

On the new list of indications and contraindications for the use of reflexology in medical practice and quality improvement  
the statistical documentation of the reflexologistHER.

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Summary

A new (expanded) list of indications for the use of reflexology in medical practice is presented, systematized in accordance with the International Statistical Classification of Diseases and Health Problems; the tenth revision (ICD-10), adapted for use in the practice of domestic medicine. Contraindications to reflexology have been reduced due to the great positive experience accumulated over the past 50 years in the use of reflexology methods and means in various fields of medicine. The basic recommendations for the use of this list are presented, which can be a guideline for reflexotherapists in the preparation of statistical medical documentation, will help to improve the quality of diagnostics and improve the level of training of specialists in the field of reflexotherapy.

In 1998, the Ministry of Health of Russia approved the International Statistical Classification of Diseases and Health Problems, the tenth revision (ICD-10) for use in healthcare institutions, as a single international document for the formation of a system of accounting and reporting in healthcare, to ensure interregional and international comparability of statistical data on morbidity and causes of death of the population [1]. You can get acquainted with the ICD-10 in the annual collection "Encyclopedia of Medicines" [4], in Vidal's Handbook "Medicines in Russia" [3], on the website [5]. However, when applying the ICD-10, difficulties, inaccuracies arise, there are outdated forms of diagnosis, sometimes errors in the use of certain symbols and codes of the ICD-10. In addition to ICD-10, the Ministry of Health of Russia approved the Methodological Guide [2], which presents a unified list of ICD-10 codes for a number of diagnostic terms, including those still used in domestic medical practice and having no terminological analogues in ICD-10. Therefore, it is recommended to use ICD-10, adapted to the practice of domestic medicine. An example of such an application of ICD-10 is the list of indications and contraindications for the use of reflexology in medical practice prepared at the FNCEC TMDL of Roszdrav, systematized in accordance with ICD-10, adapted for use in domestic health care. It included many diseases, syndromes and conditions, a number of which were either not mentioned in the Order of the Ministry of Health of the USSR dated 03/10/1959 "Indications and contraindications for the method of acupuncture and cauterization" and the Methodological Recommendations of the Ministry of Health of the USSR from 1980 on this topic,

the possibilities of using RT methods and means for treatment, prevention and rehabilitation. Proposals for compiling a list of indications and contraindications to RT were made by highly qualified specialists in the field of RT from scientific and practical centers, reflexology departments of medical academies, universities, medical and preventive and other health institutions of the country.[1]

The list of indications for RT includes nosological forms, syndromes and conditions in which there are scientific justifications and extensive positive experience in using RT and which are recommended by the majority (31-33) of specialists; some diseases and syndromes in which the positive effect of RT is insufficiently studied are not included. However, if they are absent in the section of contraindications to RT, then approbation and substantiation of the effectiveness of RT with them is possible, and, one might assume, expedient. They can be taken into account in the further development of the theme. The section "Relative indications for reflexology" includes diseases, syndromes and conditions in which RT can be used as an auxiliary method of treatment in combination with special pharmacotherapy in order to normalize neuroendocrine reactions, more stable compensation for various types of metabolism, to reduce the pharmacological load on the body, for symptomatic, general strengthening, immunocorrective therapy. The section "Contraindications to reflexology" has been shortened. It includes diseases, syndromes and conditions that pose a threat to the patient's life, in which emergency (operative, conservative) care is used, or intensive pharmacotherapy for health reasons, against which the implementation of RT effects is not only not achieved, but in some cases can the patient's condition worsens against the background of a sharp decrease in the compensatory reactions of the body; also included diseases and syndromes (with a number of exceptions) requiring special drug therapy in infectious diseases and other specialized hospitals. The section "Contraindications to reflexology" has been shortened. It includes diseases, syndromes and conditions that pose a threat to the patient's life, in which emergency (operative, conservative) care is used, or intensive pharmacotherapy for health reasons, against which the implementation of RT effects is not only not achieved, but in some cases can the patient's condition worsens against the background of a sharp decrease in the compensatory reactions of the body; also included diseases and syndromes (with a number of exceptions) requiring special drug therapy in infectious diseases and other specialized hospitals. The section "Contraindications to reflexology" has been shortened. It includes diseases, syndromes and conditions that pose a threat to the patient's life, in which emergency (operative, conservative) care is used, or intensive pharmacotherapy for health reasons, against which the implementation of RT effects is not only not achieved, but in some cases can the patient's condition worsens against the background of a sharp decrease in the compensatory reactions of the body; also included diseases and syndromes (with a number of exceptions) requiring special drug therapy in infectious diseases and other specialized hospitals. against the background of which the realization of the effects of RT is not only not achieved, but in some cases the patient's condition may worsen against the background of a sharp decrease in the compensatory reactions of the body; also included diseases and syndromes (with a number of exceptions) requiring special drug therapy in infectious diseases and other specialized hospitals. against the background of which the realization of the effects of RT is not only not achieved, but in some cases the patient's condition may worsen against the background of a sharp decrease in the compensatory reactions of the body; also included diseases and syndromes (with a number of exceptions) requiring special drug therapy in infectious diseases and other specialized hospitals.

In this article, we present the basic rules for using the ICD-10, adapted for use in domestic health care, which, to a certain extent, can be a guideline in the choice of a diagnosis formulation and the preparation of medical statistical documentation for a reflexologist, taking into account modern requirements.

Nosological forms (syndromes) are classified by code numbers (of the English alphabet) representing three- and four-digit headings (for example, optic neuritis H46, spastic torticollis G24.3). For a number of diseases, two codes are used: the first (the main one, which is used in state statistics of the causes of morbidity and mortality) - in accordance with the etiology, the second - in accordance with the specific manifestations of the disease (it is used in statistical developments within a specific medical specialty). The first code is followed by a "+" sign, followed by the second "\*" ("asterisk") (for example, atherosclerotic retinopathy I70.1 + H36.8 \*). A code with an asterisk should not be used on its own, it should always be preceded by a code with a +, only it will be included in government statistics. Code with a "-" sign (for example, K46).

