

Reflexology research

	Title	Source	Year
67	Reflexology has an acute (immediate) haemodynamic effect in healthy volunteers: A double blind randomised controlled trial	Jones J, Thomson P, Lauder W, Howie K, Leslie S. (2012) Complementary Therapies in Clinical Practice (in press)	2012
71	Acupressure, reflexology and auricular acupressure for insomnia: A systematic review of randomized controlled trials.	Yeung, W.F., Chung, K.F., Poon, M.K.K., Ho, F.Y.Y., et al. Sleep Medicine. Sep 2012 Vol 13(8); 971-984	2012
74	Reflexology versus Swedish massage to reduce physiologic stress and pain and improve mood in nursing home residents with cancer: A pilot trial	Hodgson NA, Lafferty D. Evidence Based Complementary and Alternative Medicine Volume 2012, 2012, Article number456897	2012
75	Reported treatment strategies for reflexology in cardiac patients and inconsistencies in the location of the heart reflex point: An online survey	Jones . Thomson, Lauder, Leslie. Complementary Therapies in Clinical Practice. Volume 18, Issue 3, August 2012, Pages 145-150	2012
83	Effect of foot reflexology on pain and anxiety in women following elective caesarean section	Razmoo, N., Lotfabadi, LH., Yousefi, F., Esmaeeli, H. Azizi, H., Lotfalizdeh, M. Iranian journal of Obstetrics, Gynecology and Infertility April 2012, Vol 15(1)	2012
76	Massage, reflexology and other manual methods for pain management in labour.	Smith, Levett, Collins and Jones. Cochrane database of systematic reviews. Online 2 ., pp. CD009290	2012
7	An experimental study on the effect of reflexology on the autonomic nervous system in healthy adults: a feasibility study	http://www.ncbi.nlm.nih.gov/pubmed/22164810 Hughes CM, Krirsnakriengkrai S, Kumar S, McDonough SM. Alternative Therapies in Health and Medicine. 2011 May-Jun;17(3):32-7.	2011
11	Effect of foot reflexology on pain intensity and duration of	http://ircmj.com/?page=article&article_id=1809	2011

	labour on Primaparas	Dolatian et al Iranian Red Crescent Medical Journal 2011 Volume 13 (7) 475-479	
68	Understanding the role of stimulation in reflexology: development and testing of a robotic device.	Flynn et al. (2011) European Journal of Cancer care 20, 686-696	2011
77	Effects of foot reflexology on fatigue, sleep and pain: A systematic review and meta-analysis	Lee, Han, Chung, Kim, Choi Journal of Korean Academy of Nursing. Volume 41, Issue 6, December 2011, Pages 821-833	2011
78	Reflexotherapy combined with cortexin in the complex treatment of speech disorders in patients with cerebral palsy	<u>Ukhanova, T.A. , Gorbunov, F.E., Ivanova, V.V.</u> _ Zhurnal Nevrologii i Psihiatrii imeni S.S. Korsakova Volume 111, Issue 8, 2011, Pages 19-22	2011
79	Foot reflexology can increase vagal modulation, decrease sympathetic modulation, and lower blood pressure in healthy subjects and patients with coronary artery disease.	<u>Lu, W.A., Chen, G.Y., Kuo, C.D.</u> Alternative therapies in health and medicine . Volume 17, Issue 4, July 2011, Pages 8-14	2011
3	Effects of reflexology on fibromyalgia symptoms: A multiple case study	http://www.ncbi.nlm.nih.gov/pubmed/20621279 Gunnarsdottir TJ, Peden-McAlpine C. Complement Therapies Clinical Practice. 2010 Aug;16(3):167-72. Epub 2010 Feb 10	2010
8	A Pilot Study Exploring the Effects of Reflexology on Cold Intolerance	http://www.ncbi.nlm.nih.gov/pubmed/20633515 Zhang W, Takahashi S, Miki T, Fujieda H, Ishida T. Journal of Acupuncture Meridian Studies. 2010 Mar;3(1):43-8	2010
10	Can reflexology maintain or improve the well-being of people with Parkinson's Disease	http://www.ncbi.nlm.nih.gov/pubmed/20347841 Johns C, Blake D, Sinclair A Complement Ther Clin Pract. 2010 May;16(2):96-100. Epub 2009 Nov 4.	2010
12	A randomised, controlled trial of the psychological effects	http://www.ncbi.nlm.nih.gov/pubmed/19906525	2010

