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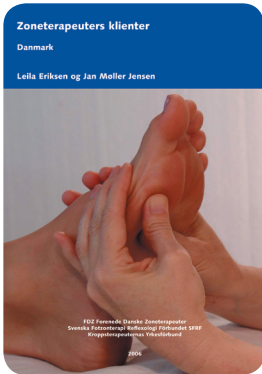
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## Reflexology Clients in Denmark



A Nordic Survey - 2368 clients / patients data  
Presented by: Leila Eriksen, Denmark



### Background

More than 1 in 5 people in Denmark has used reflexology. However, knowledge regarding which age groups and specific issues people turn to reflexology for is sparse. The focus of the project has therefore been to collect and disseminate factual information concerning reflexology clients / patients.

### Method

1150 organized Danish reflexologists spread geographically throughout the country received questionnaires, of which 490 completed the questionnaires with information about their clients and returned them. The responses were analyzed and published in a report comprised data from 2368 clients.

### Results

71% of reflexology clients are women/girls. A relatively large number of clients are in the age groups 0-4 years old (10%) and 30 to 64 years old. The majority of clients request treatment for muscle pain (44%). Other health problems include, among others, stomach pain/digestive problems (22%), headache/migraine (19%), fatigue (16%), asthma/bronchitis/allergy (15%) and hormonal/menses problems (13%). 3 out of 4 clients with longstanding term health problems have had the problem for more than 1 year and every third has had the problem for more than 5 years. In 60% of cases the clients have received a medical diagnosis. Approximately 40% have been on sick leave due to their condition. Family and friends are the most common reason for consulting reflexologists. One in five clients (22%) chooses to have reflexology on their own initiative. 1 out of 20 clients (5%) receive a subsidy for the treatment, often from their employer \*

(Note: \*: A Registration system for Alternative Practitioners, regulated by the Danish National Board of Health, has been established since collection of the above data. Following implementation of the scheme, a steadily increasing number of employers and insurance companies now offer subsidies for reflexology).

### Conclusion

Considering the increasing use of reflexology, it would be beneficial to use the report's results to look more closely into which areas require further research, as well as which type of health-promoting interventions can be advantageously implemented into the established health care system.

### References

The project was implemented in collaboration with 3 Nordic reflexology organizations and with support from the Danielsen and Wife Fund and Røslers Distribution ApS, Denmark.

The report "Reflexology clients – Denmark, by Leila Eriksen and Jan Møller Jensen" (Zoneterapeuters klienter - Denmark) can be downloaded for free from;

- [www.fdz.dk](http://www.fdz.dk)
- [www.kropsterapeuterna.se](http://www.kropsterapeuterna.se)
- [www.zoneterapi.nu](http://www.zoneterapi.nu)
- [www.carecam.dk](http://www.carecam.dk)

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(See also the abstract "Reflexology Clients in Sweden - 690 clients data")

