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Reflexology

This factsheet is for people who are planning to have reflexology or who would like information about it.

- Reflexology is a complementary therapy based on applying pressure to the feet and hands using specific thumb, finger and hand techniques without the use of oil, cream or lotion
- It is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands, on the basis that it might make a physical change in the body.

Reflexology is **Not** an alternative method of tumour reduction to the conventional therapies (surgery, radiotherapy, chemotherapy, endocrines or biological therapy).

Your care will be adapted to meet your individual needs and may be different from what is described here. **Therefore, it is important that you follow your reflexology practitioner's advice.**

About Reflexology

It works on the principle that every organ and system of the body has a matching point or zone in the feet. For example, the spot in the centre of the big toe matches the pituitary gland in the brain, and on the ball of the foot underneath the big toe there is a point that matches the thyroid and parathyroid glands.

A reflexology practitioner uses light pressure to massage each of the points in the toes, feet and ankles to help release tension, get rid of build ups of calcium and uric acid, and stimulate blood circulation which may help to promote healing of both body and mind.

Some of the conditions it may assist with are:

- Back and neck pain
- Migraine and headaches
- Chronic fatigue
- Arthritis
- Stress and anxiety
- Depression

About the Procedure

During your first visit you will be given a detailed assessment. The reflexology practitioner will ask you questions about your medical history, lifestyle and health problems. She/he

will also discuss the area of the body to be worked on and the level of massage to be used. Therapy will not start until you have given consent in writing. Each session will last about 50 minutes.

You can ask any questions you might have. Your therapist will not make a medical diagnosis as he or she is not trained to do so. However, your therapist can advise you on after care following reflexology treatment.

It is important to tell your therapist if you have a nut or other allergy.

You may stop the therapy at any time including mid-session if you want to – simply ask the therapist to suspend the session

If you want to stop therapy after treatment – please telephone the Lilac Centre and ask for Complementary Therapy Co-ordinators.

What are the risks?

After treatment you may feel light headed, relaxed or weepy, or have flu-like symptoms. Some people find that reflexology helps get rid of toxins from the body.

As this could interfere with any medication you are taking, it is very important to inform the practitioner of any medicinal treatment you are receiving

Reflexology is **Not** suitable if:

- You are in the first three months of pregnancy.
- You suffer from epilepsy
- Thyroid problems
- You have heart problems
- High blood pressure
- Asthma
- Diabetes.
- You have a foot injury
- Phlebitis
- Thrombosis
- Blood clots

All our therapists are fully qualified.

If you have any concerns, complaints or compliments about the service, or if you have used the therapy for specific symptom relief please put all comments in writing and / or speak to one of the Complementary Therapy Co-ordinators who manage this service.

If any new symptoms arise or any existing symptoms get worse seek medical advice immediately

This leaflet can be made available in alternative languages/formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach

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