	of reflexology in early breast cancer	Sharp DM, Walker MB, Chaturvedi A, Upadhyay S, Hamid A, Walker AA, Bateman JS, Braid F, Ellwood K, Hebblewhite C, Hope T, Lines M, Walker LG. European Journal of Cancer. 2010 Jan;46(2):312-22	
21	Effectiveness of foot and hand massage in postcesarean pain control in a group of Turkish pregnant women	http://www.ncbi.nlm.nih.gov/pubmed/20643325 Degirmen N, Ozerdogan N, Sayiner D, Kosgeroglu N, Ayranci U. Applied Nursing Research. 2010 Aug;23(3):153-8.	2010
25	The effectiveness of acupuncture and reflexology in primary insomnia	http://eprints.ulster.ac.uk/9020/ Hughes, Ciara M, McCullough, Carey A, Bradbury, Ian, Boyde, Carol, Hume, Diane, Yuan, Jiang, Quinn, Fionnuala and McDonough, Suzanne M Acupuncture in Medicine: Journal of the British Medical Acupuncture Society, 2010; 27 (4). pp. 163-168.	2010
63	A pilot study into the effectiveness of reflexology in treating idiopathic constipation in women.	Woodward et al. Complementary Therapies in Clinical Practice (2010) 16; 41-46	2010
66	Healing crisis in Reflexology – Becoming worse before becoming better	Gunarsdottir; Jonsdottir. Complementary Therapies in Clinical Practice (2010) 1-5	2010
80	Efficacy of reflexology in managing chronic pain and difficulty in lower limb movement involving intractable epilepsy	Dalal K et al; International Conference on Systems in Medicine and Biology, ICMB 2010 - Proceedings 2010, Article number5735369, Pages 187-192	2010
2	Effects of self-foot reflexology on stress, fatigue and blood circulation in premenopausal middle-aged women	http://www.ncbi.nlm.nih.gov/pubmed/19901496 Jang SH, Kim KH Journal of the Korean Academy of Nursing. 2009 Oct;39(5):662-72	2009
5	Reflexology for the treatment of pain in people with multiple sclerosis: a double-blind randomised sham-controlled clinical trial	http://msj.sagepub.com/content/15/11/1329 Hughes C, Smyth S., Lowe-Strong AS Multiple Sclerosis November 2009 vol. 15 no. 11 1329-1338	2009
6	Acupuncture and Reflexology for insomnia: a feasibility	http://aim.bmjjournals.org/content/27/4/163.abstract	2009

	study	Ciara M Hughes, Carey A McCullough, Ian Bradbury, Carol Boyde, Diane Hume, Jiang Yuan, Fionnuala Quinn, Suzanne M McDonough Acupunct Med 2009;27:163-168	
15	Case study of Bells palsy applying complementary treatment within an occupational therapy model	http://www.ncbi.nlm.nih.gov/pubmed/19222052 Haltiwanger E, Huber T, Chang JC, Gonzalez-Stuart A. Occupational Therapy International. 2009;16(1):71-81.	2009
22	Reflexology and progressive muscle relaxation training for people with multiple sclerosis: A crossover trial	http://www.ncbi.nlm.nih.gov/pubmed/19161949 Mackereth PA, Booth K, Hillier VF, Caress AL Complementary Therapies in Clinical Practice. 2009 Feb;15(1):14-21	2009
41	Is reflexology an effective intervention? A systematic review of randomised controlled trials	Ernst et al Medical Journal of Australia 191(5):263-6, 2009 Sep	2009
43	The effectiveness of reflexology in inducing ovulation: a sham controlled randomised trial	Holt, J et al Fertility and sterility 91(6): 14-9, 2009 June	2009
47	What do people talk about during reflexology? Analysis of worries and concerns expressed during sessions for patients with multiple sclerosis	Mackereth et al: Complementary Therapies in Clinical Practice 15(2):85-89, 2009 May	2009
56	Structural zone therapy in pregnancy and childbirth: A new approach	Tiran D; Complementary Therapies in Clinical Practice. 15(2009); 234-238	2009
59	An exploratory study of reflexological treatment for headache	Cochrane Central Register of controlled trials. 2009 Iss 4. From Alternative Therapies in health and medicine 1999 May 5(3) 57-65	2009
60	Alterations in the Th1/Th2 balance in breast cancer patients using reflexology and scalp massage.	Green et al. Experimental and Therapeutic Medicine(2009) 1:97-108	2009
65	The efficacy of reflexology – a systematic review	Database of abstracts of reviews of effects (2009) Iss 4. From Wang et al Journal of Advanced Nursing (2008) (62:5) 512-520	2009
17	Reflexology in the management of low back pain: a pilot randomised controlled trial	http://www.ncbi.nlm.nih.gov/pubmed/18346622 Quinn F, Hughes CM, Baxter GD Complementary Therapies in Medicine. 2008 Feb;16(1):3-8. Epub 2007 Jun	2008