K46.0 to K46.9 are included in this code. If the code with the sign - is indicated in the section of indications (contraindications) for RT, therefore, all nosologies (syndromes) included in this code are indications (contraindications) for RT. If in the indications (contraindications) only the code with the third character "-" is indicated, then for a more specific diagnosis with the indication of the code with the fourth character, refer to ICD-10.

The code with the fourth digit 9 should be used in exceptional circumstances if, for an objective reason, the medical document (medical history, outpatient card) does not contain more accurate information about a specific manifestation of the disease (for example, specific developmental disorders of educational skills F81.9), because it leads to a loss the statistical information necessary for health care. The abbreviation NEC - "not classified (s) (s) in other headings" is used if the medical document (medical history, outpatient card) does not contain more accurate information about a specific manifestation of the disease. More refined forms of the state have a different code and are placed in other sections of the classification [2].

Diagnostic terms that are still used in domestic medical practice and are not presented in ICD-10, and the corresponding ICD-10 codes, as well as the stages of the disease at which there are indications for RT, some clarifications necessary for a reflexologist to the diagnosis (syndrome) (state) and notes not available in ICD-10. Before starting the RT course, the reflexologist selects the required formulation of the diagnosis in the section of indications for RT and enters it into the medical documentation. Registration of the diagnosis with the ICD-10 code, adapted for use in the practice of domestic medicine, is obligatory in statistical documents: for inpatients - in the "Statistical card of those who left the hospital" (Uf № 66 / u-vr), for outpatients - in "Talona outpatient" (Uf № 025).

#### The main indications for reflexology

Class V (F00-F99) Mental and Conduct Disorders  
Note. When diagnosing a disease (syndrome) belonging to the class V (F00-F99), consultation of a psychiatrist (neuropsychiatrist) is required. At the impossibility of such consultation, class codes should be used to encode the existing state XVIII (R00-R99)  
Symptoms, signs and deviations from the norm identified in clinical and laboratory studies, not classified elsewhere.

When describing the classes of diseases, the headings of subsections are not given in the article.

Mild cognitive impairment (due to cerebral dysfunction) brain or somatic disease) F06.7

Post-contusion syndrome (without epileptic affectogenic seizures and psychotic disorders) F07.2

Alcohol dependence syndrome Alcoholism F10.2

Withdrawal symptoms (alcohol-induced) (no delirium) Withdrawal symptoms

F10.3 RT is used at the stage after the withdrawal of antipsychotic drugs.  
Addiction Syndrome Nicotine Addiction Syndrome F17.2Withdrawal state  
Withdrawal from tobacco use (withoutdelirium) F17.3

Depressive episode (no psychotic symptoms)

- mild F32.0
- medium F32.1
- severe F32.2

Mild mental and behavioral disorders associated with the puerperium, NEC  
Postpartum depression F53.0 (Deleted:postpartum psychosis F53.1)

Phobic Anxiety Disorders Phobias F40.-Other anxiety disorders F41.-Post-traumatic stress disorder F43.1Somatisation disorder F45.0Undifferentiated somatoform disorder F45.1Hypochondriacal disorder Hypochondria F45.2 Somatoform dysfunction of the autonomic nervous system F45.3Note. Diagnosis Neurocirculatory dystonia and Vegetovascular dystonia do not have an ICD code10 and are set on the basis of a symptom complex characteristic of somatoform dysfunction of the autonomic nervous system, while consultation of a psychiatrist (neuropsychiatrist) is required to make a more accurate diagnosis. In the absence of such advice, the code should be used to encode this symptom complexR45.8 [2].

Other somatoform disorders F45.8Somatoform disorder, unspecified F45.9Neurasthenia F48.0

Other specified neurotic disorders F48.8Neurogenic anorexia F50.0Bulimia nervosa F50.1

Non-organic sleep disorders F51.-Non-organic insomnia F51.0Drowsiness {hypersomnia} of inorganic etiology F51.1Sleepwalking Sleepwalking F51.3Sleep Terror [Night Terror] F51.4

Other non-organic sleep disorders F51.8

Sexual dysfunction, not due to organic disorder or disease, unspecified  
Neurosis with dysregulation of sexual functions F52.-

Class VI (G00-G99) Diseases of the nervous systemDystonia idiopathic

- family G24.1
- non-family G24.2
- orofacial G24.4

Spasmodic torticollis G24.3

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Blepharospasm G24.5  
Other dystonias G24.8  
Migraine G43.-s  
Vascular headache, NEC G44.1 Tension-type headache  
G44.2 Post-traumatic headache (chronic) G44.3

Drug-induced headache, NEC G44.4 Other specified headache syndrome  
(Slader Syndrome) G44.8 Vertebrobasilar arterial system syndrome G45.0  
Sleep disorders [insomnia] G47.-

Disturbances in falling asleep and maintaining sleep  
[insomnia] G47.0 Disturbances in the cyclicity of sleep and  
wakefulness G47.2 Other sleep disorders Mixed insomnia  
G47.8 Trigeminal neuralgia G50.0 Atypical facial pain G50.1

Other lesions of the trigeminal nerve G51.8  
Unspecified trigeminal nerve disorder G51.9 Facial  
nerve lesions G51.- Unspecified facial nerve  
disorder G51.9 Lesions of other cranial nerves  
G52.- Lesion of the olfactory nerve G52.0

Glossopharyngeal nerve disorders (including glossopharyngeal neuralgia)  
G52.1  
Vagus Nerve Lesions G52.2 Hyoid nerve lesions  
G52.3 Multiple cranial nerve lesions G52.7

Lesions of other specified cranial nerves G52.8 (excluded: damage to the  
oculomotor nerve (neuritis, paralysis) 49.0, defeat blocky nerve (neuritis, paralysis)  
49.1, damage to the abducens nerve (neuritis, paralysis) H49.2)

