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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:

Denmark

Institution:

Odense Postal District

Citation:

Madsen, S., and Andersen, J., "Postal Reflexology." The Odense Danish Reflexologists Association Research Committee Report, November, 1993. (No other publication details available.)

Synopsis:

A study was done from 1989-1993 to see if having a staff reflexologist would help reduce employee absence and sickness. 235 participants were given questionnaires, After collecting all the data (the questionnaires, therapist records, attendance, payroll, productivity) the results were: 170 had good results, 60 had some results, and 5 reported no results. Along with that, the company was able to save expenses due to a reduction in employee sickness or absence-an average of 11.4 days to 8.5 days per employee.

Conclusion:

The study showed overwhelming support for having a reflexologist on the staff to help reduce employee absence and sickness.

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