



Headache

Client Information

Key Information – Headache

Thank you for your enquiry about whether reflexology will help a particular condition. We have provided you with this information sheet because the condition that you have stated is medically considered to be within this group.

Firstly it is important to understand that reflexology does not claim to cure. Reflexologists may claim only to help relaxation and stress, however as stress is involved in many illnesses, the prevention or reduction of stress may well help you. With a reduction in stress, many other 'problems' may show an improvement.

The theory behind reflexology is that it returns the various systems of the body back to homeostasis, or back to working at their natural level, and in doing so, that it helps all systems work properly with each other.

Headaches are of course all about a pain in the head but they might affect differing areas of the head and have different attached symptoms, for example, nausea and vomiting. It is not fully understood as to what causes Migraine, but a tightening and subsequent release of the blood supply to certain brain areas may be involved, as might release of certain chemicals. Suffice it to say that stress and tension can be very much involved in all types of headache.

The theory behind reflexology, that systems are brought back to their normal level, might aid the body to reduce it's muscular tension, increase circulation and re balance any chemical imbalances that might be present, thus resulting in a reduction in symptoms. There is also a suggestion that pain thresholds and tolerance may be increased after reflexology.

However, like most other complementary therapies, reflexology works on an individualised basis, and the degree of effect is specific to the individual. The only way to know whether reflexology will help your particular symptoms or problems is to try it and see.

Should you have any concerns about receiving reflexology especially in conjunction with other medications or treatments then it is suggested that you seek medical advice before commencing treatment.

The Association of Reflexologists can help you to find a qualified Reflexologist in your area, log on to www.aor.org.uk and do a postcode search, and then choose a therapist or two, and phone to ask if they are experienced in treating problems like yours. The most important thing about finding a therapist is that they are well qualified and that you like them.