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18	Reflexology treatment for patients with lower limb amputations and phantom limb pain-an exploratory pilot study. (Full trial paper).	http://www.mnt-nr.com/articles/reflexology%20and%20amputations.pdf Christine Ann Brown,_, Catherine Lido Complementary Therapies in Clinical Practice (2008) 14, 124–131	2008
19	The clinical efficacy of reflexology in nursing home residents with dementia. (Full trial paper).	http://jdc.jefferson.edu/cgi/viewcontent.cgi?article=1004&context=nancy_hodgson NANCY A. HODGSON, Ph.D., R.N., ¹ and SUSAN ANDERSEN, B.S., C.H.E.S. THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE Volume 14, Number 3, 2008, pp. 000–000	2008
20	Complementary therapy use by persons with multiple sclerosis: benefits and research priorities	http://www.ncbi.nlm.nih.gov/pubmed/18640629 Esmonde L, Long AF. Complementary Therapies in Clinical Practice. 2008 Aug;14(3):176-84	2008
23	The conjoint use of music therapy and reflexology with hospitalized advanced stage cancer patients and their families	http://www.ncbi.nlm.nih.gov/pubmed/18662423 Magill L, Berenson S. Palliative Support Care. 2008 Sep;6(3):289-96	2008
27	Reflexology for symptom relief in patients with cancer	http://www.ncbi.nlm.nih.gov/pubmed/18772659 Wilkinson S, Lockhart K, Gambles M, Storey L Cancer Nurs. 2008 Sep-Oct;31(5):354-60; quiz 361-2	2008
31	Somatotopical relationships between cortical activity and reflex areas in reflexology: A functional magnetic resonance imaging study	http://www.sciencedirect.com/science/article/pii/S0304394008013694 Tomomi Nakamarua, Naoki Miura, Ai Fukushima, Ryuta Kawashima Neuroscience Letters Vol 448(1); December 2008 Pages 6-9	2008
50	Using reflexology to manage stress in the workplace	Atkins R and Harris P; Complementary Therapies in Clinical Practice 14(4); 280-7, 2008 Nov	2008
70	Effects of Reflexotherapy on acute postoperative pain and anxiety among patients with digestive cancer	Tsay, Chen, Chen, Lin, Lin. Cancer Nursing (2008) Vol 31(2) 109-115	2008
72	Complementary therapies in the management of low back pain: A survey of reflexologists	Quinn, Baxter, Hughes (2008) Complementary Therapies in Medicine 16, 9-14	2008
16	Partner-delivered reflexology: effects on cancer pain and	http://www.ncbi.nlm.nih.gov/pubmed/17562639	2007

