

✿ 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).

This paper is filled in by: (Your name & country)	Ingrid de Vos, The Netherlands
Other responsible persons involved: (If so - name & country of person(s)/organisation(s) etc.)	<p>Monique de Zwart: www.moniquedezwart.nl dezwartvoetreflexmassage@gmail.com</p> <p>Ellen Janssen: www.reflexzonetherapie-ellenjanssen.nl janssen-ellen@live.nl</p>
Contact details: (Name, country, e-mail, web, phone no (+xx) xxxxxx- etc.)	<p>Ingrid de Vos, The Netherlands, e mail: Commissie.externecontacten@vnrt.nl; 0031182679422</p>
Where did this article/publication appear? Publication/Reference:	<p>Title of the article/publication: <i>'Chronische lage rugklachten op het werk aangepakt'</i> = <i>Dealt with chronic low back pain at work</i> Authors (name of writers): Ellen Janssen en Monique de Zwart Journal/Magazine (name): Reflexzone Year (e.g.2013): 2009 Issue and pages (e.g. No 2, page 35, if relevant): No 5, pages 22-25</p>
<input checked="" type="checkbox"/> Magazine <input type="checkbox"/> Book <input type="checkbox"/> Report <input type="checkbox"/> Other	
Language paper written in:	Dutch

Study group: Illness / problem etc.	Six employees of Department of Waste Collection of the municipality Zoetermeer in the Netherlands. They all had chronic (> 3months) low back pain and/or pain in arm/neck/shoulder daily. No specific pathological cause was found.
Describe the study: Design & methods. <i>Include describing the type of study, number of clients control type etc.</i>	<p>Multiple case study to investigate the effects of reflexology on 6 employees (as mentioned above) who were given reflexology treatments with a maximum of 10 per person in a period from February till July 2009.</p> <p>Prior to this they had an interview where they had to give a mean pain score in a range from 0 (=no pain) to 10 (extremely).</p> <p>Also they were asked to fill in a diary to measure possible effects of the treatments. Besides the treatments exercises, lifestyle and food advice was given.</p>
Results: <i>What's the result?</i>	<p>Prior to the sessions all 6 clients had a pain score of 6 or 7 for their main problem.</p> <p>Five clients were completely pain free after respectively 4,5,6,7, and 8 sessions. One client was pain free, but remained feeling stiffness.</p> <p>Also they all noticed positive psychological changes.</p>

Conclusion: <i>What the conclusion?</i>	Reflexology sessions together with exercises and food and lifestyle advice gave good results, so reflexology + lifestyle adjustments might be a good option to deal with chronic low back pain.
Further information: <i>e.g. type of reflexology used?</i>	Reflexology technique of walking thumb, sometimes in combination with massage of bladder meridian + and self-help by stimulating certain neurolymphatic reflexpoints from Touch for Health
Keywords to enable search process in electronica databases:	Chronic low back pain, neck- and shoulderpain, workplace

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