

Application of Sujok Complementary Alternative Therapy to Reduce Pain Scale Levels in Patients with Heel Pain

Maryam Latifah Harahap ¹, Elvi Suryani ², Rahma Juliani Siregar ³

^{1,2,3} STIKES Darmasidimpuan, Indonesia

ABSTRACT

Heel Pain is pain at the bottom, back, or inside of the heel due to musculoskeletal disorders or specific conditions. One of the complementary alternative therapies that can be used to reduce the pain scale of Patients with heel pain are using Sujok therapy. Providing Sujok therapy is part of the integration of teaching and community service activities carried out by students and lecturers in Nursing at the Faculty of Medicine, Public Health and Nursing, Gadjah Mada University. Two patients with heel pain problems provided with Sujok therapy using a massage method with a probes in the hand which is a basic correspondence system. After that, fenugreek seeds were placed on the painful points that have been massaged previously. The pain scale was measured before and after therapy. It was found that the pain decreased from scale 7 to scale 5 in the first patient and scale 5 to scale 3 in the second patient. The conclusion from the results of community service activities shows that Sujok therapy uses a massage method on basic correspondence system and also attaching fenugreek seeds can be an effective alternatives complementary therapy for reducing the levels of pain scale in patients with heel pain

Keywords: complementary alternatives therapy, heel pain, sujok.

Received:	Revised:	Accepted:	Available online:
07.02.2024	10.02.2024	12.02.2024	12.02.2024

Suggested citations:

Harahap. ML. (2024). Application of Sujok Complementary Alternative Therapy to Reduce Pain Scale Levels in Patients with Heel Pain. *International Journal of Community Service*, 3 (1), 50-57. DOI: 10.55299/ijcs.v3i1.793

Open Access | URLs: <https://ejournal.ipinternasional.com/index.php/ijcs/OpenAccessPolicy>

INTRODUCTION

Heel pain or heel pain is a condition of pain in the bottom, back, or back in the heel itself. This pain can heal by itself. However, in some cases can endure long and the more critical until need treatment advanced. Heel formed by bone calcaneus or bone heel Which is structure bone largest so that it can withstand the weight of the body. Painful the heel is referred to as disturbance Which often happen on system musculoskeletal Which hinder function spicity in sustain body and mobility man. Activity Which increase cause heel experience traumatized continuously consequence intensity use Which excessive. Reason painful heel Which most often happen is plantar fasciitis with or without spur calcaneu [1]. According to study Rosdiana (2022) diagnosis plantar fasciitis can enforced based on the patient's pain and stiffness morning day when you wake up on the area heel and plantar surface of the foot [2]. Painful maximum determined based on palpation found it painful focal on plantar fascia from tuberosity calcaneal. On case flat foot, the heel cannot touch the platform due to excessive pronation of the foot and induces dorsiflexion of the toes thereby causing tension in the intrinsic muscles of the foot and plantar fascia. Pressure or stress repeated on plantar fascia cause appearance inflammation and give rise to painful on heel foot.

Article results devotion public This discuss How therapy Sujok Which developed by Prof. Park Jae Woo from South Korea in 1987, it is used as complementary alternative medicine therapy [3]. The term Sujok comes from the South Korean language, namely the word 'su' which means hand and 'jok' which means foot. Therapeutic methods in Sujok with method stimulate dot, dot, dot certain on hand And foot as media in technique The treatment is because there is a map of all the organs and areas of the body that are related with body man [3]. Stimulation which are given can form massage, giving color on the skin, moxibustion, installation of seeds, magnets, needles, and other objects on the points Certain points correspond to the location of organs or body parts mapped on the hands and feet [4]. According to reference other, dot, dot, dot Sick the will become very sensitive And hurtful so that will produce wave For treatment. Wave Cure This Electric Wave (CEW) sends messages to heal diseased organs and the disease is curable [5]. This article as a result of community service aims to: describe How reduce level painful on patient heel pain with use therapy Sujok.

