

Foot Reflexology and Uroschesis

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Research:

I chose to study the effects of Foot Reflexology on Uroschesis (retention of urine) after researching cases from America, China and Tokyo over the last 20 years.ⁱ

Selection Process:

I chose a longtime quadriplegic who has been abnormally retaining urine since May 2010. Numerous medical consultations, tests and ultrasounds have not revealed the cause of his affliction. Subject's dissatisfaction with medical interventions led him to try Reflexology.

Subject:

Subject is a 30-year-old male made quadriplegic from an automobile accident in April 2002 that damaged his cervical spine between C3-C4. He had no trouble with urine excretion for the first 8 years after his accident; the issue surfaced in May 2010. He is not employed and has no regular schedule of exercise. Subject lives with his parents and depends on them for all his needs. He takes 40 mg of Furosemide and 10 mg of potassium daily, as prescribed by his doctor, to help with his excretion. The Subject's mother agreed to record quantity and quality of urine levels during the study.

The Treatment Plan:

The study included six one-hour foot reflexology sessions to be administered once a week at 11:30pm while the subject was in bed. (It was easier and more relaxing for the subject to receive treatment this way.) Reflex focus was the urinary system: bladder, kidneys and ureters. Due to Subject illness, triggered by abrupt changes in the weather, it took a longer to conclude the treatment plan as originally scheduled.

1/12/2014 - Session 1

Therapist met the Subject at his home and reviewed his health history. We discussed his water consumption to encourage urine flow. There are no known injuries to his feet except for a small sore on his right foot on the lateral side that rubs up against the wheelchair foot rest.

Session was completed with little interruption from the Subject. Although he is paralyzed, he can feel sensations in his feet so was able to inform me when he

felt more sensitivity, but unable to describe the sensation. The areas of note were bilateral: the second zone kidney reflexes and bladder reflexes on the medial side of feet.

1/19/2014 - Session 2

Subject presented with uncomfortable spasms before treatment, and throughout the session. He again said the areas of sensitivity were in the kidney and bladder reflexes bilaterally. Therapist noted congestion in the ureter reflexes especially on the right foot.

2/2/2014 - Session 3

Subject reported spasms before treatment again today, but elected to receive reflexology anyway. Subject stated he was tired and not feeling well.

2/16/2014 - Session 4

Subject complained of a headache today before treatment. He reported sensitivities were again bilateral kidney and bladder reflexes.

3/14/2014 - Session 5

Subject's spasms were minimal before and during this session. He reported a little sensitivity in his bladder reflex bilaterally but no other sensitivities. Therapist noted congestion in right foot kidney reflex.

3/16/2014 - Session 6

Subject reported he was in good spirits and felt better than he had all year. He reported no headache or body aches today. His treatment went well with no spasms. He reported no sensitivity today. He also said his energy level was at the highest it's been all year. Therapist noted no congestion in any of the urinary reflexes.

Urine and Energy Levels recorded before & after sessions:

| Session# | Urine Level before treatment | Urine Level After Treatment | Energy Level Before Session | Energy Level After Session |
|-------------|------------------------------|-----------------------------|-----------------------------|----------------------------|
| 1 1/12/2014 | 300ml | 1000ml | 6 | 7 |
| 2 1/19/2014 | 300ml | 750ml | 6 | 7 |
| 3 2/2/2014 | 300ml | 500ml | 4 | 5 |
| 4 2/16/2014 | 225ml | 500ml | 5 | 6 |
| 5 3/14/2014 | 225ml | 500ml | 5 | 6 |
| 6 3/16/2014 | 300ml | 500ml | 5 | 7 |

