Foot Reflexology for hypoxemia.

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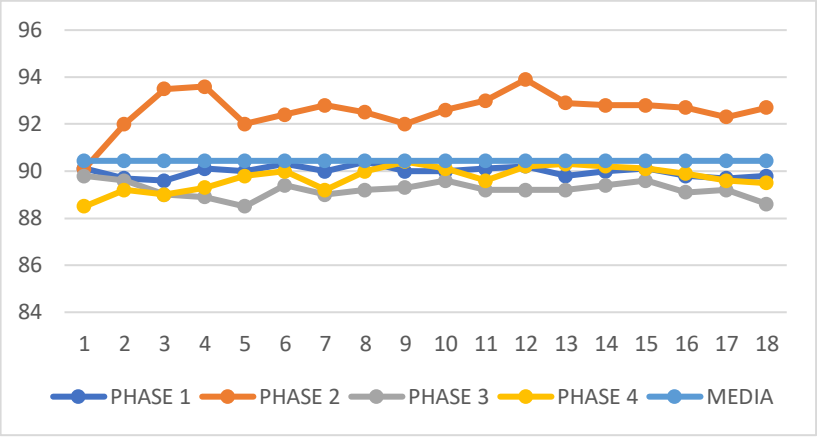
Abstract

Purpose: To prospectively examine the improvement in oxygen saturation with foot reflexology stimulation.

Material and methods: Ten randomly selected patients referred to our private clinic were included. Participants should have a chronic obstructive lung disease with saturation oxygen levels equal o lover 94%. Age range 15 to 90 years old. The study was divided in four phases. In all of them oxygen saturation levels were measured before breakfast, lunch, and dinner.
Phase 1, no reflexology stimulation for 18 days (180 measurements).
Phase 2, reflexology stimulation in lung, main bronchus and trachea was done (10 minutes stimulation each foot), sessions frequency one each 3 or four days. Total sessions 18. (180 measurements)
Phase 3, no reflexology stimulation for 18 days. (180 measurements)
Phase 4, reflexology stimulation in large intestine reflex area was done (10 minutes stimulation each foot), sessions frequency one each 3 or four days. Total sessions 18. (180 measurements)

Results:

PHASE 1	90,1	89,7	89,6	90,1	90	90,3	90	90,4	90	90	90,1	90,2	89,8	90	90,1	89,8	89,7	89,8
PHASE 2	90,1	92	93,5	93,6	92	92,4	92,8	92,5	92	92,6	93	93,9	92,9	92,8	92,8	92,7	92,3	92,7
PHASE 3	89,80	89,60	89,00	88,90	88,50	89,40	89,00	89,20	89,30	89,60	89,20	89,20	89,20	89,40	89,60	89,10	89,20	88,6
PHASE 4	88,5	89,20	89,00	89,30	89,80	90,00	89,20	90,00	90,40	90,10	89,60	90,20	90,30	90,20	90,10	89,90	89,60	89,50
MEDIA	90,44	90,44	90,44	90,44	90,44	90,44	90,44	90,44	90,44	90,44	90,44	90,44	90,44	90,44	90,44	90,44	90,44	90,44



ANOVA GROUP 1 (PHASE 1) with GROUP 2 (PHASE 2)

RESUMEN

Grupos	*Cuenta*	*Suma*	*Promedio*	*Varianza*
GROUP 1	18	1619,7	89,98333333	0,046176471
GROUP 2	18	1666,6	92,58888889	0,668104575

ANÁLISIS DE VARIANZA

Origen de las variaciones	*Suma de cuadrados*	*Grados de libertad*	*Promedio de los cuadrados*	*F*	*Probabilidad*	*Valor crítico para F*
Entre grupos	61,10027778	1	61,10027778	171,081896	7,98692E-15	4,130017746
Dentro de los grupos	12,14277778	34	0,357140523			
Total	73,24305556	35				

ANOVA GROUP 1 (PHASE 1) with GROUP 4 (PHASE 4)

RESUMEN

Grupos	*Cuenta*	*Suma*	*Promedio*	*Varianza*
GROUP 1	18	1619,7	89,98333333	0,046176471
GROUP 4	18	1614,9	89,71666667	0,267352941

ANÁLISIS DE VARIANZA

Origen de las variaciones	*Suma de cuadrados*	*Grados de libertad*	*Promedio de los cuadrados*	*F*	*Probabilidad*	*Valor crítico para F*
Entre grupos	0,64	1	0,64	4,082551595	0,051261341	4,130017746
Dentro de los grupos	5,33	34	0,156764706			
Total	5,97	35				

ANOVA GROUP 1 (PHASE 1) with GROUP 4 (PHASE 4)

RESUMEN

Grupos	*Cuenta*	*Suma*	*Promedio*	*Varianza*
GROUP 1	18	1619,7	89,9833333	0,04617647
GROUP 4	18	1614,9	89,7166667	0,26735294

ANÁLISIS DE VARIANZA

Origen de las variaciones	*Suma de cuadrados*	*Grados de libertad*	*Promedio de los cuadrados*	*F*
Entre grupos	0,64	1	0,64	4,08255159
Dentro de los grupos	5,33	34	0,15676471	
Total	5,97	35		

Conclusion: To investigate a possible relationship between foot reflexology stimulation and oxygen saturation improvement. We detected statistically significant increase in oxygen saturation levels after reflexology stimulation of lung reflex area compared to pre-stimulation and after foot reflexology stimulation of large intestine.

Conflict of interest statement Declaration of conflicting interests: The author(s) declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.