Neuralgia after shingles B02.2 + G53.0 \* Nerve root and plexus lesions  
Radicular syndrome G54.- Brachial plexus lesions Plexitis G54.0 Lesions  
of the lumbosacral plexus G54.1 Lesions of the cervical nerve roots,  
NEC G54.2 Lesions of the thoracic nerve roots, NEC G54.3

Lesion of the lumbosacral nerve root Radiculitis of the lumbosacral G54.4

Neuralgic amyotrophy G54.5  
Phantom limb syndrome with pain Phantom pain syndrome G54.6 Other  
lesions of the nerve roots and plexuses G54.8  
Compression of nerve roots and plexuses in disorders of intervertebral discs  
(M50-M51 .- +) G55.1 \*  
Compression of nerve roots and plexuses in spondylosis (M47 .- +) G55.2 \*  
Compression of nerve roots and plexuses in other dorsopathies (M45-

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M46...- +, M48 .- +, M53-M54 .- +) G55.3 \* (example: compression of nerve roots and plexus with ankylosing spondylitis M45 + G55.3 \*)

Compression of nerve roots and plexuses classified elsewhere G55.8 \* at diseases

Carpal tunnel syndrome G56.0 Other

lesions of the median nerve G56.1 Ulnar

nerve damage G56.2 Radial nerve damage

G56.3

Causalgia Pirogov-Weir-Mitchell Syndrome G56.4

Other mononeuropathies of the upper limb G56.8

Lesion of the sciatic nerve G57.0

Lesion of the lateral cutaneous nerve of the thigh (Bernhard-Roth disease) G57.1 Femoral nerve affection Femoral nerve neuropathy G57.2

Lesion of the lateral popliteal (peroneal) nerve G57.3 Lesion of the

median popliteal (tibial) nerve G57.4 Tarsal tunnel syndrome G57.5

Plantar nerve damage (Norton's neuralgia) G57.6 Other mononeuropathies of the lower limb G57.8 Intercostal neuropathy G58.0

Other specified types of mononeuropathies (including neuralgia of the occipital nerve) G58.8

Diabetic mononeuropathy (E10-E14.4 +) G59.0 \*

Inflammatory polyneuropathy G61.-Guillain-Barré

Syndrome G61.0 Serum polyneuropathy G61.1 Other

inflammatory polyneuropathies G61.8 Medicinal

polyneuropathy G62.0 Alcoholic polyneuropathy

G62.1

Polyneuropathy due to other toxic substances G62.3 Other specified polyneuropathies (including neurosensory polyneuritis from exposure to physical factors (multiple) G62.8

Unspecified polyneuropathy G62.9

Diabetic polyneuropathy (symmetric distal sensory-motor) (E10-E14.4 +) G63.2 \*

Polyneuropathies in other endocrine diseases (E00-E07 .- +, E28-E29 .- +) G63.2 \*

Postherpetic (zoster) polyneuropathy B02.2 + G63.0 \* Polyneuropathy in other musculoskeletal lesions (M00-M25 +, M40-M96 +) G63.6 \*

Polyneuropathy in vibration disease T75.2 + G63.8 \*

Myotonic disorder (atrophic, dystrophic, chondrodystrophic) G71.1

Alcoholic myopathy G72.1

Myopathy due to another toxic substance G72.2

Inflammatory myopathy, NEC G72.4

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Other specified myopathies G72.8

Myopathy in rheumatoid arthritis M06.0 + G73.7 \*

Flaccid hemiplegia G81.0

Spastic hemiplegia Post-stroke hemiplegia G81.1 Spastic

paraplegia G82.1 Idiopathic Peripheral Neuropathy G90.0

Lesion of the superior cervical sympathetic ganglion G90.2

Other disorders of the autonomic [autonomic] nervous system G90.8 Fatigue syndrome after a viral illness Syndrome chronic fatigue G93.3

Class VII (H00-H59) Diseases of the eye and its adnexa Hordeolum and other deep inflammation of the eyelids Barley N00.0 Non-infectious dermatoses of the eyelid N01.1 Lagophthalm N02.2

Ptosis of the eyelid N02.4

Dacryoadenitis N04.0

Other diseases of the lacrimal gland Dry eye syndrome H04.1

Epiphora H04.2

Chronic inflammation of the tear ducts H04.4

Tenonite eyes N05.1

Acute atopic conjunctivitis Allergic conjunctivitis N10.1 Chronic conjunctivitis H10.4 Blepharconjunctivitis H10.5 Scleritis H15.0

Episcleritis H15.1

Keratoconjunctivitis N16.2 Corneal neovascularization H16.4 Scars and corneal opacity H17.- Bullous keratopathy H18.1

Degeneration of the cornea Disorder of the trophism of the cornea H

18.4 Corneal dystrophy H18.5 Keratoconus H18.6

Iridocyclitis (iritis) H20.-

Hyphema H21.0

Initial senile cataract N25.0 Chorioretinal inflammation Retinitis

Chorioretinitis N31.- Degeneration of the choroid N31.1 Transient retinal arterial occlusion H34.0 Background retinopathy and retinal vascular changes H35.0 Degeneration of the macula and posterior pole (acquired) (atrophic) (senile) Macular degeneration H35.3

Peripheral retinal degeneration H35.4 Hereditary retinal dystrophies N35.5 Retinal hemorrhage (subacute period) H35.6

Diabetic retinopathy (E10-E14.4 +) H36.0 \*  
Atherosclerotic retinopathy I70.8 + H36.8 \*  
Primary open-angle glaucoma (initial stage) H40.1  
Vitreous hemorrhage (subacute period) 43.1  
Optic neuritis (not due to intracranial hypertension)

H46

Atrophy of the optic [2nd] nerve (partial, non-toxic) H47.2  
Lesions of the optic [2nd] nerve and visual pathways in diseases classified elsewhere, H48 .- \*

