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Reflexology Workplace Studies - Fewer Sick Days

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Subject:

Sick Days, Reduced Use of Sick Days

Study Conducted: Country: Institution:

Denmark

Not indicated.

Citation:

Eriksen, L., "Municipal Reflexology." Zoneterapeuten (Journal of the Danish Reflexologists Association, FDZ), Number 6, 1992.

Synopsis:

A study was done to compare home help verses a company paid reflexologists. Foot reflexology was given to Danish employees for two 6-month periods. It was noted that there were 2499 less hours of sick leave the first 6 months when they were treated. It was also cost effective since they did not have to pay for extensive sick pay, so they continued providing this service for their employees.

Conclusion:

Reflexology was proven to be effective in maintaining employees' health and performance.

Reflexology Research provided courtesy of the
[American Academy of Reflexology](#), Bill Flocco, Director.
Foot Hand Ear Reflexology Classes, Reflexology Certification,
Continuing Education ARCB, NCBTMB, ABMP, many Cities, and States.

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