METHOD

The community service method carried out is the activity of providing Sujok therapy in the elderly group who are members of prolans in Purba Tu PK Village. The activity was carried out on January 10 2024. This activity is part of the integration teaching eye studying *Complementary Alternatives Therapy (PAINT)* with devotion public. Giver therapy are lecturers and students Which has complete lectures

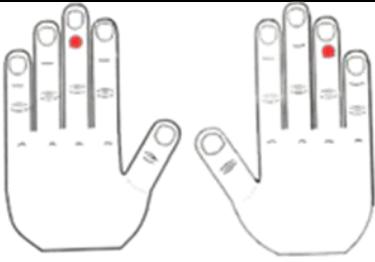
RESULTS AND DISCUSSION

The results of community service activities reported in this article involve two patient with painful on heel. Before done inspection and intervention therapy This, both patients have filled out and signed *the informed consent* provided by the therapist associated with agreement for publication information personal in journal. Besides that, on second patient Also done assessment physique and history disease previously. **[Patient 1]**

Mrs. S (female), 64 years old, from Purba Tua Village, complained of pain with a scale of 7 in the left heel area. He stated that the pain he experienced felt like sharp, stiff, and pierced. Pain occurs at one point and does not spread and appears occasionally sometimes. Mrs. S said the left heel pain recurred when he got out of bed. When An examination was carried out and the BP result was 140/89 mmHg. The patient has a history of disease hypertension, cholesterol, And Once fall from bicycle. Previously, Mrs. S No Once consume drug from recipe doctor nor do therapy alternative. Therapist inspect condition patient with look for point correspondence heel left on second hand patient based on *the basic correspondence system* and found a pain point on the left hand, precisely at middle finger. The patient said that the pain had reduced to a scale of 5 after the procedure therapy Sujok form *massage basic correspondence system* use tool probes and installation seed fenugreek by a therapist. **[Patient 2]**

Mrs. Q (Woman) aged 67 year, originate from Old Ancient Village. Patient complaining of pain with scale 5 as if pressed and stiff on opposite leg left (heel) with a fairly frequent recurrence frequency in the last 10 years. Pain does not spread but only at one point and almost appears every day due to activity heavy. When the examination was carried out, the BP result was 151/76 mmHg. The patient has history of hypertension. Previously, Mrs. T has never taken any medication for pain heel, and only give oil And massage it his feet Alone. Therapist inspect condition patient with look for point correspondence heel left on second hand patient based on *the basic correspondence system* and found a pain point on the left hand, precisely at middle finger. The patient felt the pain reduced to scale 3 after Sujok therapy in the form of *a basic correspondence system* using a probe and installing fenugreek seeds by therapist. History therapy which done served on **table 1**.

Table 1. History Therapy Sujok

Time	Types of Therapy Sujok	Explanation	Method Therapy	Results
Tuesday, 20 June 2023 08:46 WIB (Patient 1) and 08:53 WIB [Patient 2]	Correspondence therapy (Basic Correspondence System)	<p>This therapy For manipulate internal organ this case viz foot area especially heels left.</p> <p>Correspondence from the left heel which is located in section back hands on fingers middle of the hand left and finger sweet hand right.</p> <p>Exactly at area which given a dot red on Figure 1. This therapy done by give point massage correspondence</p> <p>Massagedone for 7 minute</p>	 <p>Figure 1. Correspondence points left heel on back hand</p> <p>Look for pain points in the area marked with a dot red as heel correspondence left.</p> <p>Found a pain point on left hand. Then, period the pain is massaged for 7minute use probes.</p>	<p>After done intervention massage during 7 minutes on the dot hand pain left, second patient say if heel painthat is felthas reduce.</p>

at the point of pain which found. Therapeutic goals this is for give point stimulation sick that performed on map hand Sujok.

Tuesday, 20 June 2023
08.54 WIB
(Patient 1) and
09.00 WIB
[Patient 2]

Seed therapy fenugreek

This therapy use fenugreek seeds as part of from the process stimulation on area which become a target therapy.

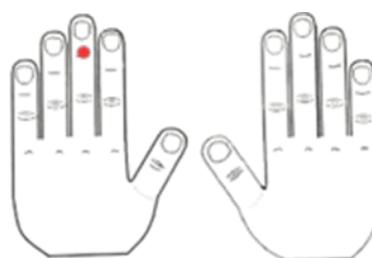


Figure 2. Pain points correspondence heel.

A number of seed fenugreek placed on point heel pain correspondence which have been treated with using a probe before. Then, fix it use plaster to prevent it easy to remove and change position. Patients can press-press independently on the point correspondence painful heel which has installed seed fenugreek.

Both patients feel helped with therapy fenugreek seeds. This is because can make it easier in give massage or emphasis on point correspondence heel pain in a way independent.



Picture 3. Therapeutic Uses Tool Probes

Figure 3: Sujok therapy based on a basic correspondence system using tools probes with how to stimulate the points certain on hands as a medium in technique the treatment. Because there is map organ and areas body which experiencing pain.