	anxiety	Stephenson NL, Swanson M, Dalton J, Keefe FJ, Engelke M Oncology Nursing Forum. 2007 Jan;34(1):127-32	
57	Evaluation of anxiety, salivary cortisol and melatonin secretion following reflexology treatment; A pilot study in healthy individuals	A J McVicar et al Complementary Therapies in Clinical Practice; 13(2007) 137-145	2007
58	Randomised Controlled Trial of foot with symptomatic idiopathic detrusor overactivity.	International Journal of Pelvic Floor Dysfunction; 2007 June; 18(6): 57-65	2007
62	A randomised controlled study of reflexology for the management of chronic lower back pain	Poole, Glenn, Murphy. European Journal of Pain (2007) 878-887	2007
73	Pilot study indicates that reflexology has effect on women suffering from polycystic ovaries (PCO) and Polycystic Ovary Syndrome (PCOS)	Lone Victoria Schumann – unknown source May 2007.	2007
84	Does the experimental design capture the effects of complementary therapy? A study using reflexology for patients undergoing coronary artery bypass graft surgery.(30)	Gunnarsdottir, TJ. Jonsdottir, Helga. Journal of Clinical Nursing. April 2007 16(4); 777-785	2007
51	Feasibility of a reflexology and guided imagery intervention during chemotherapy: results of a quasi experimental study	Wyatt G et al Oncology Nursing Forum May 2007 Vol 34(3); Pages 635-642	2007
9	The Effectiveness Of Reflexology As An Adjunct To Treatment In Childhood Idiopathic Constipation: A Single Blind Randomised Controlled Trial	http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2066061/ Archives of disease in childhood v.91(Supp1); Apr 2006 J. S. Gordon1, E. M. Alder1, G. Matthews-Smith1, I. Hendry1, D. C. Wilson3.	2006
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34	Use of reflexology foot massage to reduce anxiety in	Quattrin R. Et al Journal of Nursing Management 2006 . March.	2006

	hospitalised cancer patients in chemotherapy treatment: methodology and outcomes	14(2): 96-105	
45	A retrospective cohort study exploring the relationship between antenatal reflexology and intranatal outcomes	MCNeill J et al; Complementary Therapies in Clinical Practice 12(2): 1119-25, 2006	2006
61	Effects of reflexology on foot pain and Quality of Life in a patient with rheumatoid arthritis – A case report	Khan, Otler, Springett. The Foot 2006 (16); 12-116	2006
14	The effects of foot reflexology on nausea, vomiting and fatigue of breast cancer patients undergoing chemotherapy	http://www.ncbi.nlm.nih.gov/pubmed/15778569 Yang, JH. Taehan Kanho Hakhoe Chi. 2005 Feb;35(1):177-85	2005
28	Reflexology technique for ankle/foot oedema in late pregnancy. (Full paper).	http://www.maternity-reflexology.net/img/Reflexology%20World%20L%20Mollart.pdf L Mollart; Reflexology World	2005
53	The effects of reflexology on fatigue and insomnia in patients suffering from coal workers pneumoconiosis	Lee YM et al: Daehan Ganho Haghoeji 35(7):1221-8, 2005 Dec	2005
54	Facilitating phenomenological interviewing by means of reflexology	Ross E et al. Curationis 28(1): 69-81, 2005 Feb	2005
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81	Improving physical function and blood pressure in older adults through cobblestone mat walking: A randomized trial	FUZHONG LI; FISHER K. John ; HARMER Peter, Journal of the American Geriatrics Society ISSN 0002-8614, 2005, vol. 53, no8, pp. 1305-1312 [8 page(s) (article)] (27 ref.)	2005
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55	The effect of self foot reflexology on the relief of pre-menstrual syndrome and dysmenorrhea in high school girls	Kim YS et al: Korea; Taehan Kanho Hakhoe chi August 2004 Vol 34(5); Pages 801-808	2004
29	Reflexology treatment relieves symptoms of multiple sclerosis: a randomized controlled study. (Full paper)	http://prdupl02.yonet.co.il/ForumFiles/7123402.pdf <i>I Siev-Ner, D Gamus,*, L Lerner-Geva and A Achiron</i> Multiple Sclerosis 2003; 9: 356i 361	2003
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82	Foot reflexology: An intervention study(19)	Kesselring A et al. Pflege. 1998 August. 11(4):213-8	1998
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A	An investigation into the efficacy of reflexology on acute pain in healthy human subjects.	Carol Samuel University of Portsmouth 2011	2011
B	The efficacy of reflexology in the management of chronic low back pain	Helen Poole, Liverpool John Moores University 2001	2001
C	Complementary and alternative medicine in the treatment of low back pain with a focus on reflexology	Fionnuala Quinn, University of Ulster 2006	2006
D	The effectiveness of reflexology as an adjunct to standard treatment in childhood idiopathic constipation. A single blind randomised controlled trial.	Jeanette Susan Gordon Edinburgh Napier University 2007	2007
E	A randomised controlled clinical trial of reflexology in breast cancer patients, to reduce fatigue resulting from radiotherapy to the breast and chest wall.	Grace Elaine Smith University of Liverpool 2002	2002
G	(Cardiac effects of reflexology)	Jenny Jones University of Stirling 2012	2012