

Who Chooses Reflexology and Why?

Believe it or not, more than one in five Danes (22.7%) state that they at one time in their lives have used reflexology. Reflexology is therefore the preferred alternative treatment form for the Danish public. This treatment form is used by the general public of all ages because they want to maintain, improve or re-establish their health and their quality of life. The important questions are for which health problems do the public choose a reflexologist and have they been able to receive subsidies for trying to improve their health and their quality of life?

There are now answers to these questions!

Working together with FDZ (Danish Association of Reflexologists), a group of Nordic reflexologists and a senior lecturer, Jan Moller, from the University of Southern Denmark, Leila Eriksen has through many years worked with research on Scandinavians use of reflexology. A Danish report has been published on this research and a Swedish report is also on the way.

The Danish report *Reflexology's Clients in Denmark* deals with the data from 2,368 clients. The data was collected by Danish reflexologists from all parts of Denmark. The report can be purchased from FDZ on their website www.fdz.dk.

Why a Report?

Leila Eriksen has worked with research on reflexology for 20 years and she has been the project manager on this project. She states: *"When so many Danes choose to consult a reflexologist it is important for us as a profession to constantly be prepared to work with other professions and with other organisations so that the public has access to well documented information on reflexology. We were only able to complete this work due to the generous donation from the Danielsen and Wife Fund and the continued support from Rosler Distribution. We are now able to present updated knowledge on the use of reflexology. We hope that this report will benefit many – associations, companies and the local authorities and anyone who may have an interest in increasing the quality development of this field."*

The report *Reflexology's Clients in Denmark* informs that most of the clients who receive reflexology treatment do so due to muscle and joint pains (44%). There is an increased interest and demand for reflexology treatment as an integral part in the workplace. In Denmark reflexology treatment is increasingly being subsidised and in most cases this support comes from the workplace and not from the local authorities.

Other health problems which reflexologists often are consulted for are problems with e.g. stomach pain and indigestion (22%), headaches and migraines (19%), general fatigue (16%), asthma, bronchitis and allergies (15%) and hormonal problems (13%).

What is the Response from the National Health?

"The client data published in the report gives information on the public's choice of reflexology consultations. This information can inspire the reader to consider the possibilities of new initiatives for future research in the promotion of health and new competence development projects", stated senior medical doctor, Anne Mette Dons, the chairperson for the National Health Council on Alternative Treatments in the preface of the report. See www.sst.dk.

Additional Information

Further information on the use of reflexology in Denmark can be found on www.fdz.dk or contact the project manager, Leila Eriksen, on telephone +45 4364 8139 or +45 2618 9590 or on www.leilaeriksen.dk.

References

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