Damage to the oculomotor nerve (neuritis, paralysis) 49.0  
Damage to the blocky nerve (neuritis, paralysis) 49.1  
Defeat abducens nerve (neuritis, paralysis) 49.2  
Convergent non-paralytic strabismus H50.0  
Divergent non-paralytic strabismus H50.1  
Paralysis of gaze H51.0  
Insufficient or excessive convergence H51.1  
Astigmatism (acquired) N52.2  
Accommodation disorders H52.5  
Amblyopia due to anopsy N53.0  
Subjective visual disorders  
Asthenopia H53.1  
Diplopia H53.2

Nystagmus and other involuntary eye movements N55  
Pupillary function anomaly H57.0

Class VIII (H60-H65) Diseases of the ear and mastoid  
Perichondritis of the outer ear N61.0  
Invasive auriculo-RT is contraindicated.  
Chronic otitis media (mucous, serous) (H65.2-H65.3)  
Other chronic non-suppurative otitis media N65.4  
Otosclerosis N80.-

Meniere's disease H81.0  
Benign paroxysmal vertigo N81.1  
Vestibular neuronitis  
Neuritis of the vestibular nerve, non-toxic N81.2  
Other peripheral vertigo N81.3

Deafness of central origin  
Deafness of labyrinth origin  
H81.4

Sensorineural hearing loss  
Sensorineural hearing loss (H90.3-H90.5)  
Other hearing loss H91.-  
Tinnitus (subjective) H93.1

Diseases of the auditory nerve  
Neuropathy of the auditory nerve non-toxic N93.3

Class IX (100-199) Diseases of the circulatory system  
Essential (primary) hypertension I10.0  
Hypertensive [hypertensive] disease with predominant heart disease without (congestive) heart failure (1-2 stages) I11.9  
Angina pectoris [angina pectoris] (1,2,3 functional classes) I20.-  
When angina pectoris 3 l. cl. RT is performed in a hospital in combination with drug therapy.

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Atherosclerotic heart disease ischemic heart disease  
chronic without pronounced changes in the ECG, with hypertension stages 1-2,  
without mention of hypertension (I25.0-125.1)  
Ischemic stroke (hemispheric) (subacute, restorative periods) I63.3

Note. Not earlier than 4 days from the onset of the disease, cranio-RT,  
hirudo-RT are used against the background of basic pharmacotherapy in a hospital  
setting, in the recovery period - and other RT methods (excluded: ischemic stem  
stroke, cerebral edema with clinical symptoms of impaired consciousness,  
secondary stem symptoms, a history of stroke with residual neurological  
symptoms at the present time; patients over the age of 65, malignant  
hypertension and syst. BP higher than 200 mm Hg, a history of epileptic seizures).

Cerebral atherosclerosis Atherosclerosis of cerebral vessels I67.2  
Hypertensive encephalopathy (1-2 stages) I67.4 Raynaud's syndrome  
Raynaud's disease (1-2 stages) I73.0  
Thromboangiitis obliterans [Berger's disease] (functional stages)

I73.1

Atherosclerosis of the arteries of the extremities (obliterating) (functional  
stage) I70.2

Other specified peripheral vascular diseases (including acrocyanosis)

I73.8

Peripheral angiopathy in diseases classified elsewhere I79.2 \* (including  
peripheral diabetic angiopathy (E10-E11 +) I79.2 \*)

Angiodystonic and angiospastic (peripheral) syndromes of vibration disease  
T75.2 + I79.2 \*

Varicose veins of the lower extremities with an ulcer I83.0 Varicose veins of  
the lower extremities with inflammation I83.1 Varicose veins of the lower  
extremities with ulcers and inflammation I83.2 Idiopathic (arterial)  
hypotension (persistent) I95.0 Orthostatic hypotension (chronic) I95.1

(excluded:  
orthostatic hypotension with hypovolemia, amyloidosis, obstructive processes of  
the cardiovascular system: aortic stenosis, hypertrophic cardiomyopathy, etc.;  
complete atrioventricular block).

Class X (J00-J99) Respiratory diseases

Acute obstructive laryngitis [croup] (nondiphtheria) (false) J05.0 RT is used in  
a complex of methods of emergency care.

Vasomotor rhinitis J30.0

Rhinitis due to pollen hay fever Hay fever J30.1 Allergic rhinitis,  
unspecified J30.4 Chronic rhinitis J31.0 Chronic nasopharyngitis J31.1  
Chronic pharyngitis J31.2

Chronic sinusitis J32.-Chronic tonsillitis J35.0Chronic laryngitis J37.0Chronic laryngotracheitis J37.1

Laryngospasm J38.5 RT is used in a complex of methods of emergencyhelp.

Chronic catarrhal bronchitis J41.0

Obstructive bronchitis (chronic) (diffuse) J44.8

Asthma (bronchial) with a predominance of the allergic component Asthma infectious-allergic (1-2 stages) J45.0

Asthma (bronchial) atonic (1-2 stages) J45.0

Asthma non-allergic Asthma bronchial physical exertion (1-2 stages) J45.1

Mixed asthma (1-2 stages) J45.8

Status asthmaticus [status asthmaticus] (1 stage) J46.9 PT - component intensive care in a hospital.

Lung diseases caused by external agents (in the stage of compensation and subcompensation) J66.-, J67.-, J69.-, J70.1-J70.4

Inorganic dust pneumoconiosis J63.9

Other interstitial pulmonary diseases with mention of fibrosis J 84.1Other interstitial pulmonary diseases J84.8

Long-term consequences of respiratory tuberculosis PneumosclerosisB90.9 + J84.8 \*

Bronchospasm (partial) J98.8 \* RT - one of the methods of emergencyhelp.

