: Pain intensity, restriction of movement and functional impact on daily activities. Main accents in treatments: <ol style="list-style-type: none"> 1. Nerve reflex points for lumbar and sacral vertebra and surrounding musculature 2. Nerve reflex points for lumbar musculature 3. Nerve reflex points for blood and lymph vessels 4. Nerve reflex points for abdominal and pelvis organs involved in CLBP. Measurements: <ol style="list-style-type: none"> 1) Visual Analogue Scale (VAS): to measure the pain intensity. (filled in twice by client, at first intake and after last treatment

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	<p>session)</p> <ol style="list-style-type: none"> 2) Schöber-index: to measure the ability of a client to flex his/her lower back 3) Finger-knee index: to measure the ability of a client to lateral flexion of his/her lower back (distance middle finger to knee) 4) Quebec Back Pain Disability Scale (QBPDS); to measure functional impact of CLBP on daily activities
<p>Results: <i>What's the result?</i></p>	<p>Pain (VAS) outcome: At intake average pain was between 2,5 and 7,5 (on a scale from 0-10 where 0=no pain and 10 = extremely painful) ; after 9 treatments average pain was between 0,9 and 3,5. So clearly improvement</p> <p>Schöber-index: this showed clearly improvement of lumbar flexion from average 3 cm to 4,5 cm</p> <p>Finger-knee-index: improvement of lateral flexion to the right from average 7,5 cm to 5,4 cm ; improvement of lateral flexion to the left from average 5,7 cm to 3,3 cm</p> <p>QBPDS: improvement in daily activities average difficulties from 28,5 to 12,30 which means improvement from hindering and consistent pain to a very moderate and good- to-deal-with pain.</p>
<p>Conclusion: <i>What the conclusion?</i></p>	<p>Reflexology might be a good option for treatment of CLBP.</p>
<p>Further information: <i>e.g. type of reflexology used?</i></p>	<p>Neuro reflexology</p> <p>Main accents in treatments:</p> <ol style="list-style-type: none"> 1. Nerve reflex points for lumbar and sacral vertebra and surrounding musculature 2. Nerve reflex points for lumbar musculature 3. Nerve reflex points for blood and lymph vessels 4. Nerve reflex points for abdominal and pelvis organs involved in CLBP.
<p>Keywords to enable search process in electronica databases:</p>	<p>Neuro reflexology, chronic low back pain, CLBP, musculoskeletal system</p>

* A Peer reviewed articles primarily appear in academic, scientific or other scholarly publications, judged by an impartial panel of two or more experts in the field. The judgment criterion for any peer review article varies depending on the publication and subject matter. Peer reviewers primarily focus on ensuring that an article is factually accurate, provides new information in a specified field and meets the proofreading and editorial guidelines of the publication. You can read more about peer-reviewed articles on www.wikipedia.org

Additional comments:

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