Daily Recorded Urine Levels during study

| Date | Morning Urine Level | Evening Urine Level | Difference Between High and Low |
|-----------|---------------------|---------------------|---------------------------------|
| 1/12/2014 | 500ml | 1000ml | 500ml |
| 1/13/2014 | 300ml | 600ml | 300ml |
| 1/14/2014 | 300ml | 600ml | 300ml |
| 1/15/2014 | 300ml | 600ml | 300ml |
| 1/16/2014 | 300ml | 600ml | 300ml |
| 1/17/2014 | 300ml | 600ml | 300ml |
| 1/18/2014 | 300ml | 600ml | 300ml |
| 1/19/2014 | 300ml | 750ml | 450ml |
| 1/20/2014 | 300ml | 600ml | 300ml |
| 1/21/2014 | 300ml | 600ml | 300ml |
| 1/22/2014 | 300ml | 600ml | 300ml |
| 1/23/2014 | 300ml | 600ml | 300ml |
| 1/24/2014 | 300ml | 600ml | 300ml |
| 1/25/2014 | 300ml | 600ml | 300ml |
| 1/26/2014 | 300ml | 600ml | 300ml |
| 1/27/2014 | 300ml | 600ml | 300ml |
| 1/28/2014 | 300ml | 600ml | 300ml |
| 1/29/2014 | 300ml | 600ml | 300ml |
| 1/30/2014 | 300ml | 600ml | 300ml |
| 1/31/2014 | 300ml | 600ml | 300ml |
| 2/1/2014 | 300ml | 600ml | 300ml |
| 2/2/2014 | 225ml | 550ml | 325ml |
| 2/3/2014 | 225ml | 400ml | 175ml |
| 2/4/2014 | 225ml | 400ml | 175ml |
| 2/5/2014 | 225ml | 400ml | 175ml |
| 2/6/2014 | 225ml | 400ml | 175ml |
| 2/7/2014 | 225ml | 400ml | 175ml |
| 2/8/2014 | 225ml | 400ml | 175ml |
| 2/9/2014 | 225ml | 400ml | 175ml |
| 2/10/2014 | 225ml | 400ml | 175ml |
| 2/11/2014 | 225ml | 400ml | 175ml |
| 2/12/2014 | 225ml | 400ml | 175ml |
| 2/13/2014 | 225ml | 400ml | 175ml |
| 2/14/2014 | 225ml | 400ml | 175ml |
| 2/15/2014 | 225ml | 400ml | 175ml |
| 2/16/2014 | 225ml | 400ml | 175ml |
| 2/17/2014 | 225ml | 500ml | 275ml |

| | | | |
|-----------|-------|-------|-------|
| 2/18/2014 | 225ml | 400ml | 175ml |
| 2/19/2014 | 225ml | 400ml | 175ml |
| 2/20/2014 | 225ml | 400ml | 175ml |
| 2/21/2014 | 225ml | 400ml | 175ml |
| 2/22/2014 | 225ml | 400ml | 175ml |
| 2/23/2014 | 225ml | 400ml | 175ml |
| 2/24/2014 | 225ml | 400ml | 175ml |
| 2/25/2014 | 225ml | 400ml | 175ml |
| 2/26/2014 | 225ml | 400ml | 175ml |
| 2/27/2014 | 225ml | 400ml | 175ml |
| 2/28/2014 | 225ml | 400ml | 175ml |
| 3/1/2014 | 225ml | 400ml | 175ml |
| 3/2/2014 | 225ml | 400ml | 175ml |
| 3/3/2014 | 225ml | 400ml | 175ml |
| 3/4/2014 | 225ml | 400ml | 175ml |
| 3/5/2014 | 225ml | 400ml | 175ml |
| 3/6/2014 | 225ml | 400ml | 175ml |
| 3/7/2014 | 225ml | 400ml | 175ml |
| 3/8/2014 | 225ml | 400ml | 175ml |
| 3/9/2014 | 225ml | 400ml | 175ml |
| 3/10/2014 | 225ml | 400ml | 175ml |
| 3/11/2014 | 225ml | 500ml | 275ml |
| 3/12/2014 | 400ml | 600ml | 200ml |
| 3/13/2014 | 400ml | 500ml | 100ml |
| 3/14/2014 | 400ml | 500ml | 100ml |
| 3/15/2014 | 400ml | 500ml | 100ml |
| 3/16/2014 | 400ml | 600ml | 200ml |

Subject's average urine output before the study is between 200-800ml/daily. His output is not immediate but flows sporadically over time with or without Reflexology treatment.

| Date | Appearance | Smell |
|-----------|------------|------------|
| 1/12/2014 | Clear | None |
| 1/19/2014 | Bloody | Unpleasant |
| 2/2/2014 | Cloudy | Unpleasant |
| 2/16/2014 | Cloudy | None |
| 3/14/2014 | Clear | None |

| | | |
|-----------|-------|------|
| 3/16/2014 | Clear | None |
|-----------|-------|------|

Summary:

The study indicates that the addition of foot reflexology to the daily prescription of Furosemide and potassium encouraged more urination for the Subject. Since the Subject's health is greatly affected by sudden weather changes and demanded schedule changes in the study, it is likely that that also influenced the outcome of the study. Based on the changes in urine color and odor, the Subject's mother shared that she believed the Reflexology treatments helped move congestion out of her son's urinary system. This study indicates that further Reflexology treatment combined with increased water consumption will support the Subject's ability to build his urine output.

ⁱ Kunz K., Kunz ., **"The Paralysis Project"**, Reflexions, Vol. 8 No1 J/FM 1987
Cailian, Lin, **"Clinical Observation on Treatment of 40 cases of Uroschisis with Reflexology"**, 1998 China Reflexology Symposium Report China Reflexology Association, Beijing p.52-53 Teruo, Nakamura, **"Using Technical Measuring Machine"**, RWO-SHR Health '90 Worldwide Conference Tokyo Best Care, Tokyo p.45-54