Class XI (K00-K99) Diseases of the digestive system

Pulpitis K04.0

Chronic apical periodontitis K04.5Chronic periodontitis K05.3Periodontal disease K05.4

Toothache (pain after removing tartar) K08.8

Temporomandibular joint dysfunction (pain syndrome) K07.6

Recurrent oral aphthiasis Aphthous stomatitis K12.0Glossitis, chronic superficial K14.0Glossodyne K14.6

Esophagitis Ktwenty

Gastroesophageal reflux without esophagitis K21.9Gastroesophageal reflux with esophagitis Reflux esophagitis K21.0Cardiospasm (reflex) K 22.0Dyskinesia of the esophagus K22.4

Acute stomach ulcer without bleeding or perforation (exceptions: penetrating ulcer, callous ulcer, pain syndrome) K25.3

Chronic gastric ulcer without bleeding or perforation (exceptions: penetrating ulcer, callous ulcer) K25.7

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Acute duodenal ulcer without bleeding or perforation(exceptions:  
penetrating ulcer, callous ulcer, pain syndrome) K26.3

Chronic duodenal ulcer without bleeding or perforation (exceptions:  
penetrating ulcer, callous ulcer) K26.7

Peptic ulcer, unspecified, without bleeding or perforation K27.7

Chronic gastrojejunal ulcer (anastomotic ulcer) without bleeding or  
perforation (not earlier than after 2 months after surgery with a strengthened  
postoperative scar)28.7

Gastritis and duodenitis K29.-

Duodenitis R29.8

Chronic gastroduodenitis K29.9

Dyspepsia Kthirty.-

Pylorospasm, NKDR K31.3

Other specified diseases of the stomach and duodenum (incl.stomach atony)

K31.

Ulcerative (chronic) enterocolitis K51.0Ulcerative (chronic)  
ileocolitis K51.1Ulcerative (chronic) proctitis K51.2Ulcerative  
(chronic) rectosigmoiditis K51.3Allergic and alimentary  
gastroenteritis and colitis K52.2

Other specified noninfectious gastroenteritis and colitis (chronic)

K52.8

Irritable bowel syndrome Colitis, spastic K58.-Constipation  
(hypo- and atonic) (spastic) (chronic) C59.0Functional diarrhea K  
59.1

Neurogenic intestinal irritability, NEC K59.2Anal  
sphincter K spasm59.4

Other specified functional intestinal disorders Atoniaintestine Intestinal  
dyskinesia Intestinal hypotension K59.8

Kraurosis of the anus K62.8Chronic

proctosigmoiditis K63.8Chronic cholecystitis  
(non-calculous) K81.1

Other specified diseases of the gallbladder (including gallbladder dyskinesia  
bladder or cystic duct) K82.8

Vomiting after gastrointestinal surgery

K91.0

Antibiotic-associated diarrhea K91.8

Class XII (L00-L99) Diseases of the skin and subcutaneous tissue

Atonic dermatitis Allergic dermatitis Neurodermatitis L20.-

Seborrheic dermatitis Eczema seborrheic L21.8Allergic (contact)  
dermatitis L23.-

Simple irritant contact dermatitis L24.-Lichen simplex  
chronicus L28.0

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Prurigo's prurigo L28.2

Itching (skin) Dermatitis itching L29.-

Anogenital pruritus, unspecified L29.3

Dyshidrosis [pompholyx] (not complicated by pyoderma)

L30.1Psoriasis vulgaris L40.0Arthropathic psoriasis L40.5 + M07 \*

Deprive red flat L43.- (excluded acute current forms with phenomena of erythroderma)

Allergic urticaria L50.0Urticaria

(recurrent) L50.8

Class XIII (M00-M99) Diseases musculoskeletal systems and connective tissue

Post-dysentery arthropathy M02.1

Postimmunization arthropathy M02.2

Reiter's disease (1-2 stages) M02.3

Urogenic (chlamydial) arthritis M02.8

Postinfectious and reactive classified elsewhere + M03 \* arthropathy at diseases

Kaplan's syndrome Rheumatoid arthritis and pneumoconiosis (seronegative, outside the period of exacerbation) M05.1 + J99.0 \*

Other rheumatoid arthritis (seronegative, outside the period of exacerbation) M06.0

Enteropathic arthropathy K52.9 + M07.0 \*

Distal interphalangeal psoriatic arthropathy L40.5 + M07.3 \*Other arthritis M13.-

Coxarthrosis [arthrosis of the hip joint] M16.- (see ICD-10 code with the 4th character, for example: primary coxarthrosis, bilateral M16.0)

Gonarthrosis [arthrosis of the knee joint] M17.-

Arthrosis of the first carpometacarpal joint M18.-

Other arthrosis (steoarthrosis) M19,-Spinal osteochondrosis M42.-

Spinal osteochondrosis with radicular pain syndrome (M42 .- +) G55.1 \*

Other deforming dorsopathies M43Other

inflammatory spondylopathies M46

Spondylosis Spondyloarthrosis M47Other

spondylopathies M48

Lesion of the intervertebral discs of the cervical spine M50Lesion of

the intervertebral discs of other parts of the spine M51Other

dorsopathies, NKDR M53Radiculopathy, sciatica (visceral pain),

lumbar, sacral M54.1 (vertebrogenic) cervical, chest

(with

Acute muscle-tonic syndrome M54.2Sciatica Sciatica

Sciatic nerve neuralgia M54.3

Lumbago with sciatica M54.4  
Myositis M60.-  
Muscle contracture (non-paralytic without deformation of the articular ends bones) M62.4  
Synovitis and tenosynovitis (chronic) M65.8  
Soft tissue diseases associated with stress, overload and pressure M70.-  
Other bursopathies specified (chronic) M71.8  
Lesion of the shoulder M75.-  
Periarthritis (joint) of the shoulder-shoulder, shoulder M75.0  
Myofibrosis of the scapular-humeral M75.8  
Enthesopathies of the lower limb, excluding the foot M76.9  
Other enthesopathies (including periarthritis of the joint of the limb) M77.9  
Juvenile osteochondrosis of the hip and pelvis (Calve-Legg-Perthes disease) M91.1  
Osteochondropathy, specified M93.8

