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Reflexology Workplace Studies - Fewer Sick Days

5 Studies:

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



Subject:

Sick Days, Reduced Use of Sick Days

Study Conducted:

Country:

Denmark

Institution:

Eastern District of The Municipality of Svendborg

Citation:

Terp, H., "Municipal Reflexology in Svendborg, A Study of the Effect of Reflexology Treatment in the Eastern District of The Municipality of Svendborg, Denmark." Danish Reflexologists Association Research Committee Report, 1995.

Synopsis:

A study was done from 8/1/93 to 2/28/94 to promote employee wellness and reduce employee absenteeism. 40 clients were given foot reflexology. Results: absenteeism was reduced to 5.27 days from rate of 9.6 days. 97.5% reported relieve from their primary issue; 62% reported improvement, 35% reported partial improvement, and 77.5% reported positive secondary effects.

Conclusion:

Foot reflexology was found to increase employee wellness and reduce job absenteeism.

Reflexology Research provided courtesy of the
[American Academy of Reflexology](#), Bill Flocco, Director.
Foot Hand Ear Reflexology Classes, Reflexology Certification,
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