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Results from a pilot randomised controlled trial exploring the effects of antenatal reflexology on labour outcomes.

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Abstract

Objective

To investigate the effects of antenatal reflexology on labour outcomes.

Design

Secondary analysis of a pilot three-armed randomised controlled trial conducted between July 2012 and November 2013.

Setting

A large UK inner city hospital maternity department.

Participants

Ninety primiparous women with a singleton pregnancy experiencing low back and / or pelvic girdle pain.

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