



Cancer Services

Fortuneswell Complementary Therapy Clinical Reflexology

Introduction

Reflexology is based on the principle that there are reflex areas in the feet that correspond to all of parts of the body. The reflexologist will use massage techniques to exert pressure to specific reflex points on the hands or feet, releasing tension and promoting the flow of energy.

Reflexology can help you relax, and reduce tension and anxiety, which in turn may help with your ability to cope with your cancer treatment.

Dorset County Hospital (DCH) is supported by the Fortuneswell Cancer Trust, a local charity to fund three reflexologists who work across the week to provide a reflexology service every day, Monday to Friday.

Patients who are undergoing cancer treatment in Fortuneswell chemotherapy unit, the Fortuneswell ward and the Robert White Radiotherapy Centre are eligible to access reflexology as one of the complementary services on offer. This service is provided free of charge and is approved by the oncology and haematology teams at the hospital.

What to expect

The therapist will talk to the nurse or radiographer in charge of your care and ensure it is appropriate for you to be offered reflexology before inviting you to receive the therapy.

You will be asked to complete a short questionnaire before and after your therapy session. You should report any allergies or known sensitivities that you are aware of. The questionnaire will be repeated on each occasion that you have a session of reflexology.

The therapist will support you to adopt a comfortable position in a recliner chair or bed, with your legs and feet elevated and supported. You will be asked to remove your footwear, including socks or tights, and your feet will be gently cleansed with wet wipes.

The therapist will use approved grape seed oil on your skin as part of the reflexology massage. The reflexology is not intended to be painful in any way and you should inform the therapist if you feel pain or discomfort at any time.

The session is likely to last about 20 minutes, and during this time you may wish to close your eyes and relax, or you may prefer to chat with the therapist.

After the reflexology session, your socks will be replaced, and you will be encouraged to relax for approximately 10 minutes to allow the oil to absorb into your skin.

Contact Numbers

We hope you have found this information useful, but if you have any further questions about this service, please contact:

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About this leaflet

Author:	Abigail Orchard, Lead Cancer Nurse
Written:	October 2022
Approved:	November 2022
Review Date:	November 2025
Edition:	v2

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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