

**APPLICATION OF FEET REFLECTION MASSAGE WITH MANUAL  
METHOD ON BLOOD PRESSURE IN HYPERTENSION PATIENTS**

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**ABSTRACT**

**Background:** Hypertension or high blood pressure is not a mild disease. The prevalence of hypertension in Central Java in 2019 was 34.6% who had high blood pressure. Foot reflexology manual method is very useful for lowering blood pressure and stabilizing systolic and diastolic in patients with hypertension. **Objective:** To find out the results of the implementation of foot reflexology therapy using the manual method on blood pressure in patients with hypertension. **Methods:** This study used a descriptive research design with a case study research design. **Results:** There was a decrease in blood pressure in Mr. W from 150/90 mmHg to 130/80 mmHg and in Mr. N from 140/100 mmHg to 130/80 mmHg. **Conclusion:** The application shows that after a foot reflexology massage with the manual method for 1 week 3 times for 30 minutes can reduce blood pressure.

**Keywords:** Foot reflexology, Blood pressure, Hypertension.