

Original Paper

Efficacy of the reflexology and Yumeiho therapy massages on lower limb pain and balance in women with diabetic neuropathy

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Abstract

Background and Objective: Diabetic neuropathy is one of the most prevalent complications of diabetic micro-vascular that causing sensory loss of the legs, pain and disorder in proprioception after destroying of the lower limbs nervous system afferents consequently leads in balance disorder. This study was done to determine the effectiveness of reflexology and Yumeiho massages on lower limb pain and keep balance in females with diabetic neuropathy.

Methods: In this semi-experimental study, thirty-four patients with diabetic neuropathy in lower limb non-randomly divided into reflexology, Yumeiho and control groups. Pain and balance were measured using the visual analogue scale, Sharpened Romberg and berg test respectively that were completed at baseline and after 6 weeks. Six weeks of Yumeiho and reflexology massaging were applied over 3 days in week for 30 minutes on the experimental groups.

Results: Pain and balance of patients significantly improved in reflexology and Yumeiho groups in compared to controls ($P < 0.05$). There was no significant difference between reflexology and Yumeiho groups.

Conclusion: Reflexology and Yumeiho massages have a same impact on the pain rate and balance of lower limb in women with diabetic neuropathy.

Keywords: Reflexology, Yumeiho Therapy, Pain, Balance, Diabetic Neuropathy, Lower limb

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