Picture 4. Therapy Use Seed Fenugreek

Figure 4: Therapy using fenugreek seeds as part of the stimulation process Where seed the placed on point correspondence painful Which has treated with use tool probes before And paired plaster so that seed No shifted.

Heel pain is part of the lower extremities, and one study shows that the most common pain and is in fourth place is pain in the extremities lower. The frequency of pain increases with age. People who complain painful during day or Sunday final, duration symptom more tall from three month on 54% (painful chronic). There is painful, especially painful chronic own prevalence Which tall and has a significant impact on work relationships and aspects of social interaction [6]. Intervention results served in **Table 2**.

Table 2. Results Intervention Therapy Sujok

Indicator	Patient 1		Patient 2	
	Before Interventio n	After Interventio n	Before Interventio n	After Interventio n
Pressure Blood Reason (P)	140/89 mmHg After too long Sit down infloor	133/96 mmHg -	151/76 mmHg After do activity heavy	142/71 mmHg -
Quality of Pain (Q)	Feels sharp and stiff as stabbed	Painful reduce	Feels like pressed, stiff, And heavy.	Painful reduce
Deployment (R)	No spread,only one point	No spread,only one point	No spread,only one point	No spread,only one point
Scale Pain (S) Time (T)	Scale 7 (heavy) Painful appear when you want wake up from bed and too long Sit down in floor. Painful appear sometimes.	Scale 5 (currently) -	Scale 5 (currently) Almost every day because activity heavy as well as age factors, pain yfelt during 10 years final.	Scale 3 (light) -

Effective pain management depends on proper examination and assessment of pain carefully based on information subjective nor objective Which obtained. Anamnesis This is done by asking open and closed questions to the patient. Interviewer You have to pay attention to several factors such as the place of the interview, supportive attitude or not judge, sign verbal and nonverbal, as well as to spare time Which Enough so that use of the mnemonic PQRS (Provocative, Quality, Region, Severity, and Time) will help collect a lot of information related to the patient's pain process. Interviewer It is necessary to ask about previous medical history regarding the pain felt during the exercise anamnesis, covers problem medical Which relate, problem Which influence use pain therapy, and history of dependency drug [7].

Based on the results of Sujok therapy carried out during community service activities, *Basic system* correspondence therapy at pain points is effective in providing scale reduction results significant pain (S) even with simple application. This shows that target from areas painful has found with appropriate in hand Which is correspondent from all over body [3]. Decline scale painful (S) the relevant with reduction in pain quality (Q) along with the implementation of therapy. In patients 1 and 2 one heel pain point can be found based on *the basic correspondence system* in the section back hand left in finger middle in accordance with the map body in hand and foot.

Therapy with massage and use map correspondent is therapy Which related to the anatomy of the area targeted for therapy. Stimulate the right areas will have an effect where there is a body mechanism that is stimulated to return to balance beginning [3]. Besides That, therapy seed Which done is therapy Where seed own strength energy in form latent Where treatment happen when there is The seed's biological energy waves are transmitted to pain points or absorb negative energy through point painful the [8]. Therapy energy with installation seed can increase pain reduction process that works on the energy pathways (meridians) where the pain point is crossed by energy pathways [4]. The mechanism of this therapy is similar to acupuncture therapy can reduce migraines [9]. However, the difference in Sujok therapy can only be done on hand And or foot as correspondence from track energy certain [4]. Therapy The installation of fenugreek seeds makes it easier for both patients to do it emphasis on the corresponding point of heel pain independently. A combination of massage therapy and installation seed similar with results study previously related with decline painful Where combination therapy will give results Which more Good. Study the stated that the combination therapy of massage therapy and seed installation was applied to 45% of members People with pain complaints who visit community service activities can show results decline scale painful in a way significant [4]. Explanation scale painful can reduced significantly because Sujok therapy accurately targets the area of pain in the hand and finger [4].

Patient 1 showed a decrease in pain level from scale 7 (severe) to scale 5 (currently). Likewise, patient 2 showed a decrease in pain level from scale 5 (moderate) to scale 3 (light). This is similar to the results of previous research where onepatients with pain in both heels from scale 5 (moderate) to scale 1 (mild) and

Even other patients felt a decrease in pain from a scale of 8 (severe) to a scale of 0 (none pain) [4]. This research also states that Sujok therapy is one of them therapy combination Which own success as big as 100% in reduce scale painful [4].

