

Bibliographie réflexologie plantaire

Références scientifiques :

A. Revues systématiques / méta-analyses

1. Yang, J. M., et al. (2024). *Effects of foot reflexology massage on pregnant women: a systematic review and meta-analysis of randomized controlled studies*. Scientific Reports.
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3. Klaus, M., et al. (2024). *Reflexology in oncological treatment – a systematic review*. BMC Complementary Medicine and Therapies.
4. Venugopal, V., et al. (2023). *Foot reflexology for reduction of blood pressure in hypertension: systematic review and meta-analysis*. The Foot.
5. Çamcı, G., et al. (2025). *The effect of reflexology on blood pressure and heart rate in cardiovascular patients: systematic review/meta-analysis*.
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7. Valiani, M., et al. (2010). *Comparing the effects of reflexology methods and ibuprofen on primary dysmenorrhea...*
8. Australian Government – Natural Therapies Review (2024), Reflexology evidence evaluation (rapport, 2025).
9. Cai, D. C., et al. (2022). *Foot Reflexology: Recent Research Trends and Prospects*

B. Essais randomisés contrôlés (RCT)

Douleur-anxiété

- Mehri, M., et al. (2025). *Effect of foot reflexology on pain, anxiety, and physiological indices in leukemia patients undergoing bone marrow aspiration: randomized clinical trial*.

Oncologie / symptômes

- Özdelikara, A., & Tan, M. (2017). *Reflexology on chemotherapy-induced nausea/vomiting/retching and fatigue in breast cancer (trial)*. Asia-Pacific Journal of Oncology Nursing.
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Dysménorrhée

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- Yılmaz, F. A., et al. *Effects of foot reflexology on dysmenorrhea Hypertension / paramètres cardio*
- Kotruchin, P., et al. (2020). *Foot reflexology on blood pressure and heart rate in stage-2*

Sclérose en plaques

- Doğan, H. D., et al. (2021). *Effects of reflexology on pain, fatigue, and quality of life in MS patients (clinical study).*
- Pour une synthèse MS : Ma et al. 2023 (SR/MA)