

Subject:

Headache, Acute

Study Conducted:**Country:****Institution:**

China

Qing An County Hospital

Citation:

Fu, B. and Tan, C., "The Treatment of Seven Cases of Acute Headache with FRZ Massage." 1993 China Reflexology Symposium Report, Beijing , China Reflexology Association, page 9.

Synopsis:

7 cases, both male and female, with acute headache symptoms (three with vascular headaches, 3 with tension-type headache; and 2 with neuralgia) were given foot reflexology. After 2 sessions, 5 of the 7 patients reported relief of headache and the remaining 2 patients required one more session for complete relief.

Conclusion:

Reflexology has been shown to be effective for the relief of acute headaches.

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