Another similar study is a randomized clinical trial regarding effectiveness Sujok therapy in patients with pain due to *heel spur* in the Hospital Rehabilitation Department General Education "Orlando Pantoja Tamayo", Santiago de Cuba. This research states that part big patient with *heel spur* can stated healed from condition painful Which painful [10]. From the results of this research, it was concluded that Sujok therapy was effective in reduce flavor painful Because *heel spur* . Besides That, therapy Sujok can become material consideration election Wrong One treatment alternative complementary Which more easy done And cost Which cheap with results more fast felt by patient.

Patient 1 showed interest in Sujok therapy because of this therapy gives real results in reducing pain. Patient 1 also wants to learn Sujok therapy so you can do it independently at home. Patient 2 stated that therapy This give benefit and results Which satisfying proven with painful Which decreased and patient 2 also wanted to do this Sujok therapy regularly. Although therapy Sujok Which form *massage basic correspondence system* use tool probes and installation seed fenugreek can give benefit as well as results Which positive to decreased pain scale in both patients with heel pain, but good diet and pattern life Healthy Which balanced Still need applied For guard health body.

CONCLUSION

Results of community service activities involving two patients with *heel pain* show proof that therapy Sujok form *massage basic correspondence system* using a probe and installing fenugreek seeds can be an alternative therapy for managing pain in the heel so that the level or scale of pain in the patient is reduced significantly real. So that results devotion public This give benefit more wide so in periodfront recommended necessity activity study use therapy Sujok with amount patient more.

Thank-you note

Thank you to the two patients who were willing to be respondents. Thank You Also to Head of Purba Tuadan Village, Program Studies Midwifery Diploma Three Program and Public Health Study Program Undergraduate Program.

REFERENCES

- [1] S. R. Nasution, H. m Uli, and Q. Suciati, "Description Spurs Calcaneus And The correlation with University Srivijaya," vol. 7, no. 1, pp. 51–59, Feb. 2020, doi: <https://doi.org/10.32539/jkk.v7i1.10685> .
- [2] I. Rosdiana, AB Syafi'i, V. Rohmawati, and RF Afiana, "Relationship Between Arch with Balance, Q-Angle And Fascitis Plantar," *Journal Study Health "FORIKES VOICE" (Journal of Health Research " Forikes Voice")* , vol. 13, no. 1, pp. 239–246, 2022, doi: <https://doi.org/10.33846/sf.v13i1.1779> .

- [3] P.J. Woo, *Be Your Own Doctor*. Jaipur, India: Smile Academy, 1987.
- [4] I. Nurjannah and K. Hariyadi, "Su Jok as a complementary therapy for reducing levels of pain: A retrospective study," *Complementary Therapies in Clinical Practice*, vol. 43, p. 101337, May 2021, doi: <https://doi.org/10.1016/j.ctcp.2021.101337>.
- [5] MO Arabela, S. Iskandar, M. Nafratilova, and N. Lasmadasari, "Nursing Care Fulfillment Need Flavor Comfortable: Painful on Patient Post Section Casarea with "Providing Sujok Therapy in the Midwifery Inpatient Room, HD Hospital, Bengkulu City," *JournalMandira Cendikia Health Sciences*, vol. 1, no. 3, pp. 12–20, Oct. 2022, Accessed: Aug. 2023. [On line]. Available: <https://journal-mandiracendikia.com/jik-mc>
- [6] E. Català, E. Reig, M. Artés, L. Aliaga, J.S. López, and J.L. Segú, "Prevalence of pain in the Spanish population telephone survey in 5000 homes," *European Journal of Pain*, vol. 6, no. 2, pp.133–140, Apr. 2002, doi: <https://doi.org/10.1053/eujp.2001.0310>.
- [7] Y. Yudiyanta, N. Khoirunnisa, and RW Novitasari, "Pain Assessment," *CDK Journal*, vol.42,no. 3, pp. 214–234, 2015.
- [8] P.J. Woo, *Su Seed Seat Therapy*. India: Su Seat Therapy Centre (India), 2000.
- [9] P Patel and m Q. Minen, "Complementary and Integrative Health Treatments for Migraine," *Journal of Neuro-Ophthalmology*, vol. 39, no. 3, pp. 360–369, Sept. 2019, doi: <https://doi.org/10.1097/WNO.0000000000000841>.
- [10] JC Trujillo Huber, OL Pereira Despaigne, C. Jacas Garcia, and R. de la C. Garcia Diaz, "Effectiveness of the Su-Jok therapy in patients with pain due to heel spur," *MediSan*, vol. 20, no.10, pp. 5009–5017, Oct. 2016.

Copyright and License



This is an open access article distributed under the terms of the [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

© 2024 Maryam Latifah Harahap ¹, Elvi Suryani ², Rahma Juliani Siregar³