Class XIV (N00-N99) Diseases of the genitourinary system  
Renal colic N23 RT - one of the methods of emergency care.  
Chronic tubulointerstitial nephritis  
Chronic pyelonephritis(non-obstructive) N11.8

Interstitial cystitis (chronic) N30.1  
Reflex bladder NEC N31.1  
Neurogenic bladder weakness, NECD Atony, sphincter hypotension  
Bladder N31.2  
Chronic prostatitis N41.1  
Kraurosis of the penis N48.0  
Painful coitus, painful ejaculation N48.8  
Male infertility (inorganic) N46  
Menopause in men Post-castration syndrome (in men) N50.8  
Salpingitis and oophoritis Salpingo-oophoritis Adnexitis N70.-  
In inflammatory diseases of the female pelvic organs of a specific etiology, RT is used in combination with antibacterial pharmacotherapy.  
Chronic parametritis and pelvic cellulite N73.1  
Chronic inflammatory disease of the uterus (except for the cervix) Chronic endometritis Chronic mimetritis N71.1  
Inflammatory disease of the cervix Chronic recurrentendocervicitis N72.-

Subacute and chronic vaginitis N76.1  
Inflammatory diseases of the female pelvic organs in diseases classified elsewhere (A54.2 + N74.3 \*; A56.1 + N74.4 \*)  
Benign breast dysplasia With solitary cystbreast N60.0, breast fibroadenosis N60.2, fibrosclerosisbreast N60.3 RT is applied after removal of fibrocystic formations as a component of therapy.

Incomplete prolapse of the uterus and vagina (1-2 degrees) N81.2

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Endometriosis (N80.0 – N80.4) For female pelvic endometriosis RTit is used in combination with hormonal therapy or after removal of endometrioid heterotopia nodes as a component of therapy.

Kraurosis of the vagina N89.8

Kraurosis of the vulva N90.4

Absence of menses Amenorrhea, scanty and infrequent menstruation

Oligomenorrhea N91.-

Heavy, frequent, and irregular menses with a regular cyclePolymenorrhea

Menorrhagia N92.0

Heavy, frequent, and irregular menstruation with an irregular cycle

Polymenorrhea Menorrhagia N92.1

Pain in the middle of the menstrual cycle Algomenorrhea

N94.0Vaginismus (reflex) N94.2

Premenstrual tension syndrome N94.3

Dysmenorrhea primary N94.4Dysmenorrhea secondary N94.5

Dysmenorrhea, unspecified Dysalgomenorrhea N94.6

Other specified conditions associated with female genital organs and menstrual cycle Delayed menses N94.8

Menopause and climacteric conditionclimacteric a woman Syndrome N95.1

Postmenopausal atrophic vaginitis N95.2

Conditions Associated with Artificially Induced Menopause Syndrome postcastration in women N95.3

Female infertility of tubal origin (functional)

N97.1

Female infertility of uterine origin (functional)

N97.2

Class XV (O00-O99) Pregnancy, childbirth and the puerperium RTused in an obstetric hospital.

Swelling during pregnancy, childbirth and the postpartum period O12.0

Preexisting essential hypertension complicating pregnancy, childbirth and the puerperium O10.0

Preexisting cardiovascular hypertension complicating pregnancy, childbirth and the puerperium O10.1

Pregnancy-induced hypertension without significant proteinuria O13

Preeclampsia [nephropathy] (moderate) O14.0 RT - componentintensive care.

Threatened abortion O20.0

Mild to moderate vomiting of pregnant women (up to 22 full weeks of pregnancy) Toxicosis of pregnant women early O21.0

Late vomiting of pregnant women O21.2

Diseases of the urinary system during pregnancy Pyelonephritispregnant about23.4

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Medical care for a woman with recurrent miscarriage Habitual miscarriage  
Oh26.2

Maternal antihypertensive syndrome O26.5

Liver damage during pregnancy, childbirth and the postpartum period

Cholestatic hepatitis of pregnant women O26.6

Peripheral neuritis (neuropathy) associated with pregnancy, O26.8

Complicating headaches

- pregnancy O29.4

- childbirth and delivery O74.5

Rh immunization requiring medical care for the mother O36.0 The purpose of RT is to desensitize the maternal organism.

Vascular collapse during or after childbirth O75.1 RT - one of the methods emergency care.

Inflammatory diseases of the genital organs caused by abortion, ectopic and molar pregnancy (O00-O00.7) (excluded: septic and septicopyemic embolism and urinary tract infections). RT is applied in complex with antibacterial therapy.

Stiffness of the cervix during labor O34.4

Functional failure of the placenta affecting pregnancy,

O36.5

False contractions before 37 weeks of gestation O47.0

Primary weakness of labor (in the first stage of labor) O62.0 Secondary

weakness of labor (in the first stage of labor) O62.1 Hypertensive, uncoordinated and prolonged contractions of the uterus (in 1 stage of labor)

O62.4

Maternal distress during labor Fatigue of a woman in labor in the first stage of labor

O75.0

Delayed labor after rupture of membranes (O75.5-O75.6) Delayed discharge of the placenta after delivery (without bleeding)

O73.0

Subinvolution postpartum (uterus) O90.8

Agalactia O92.3

Hypogalactia O92.4

Vaginitis, salpingo-oophoritis after childbirth O86.1

Postpartum osteomalacia O90.9

Functional weakness of the urinary bladder sphincter O90.8

Headache associated with the conduction of the spinal cord, epidural (epidural) anesthesia in the postpartum period, O89.4

Other maternal diseases classified elsewhere but complicating pregnancy, childbirth and the puerperium

- anemia O99.0

- mental disorders and diseases of the nervous system O99.3

- diseases of the circulatory system O99.4

- respiratory diseases O99.5

- diseases of the digestive system O99.6

- diseases of the skin and subcutaneous tissue O99.7

Other specified diseases and conditions complicating pregnancy, childbirth and the puerperium O99.8

