

## Maternity Reflexology Research

### Recent studies have shown that reflexology:

Significantly reduced pain during labour(1, 3),

Reduced the length of the first stage of labour(1, 3).

Improved quality of sleep in post-natal women(2).

Shorter second stage for women with low back pain or pelvic girdle pain (6 x weekly reflexology) (4)

Reduced pain and stress levels for women with low back pain or pelvic girdle pain (6 x weekly reflexology) (5)

Lowers anxiety scores of women in labour (30 minute treatment) (6)

1. VALIANI M ET AL (2010) *Reviewing the effect of Reflexology on pain and outcomes of the labour of primiparous women. Iranian Journal of Nursing and Midwifery Research. 15(Dec) p302-310*

2. LI C-Y ET AL (2011) *Randomised controlled trial of the effectiveness of using foot reflexology to improve quality of sleep amongst post partum women. Midwifery. 27. p181-186*

3. *Iran Red Crescent Med J 2011; 13(7):475-479 ©Iranian Red Crescent Medical Journal.*

4. <https://www.ncbi.nlm.nih.gov/pubmed/29024881>

5. <https://www.ncbi.nlm.nih.gov/pubmed/2970548>

6. *The Effect of Foot Reflexology on the Anxiety Levels of Women in Labour. Yılar Erkek Z, Aktas S. J Altern Complement Med. 2018 Apr;24(4):352-360*