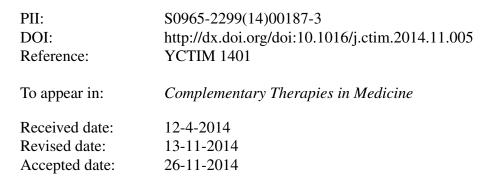
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Title: Effect of self-administered foot reflexology for symptom management in healthy persons: A systematic review and meta-analysis

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1 Highlights

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| 3 • | This systematic review assessed the effectiveness of self-foot reflexology for |
| 4 | symptom management in healthy persons. |
| 5 • | Three non-randomised trials and 3 before-and-after studies without comparison |
| 6 | showed that self-administered foot reflexology appeared to improve subjective |
| 7 | outcomes rather than objective health outcomes. |
| 8 • | Owing to the small number of studies and methodological flaws, there was |
| 9 | insufficient evidence supporting the use of self-performed foot reflexology to |
| 10 | alleviate symptoms in healthy people. |
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