Class Xvi (P00-P99) Selected states, emerging v  
perinatal period

Damage to the facial nerve in case of birth injury P11.3  
Damage to other cranial nerves in birth injury P11.4  
Damage to the spine and spinal cord in case of birth injury P11.5  
Paralysis (paresis) of the brachial plexus

- upper - Duchenne-Erba R14.0

- bottom - Dejerine-Klumpke R14.1

Palsy of the phrenic nerve during birth injury P14.2  
Other birth injuries of the brachial plexus P14.3

Birth injury to other parts of the peripheral nervous system P14.8  
Damage to the sternocleidomastoid muscle during birth trauma

R15.2

Unspecified chronic respiratory diseases arising in the perinatal period P27.9

Runny nose in a newborn P28.8  
Hypertension in newborn P29.2  
Noninfectious diarrhea in newborn P78.3  
Edematous syndrome in a newborn P83.3  
Convulsions of the newborn P90  
Cerebral excitability P91.3  
Cerebral depression P91.4  
Vomiting of newborn P92.0

Regurgitation and rumination of newborn P92.1

Sluggish sucking of newborn P92.2  
Congenital hypertonicity P94.3

Diseases (syndromes) arising in childhood and adolescence (presented in different classes of ICD-ten)

For diseases and syndromes, included in class V (F00-F99), RTit is used in a specialized hospital, or on an outpatient basis after consulting a child psychiatrist (neuropsychiatrist).

Mental and Behavioral Disorders - see headings: F07.2; F23.8; F40.-; F41.-; F43.-; F45.-F48.0; F51.-F51.9

Specific speech articulation disorders F80.0  
Other developmental disorders of speech and language F80.8  
Mild mental retardation F70.-  
Specific developmental disorders of scholastic skills F81.9  
Hyperkinetic disorders F90.-  
Conduct disorders F91.-

Mixed disorders of conduct and emotions F92.-  
Tiki (transient) (children) F95.0





Fainting [syncope] and collapse R55 RT is one of the methods of emergency help.

Class XIX (S00-T98) Injury, poisoning and some other consequences of external causes

Superficial trauma of unspecified body region Contusion without injury to skin T14.0

Stretching and overstrain of the capsule-ligamentous apparatus of the joint (limbs) T14.3

Motion sickness Motion sickness T75.3

Other complications of procedures, NEC Postoperative pain as a result of the action of muscle relaxants - blockers of H-cholioreceptors of skeletal muscle T81.8

Fainting during or after the T procedure 81.8 RT - one of the methods of emergency care.

Headache due to spinal or epidural anesthesia T88.5(excludes: headache associated with spinal, epidural, epidural anesthesia in the postpartum period O84.0)

Class XXI (Z00-Z99) Factors affecting health status and referrals to health care facilities

Rehabilitation of persons suffering from alcoholism  
Z50.2 Drug addiction rehabilitation Rehabilitation at medicinal substance abuse Z50.3

Rehabilitation for smoking tobacco Z50.8

Treatment including other types rehabilitation procedures  
Rehabilitation after severe forms of toxicosis in pregnant women: eclampsia, preeclampsia Z50.8

Chemotherapy for the neoplasm Complications of chemotherapy Z51.1 RT is used after radical removal of a malignant neoplasm and in 4 stages of the disease.

Diseases (syndromes) in which reflexology is used as an auxiliary method of treatment (relative indications for reflexology)

Iron deficiency anemia secondary to blood loss (chronic)(not requiring hospital treatment) D50.0

Common variable immunodeficiency D83.-

Other immunodeficiencies D84.-

Other non-organic psychotic disorders (no symptoms of acute mental arousal) F28

Recurrent depressive disorder (F33.2-F33.3) Dissociative

[conversion] disorders Hysteria F44.- Primary ovarian failure E

28.2 Polycystic ovary syndrome E28.3 Testicular hypofunction

E29.1

Delayed puberty Delayed first menstruation E30.0

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Female infertility associated with a lack of ovulation N97.0 + E28.3 \*Female infertility on the background of hyperprolactinemia N97.8 + E22.1 \* RThelps to restore reproductive function with a significant reduction in the dose of hormonal agents.

Diabetes mellitus (sugar) insulin dependent Diabetes mellitus Type 1, no tendency to ketoacidosis, mild to moderate Eten

Diabetes mellitus (sugar) non-insulin dependent Diabetes mellitus Type 2, no tendency to ketoacidosis, mild to moderate Eeleven

Obesity (alimentary) (no symptoms of heart failure)

E66.0

Hereditary spastic hemiplegia G11.4

Motor neuron disease Amyotrophic lateral sclerosis G12.2Essential tremor (benign) G25.0Myoclonus G25.3

Multiple sclerosis (initial stage) G35

Epilepsy [with and without minor seizures] G40.0 For epilepsy and seizures of a functional nature, electro-RT, electromagnet-RT are contraindicated.

