



Reflexology Versus Traditional Physical Therapy Program in pre-eclampsic pregnant women with ankle oedema

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Abstract: Purpose: This study was conducted to examine the effect of foot reflexology on preeclampsic women with ankle edema. **Methods:** Sixty mild preeclampsic women were selected from the outpatient clinic of Gynecology and Obstetrics Kasr El Ani Hospital. Their ages were ranged from 25-35 years old; their gestational age was more than 20weeks' and less than 25 weeks' and their BMI didn't exceed 35 kg/m². They were assigned into two groups, traditional exercises group and reflexology group. Both groups were having the same antihypertensive drug (Methyldopa). The reflexology group underwent a program of foot reflexology for 3 times per week for 6 weeks. Blood pressure (systolic & diastolic) and ankle edema were evaluated for both groups. **Results** of this study revealed that, there was a statistically significant decrease in systolic blood pressure, diastolic blood pressure and edema volume in both groups after 6 weeks of management. Also, there was a statistically significant difference between both groups after treatment in systolic blood pressure, diastolic blood pressure and edema volume more decrease in reflexology group. **Conclusion:** Foot reflexology is an effective treatment intervention in the management of preeclampsic pregnant woman with ankle edema.

Key words: reflexology/ preeclampsia/ hypertension/ ankle edema.

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