

Reflexology benefits Golf

THE BENEFITS OF REFLEXOLOGY ON YOUR GAME

AS BIZARRE AS it sounds, your game could benefit by taking a tip from the Chinese. According to recent research carried out at Exeter University, the complementary therapy reflexology has a beneficial effect on golfers' performances. Susan Wray BSc MA, a reflexologist and stress management consultant at Exeter Nuffield Hospital, was involved in the study and explains how.

What is reflexology?

For every part of the body there's a corresponding reflex area on the foot. Pressure is applied to reflex areas using thumb and finger techniques. This causes physiological changes to take place, stimulating the body's own healing potential.

How do you know golfers can benefit?

Because we monitored six amateur golfers, four male, two females, over a three month period to identify whether an improvement could be achieved in their standard of play, thereby reducing their handicap and increasing their mental approach to the game.

How?

They received weekly reflexology treatment for six weeks followed by a six week non-treatment observational period. Individual golf scores were recorded from every qualifying competition they played in, along with a self-evaluation questionnaire prior to the game to assess their mental, physical and self-confidence states.

And the results?

They experienced improved concentration, focus of attention and positive thinking. All six reported a feeling of physical and mental well-being, along with increased mobility in various parts of their back, neck, shoulders and hip areas.

But did it cut their handicaps?

Two reduced their handicaps by one and three points respectively, one increased by one and three remained the same. Even golfers who don't reduce their handicap benefit because it helps everyone achieve peak performance more consistently.

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