Syndrome of "histamine" headache G44.0

Myasthenia gravis Myasthenia gravis (developmental) G70.2Residual effects of poliomyelitis with flaccid paresis (recovery period) B91 + G81.0 \*

Unspecified encephalopathy Discirculatory encephalopathy (1-2 stages)I67.4 + G93.4 \*

Myopia N52.1

Hyperopia H52.0

Other chronic pancreatitis (painful form) K86.1Gouty arthropathy (pain syndrome) M10.0

Polyarteritis nodosa (peripheral form, pain syndrome) M30.0Ankylosing spondylitis (Ankylosing spondylitis-Strumpel-Marie disease) (painful syndrome) M45

Myelopathy (spinal cord) (recovery stage)

- with degeneration or displacement of the intervertebral disc M51.0 + G99.2 \*

- with spondylosis M47.1 + G99.2 \*

Vascular myelopathy (recovery stage) G95.1Osteoporosis (without pathological fracture) M81.-

Chronic nephritic syndrome Chronic glomerulonephritis without symptoms of kidney failure N03.-

Priapism (persistent) Painful erection N48.3 Permanent non-stopping pain

Pain in 4 stages of malignant neoplasm (R52.1-R52.2)

### Contraindications to reflexology

Class I (A00-B99) Certain infectious and parasitic diseases(excluded: infections predominantly sexually transmitted \* (A54- A64), mycoses (superficial) B 35.1, B35.3, B37.4, candidiasis B37.3 + N77.1 \*,

B37.4 + (N51.1 \* -N51.2 \*); with this pathology, RT can be used for other concomitant diseases that have arisen against the background of these diseases, set out in the section of indications for RT (for example, trigeminal neuralgia G50.0, etc.); long-term consequences of respiratory tuberculosis (pneumosclerosis) B90.9, consequences of polio B91).

#### Class II (C00-C97) Neoplasms

Malignant neoplasms (C00-C97) RT is applied after radical removal of a malignant neoplasm - surgical, pharmacotherapy (chemotherapy), cryotherapy, etc., and in the 4th stage of the disease.

Benign neoplasms (D10-D36) PT is applied after radical surgical removal of a benign neoplasm.

Note. Colloid, mucous, retention, simple cysts are not neoplasms, they are classified as independent nosological forms or in the corresponding headings as diseases of a specified anatomical localization and are not a contraindication to RT. This general position is not applicable to some types of cysts, which are neoplasms in their structure (dermoid, hemangiomatous, multi-chamber - ovary, pseudomucinous - ovary, etc.). For clarification, refer to the list of cysts set out in ICD-10 under headings D00-D36. Polyps are coded by headings for diseases of the corresponding organs and tissues. RT is applied after histological exclusion of malignant progress. Adenomatous polyp (adenomatous polyposis) refers to benign neoplasms.

#### Neoplasms of an uncertain or unknown nature (D37-D48)

Class III (D50-D89) Diseases of the blood and hematopoietic organs and certain disorders involving the immune mechanism (columns D50.0, D83.-, D84.- are excluded)

Class IV (E00-E90) Diseases of the endocrine system, eating disorders and metabolic disorders (headings are excluded: E28.2, E28.3, E29.1, E30.0, N97.0 + E28.3 \*, N97.8 + E22.1 \*, N97.0 + E28.3, E66.0, (E10-E11), E05.0, E06.3)

Certain diseases and syndromes presented in other classes of ICD-ten

Organic, including symptomatic, mental disorders (F00- F09) (excluded heading F06.7)

Mental and Behavioral Disorders Associated with Substance Use (F10-F19) (excluded headings: F10.2, F10.3, F17.2, F17.3)

Schizophrenia, schizotypal and delusional disorders (F20-F29) (headings excluded: F20.5, F20.6, F28)

Manic episode F30.-Bipolar disorder F31.-

Persistent mood disorders [mood disorders] F34.-(heading excluded F34.0)

Inflammatory diseases of the central nervous system (G00-G09)Generalized idiopathic epilepsy and epileptic syndromes

G40.3

Cerebral edema G93.6

Acute rheumatic fever (I00-I02)Chronic rheumatic heart disease (I05-I09)Acute myocardial infarction I21, -Recurrent acute myocardial infarction I22.-

Other forms of acute coronary artery disease I24.-

Pulmonary heart and pulmonary circulation disorders Pulmonary heart chronic insufficiency 3 degrees (I26-I28)

Other heart diseases (I30-I52)

Heart failure Circulatory failure 3 degrees(I50-I51)

Cerebrovascular disease (I60-I69) (headings are excluded: I63.3, I67.2, I67.4)

Embolism and arterial thrombosis I74.-Other lesions of the arteries and arterioles I77.-

Capillary diseases I78.-

Diseases of veins, lymphatic vessels and nodes, NEC (I80-I89) (excluded heading I83.-)

Asthmatic status [status astmaticus] (2-3 stages) J46

Purulent and necrotic conditions of the lower respiratory tract (J85-J86)

Pneumothorax J93

Uncompensated lung diseases (J96-J98.7)Diseases of the peritoneum (C65-K67)

Liver failure of NEC (including hepatic coma, hepaticencephalopathy) K72.-

Bullous disorders (generalized) (L10-L14)Infectious dermatitis L30.3

Systemic lesions of connective tissue (M30-M36)

Glomerular diseases (N00-N08)

Non-inflammatory diseases of the female genital organs N88.0, N89.4-N89.9,

N90.4

Postpartum sepsis O85.-Doubt, stupor and coma R40.-Shock, NCR R57.-

Cachexia R64

Malaise and fatigue Physical exhaustion R53.-Frostbite (TZZ-T35)

Overwork Z73.0

Stress, NEC Physical and mental stress Z73.3

Radiotherapy course Z51.0 RT is ineffective or ineffective during at least 4 months from the end of the course of irradiation.

Unspecified radiation effects Condition after X-ray therapy and radiotherapy T66

Presence of another specified device Presence of a cardiac driver rhythm Presence of an implanted pacemaker Z97.8 Contraindicated. magneto-RT, electro-RT, electromagnet-RT, ultrasonic RT (UZ-RT).

Individual intolerance to medical adhesive plaster T81.1 RT methods are contraindicated, requiring fixation with adhesive plaster of electrodes, acupuncture needles, microneedles, magnets-applicators, metal, ebonite and other balls and plates.

The use of the proposed list of indications for RT, systematized in accordance with ICD-10, adapted for use in domestic medical practice, will contribute to the wider use of RT for the treatment of various diseases, pathological syndromes and conditions, for prevention and rehabilitation, and improving the quality of medical statistical documentation of a reflexologist. , a higher level of diagnostics and treatment safety, an increase in the level of training of specialists in reflexology.

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