

[Home](#)

[Reflexology Research
380+ Abstracts](#)

[First Reflexology
Research Study
Published in
Medical Literature](#)

[Reflexology Research
A How-To Book](#)

[Reflexology Research
Articles](#)

Reflexology Workplace Studies - Fewer Sick Days

5 Studies:

[<previous](#) [1](#) [2](#) [3](#) [4](#) [5](#) [next >](#)



Subject:

Employee Wellness And Job Satisfaction

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

Denmark

Four Corporate Departments in
Arhus Municipal District

Citation:

Kristese, K., Moller, E., and Rasmussen, I., "Reflexology as Personnel Care in the Arthus District Corporation: Take Good Care of Your Fellow Employees." Zoneterapeuten (Journal of the Danish Reflexologists Association, FDZ), Number 1, 1996.

Synopsis:

A study was done for 7 months to promote employee wellness and job satisfaction. 143 participants with muscle tension, stress, headaches and migraines were given 6 treatments of reflexology and encouraged to fill out a questionnaire before and after their sessions. Results: 79% reported complete or partial success, 57% reported that it helped in other areas, 92% wanted to continue, and 30% reported a greater job satisfaction after the reflexology.

Conclusion:

This study gave compelling evidence that reflexology could serve a useful purpose in the workplace to promote employee wellness and job satisfaction.

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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