**Table 2 Description of Tuina manipulation**

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| **Study ID** | **Manipulation** | **Frequency** | **Course** | **Location** | | |
| **Main acupoints involved** | **Main meridians involved** | **Main Regions involved** |
| Lai SL 2017 | ①Palm-pressing the abdomen (for 5min);  ②Circular palm-rubbing the abdomen (CV12 as center, making counterclockwise circular movements, slow action, 20-30 times/min, for 5min);  ③Circular pushing the abdomen (8 cycles, for 2min);  ④Thumb-pushing from CV14 to CV8 (push 36 times alternately, for 5min);  ⑤To-and-fro Rubbing LR4 and LR13 with palms (for 4min);  ⑥Pinching the Spine along EX-B2(especially BL17, BL-18, BL-19) (for 3min);  ⑦Grasping, Pressing and Kneading areas from vertex to GV16 (for 6min) | qod | 4w | CV4;  CV6;  CV8;  CV12;  CV14;  LR4;  LR13;  EX-B2;  EX-HN1;  GV16;  GV20;  GB20;  BL10 | Conception Vessel | Abdomen;  Chest and hypochondrium;  Spine and back;  Head and nape |
| Chen Y 2018 | ①Palm-pressing abdomen;  ②Circular Palm-pushing CV8, finger-pushing from CV14 to CV8 and Kneading BL18 and BL19;  ③Pushing GV20 and GB20 with One-finger  (alternately using ①-③ for 40min) | qod | 4w | CV4;  CV6;  CV8;  CV12;  CV14;  BL18;  BL19;  GV20;  GB20 | Conception Vessel | Abdomen;  Spine and back;  Head and nape |
| Lu L 2008 | ①Pressing-Kneading or Pushing with One-finger CV12, ST25, CV4 and SP15 (2min/acupoint);  ②Pushing with One-finger or Rolling BL18, BL20, BL21, BL23, BL25, BL31-34, GV1(to-and-fro, for 5min);  ③Pressing-Kneading BL18, BL20, BL21, BL25, GV1 (2min/acupoint) | qd | 2w | BL18;  BL20;  BL21;  BL23;  BL25;  BL31-34;  CV4;  CV12;  ST25;  SP15;  GV1 | Bladder Meridian | Abdomen;  Back |
| Zhang GZ 2010 | ①Thumb-pressing CV15 and Pushing with One-finger or Finger-kneading CV6, CV11, CV12, ST25, SP15, CV8, CV4 and ST28 (1-3min/acupoint);  ②Circular Rubbing (clockwise, 3-5min);  ③Circular pushing the abdomen (for a few minutes);  ④Separate pushing from xiphoid to lower abdomen and iliac regions (repeated several times);  (Repeated ①-④ three times)  ⑤Digital-pressing CV22, CV21, CV17, LI11, LU5, TE6, TE5, LI4, ST36, ST37, ST39 and BL57;  ⑥Rolling and Kneading the flowing regions of Bladder Meridians on both sides of the spine from top to lumbosacral portion (3-5 times);  ⑦Fist percussing (40-60 times) and To-and-fro Rubbing (take thermal penetration as the degree) BL31-34 | qd | 4w | CV4;  CV6;  CV8;  CV11;  CV12;  CV15;  CV17;  CV21;  CV22;  BL18-20;  BL21;  BL23;  BL25;  BL31-34;  BL57;  ST25;  ST28;  ST36;  ST37;  ST39;  SP15;  LI4;  LI11;  LU5;  TE5;  TE6 | Conception Vessel;  Bladder Meridian;  Stomach Meridian | Abdomen;  Back |
| Pei XH 2007 | Passive Tuina:  ①Circular Rubbing the abdomen (for 5min);  ②Pushing ST36, CV12, GB34, LR2 with One-finger (reduction manipulation, 2min/acupoint);  ③Pushing with One-finger from BL17 to BL25 (stimulating focused on BL17, 20, 23, 25, for 5min);  ④To-and-fro Rubbing BL20, 21, 23, 31-34, GV4 and Governor Vessel (take thermal penetration as the degree);  ⑤Palm-twisting hypochondrium (3-5 times  Initiative Tuina:  Self-Circular Rubbing the abdomen | NR | 2m | BL17;  BL20;  BL21;  BL23;  BL25;  BL31-34;  ST36;  CV12;  GB34;  LR2;  GV4 | Bladder Meridian;  Governor Vessel | Abdomen;  Hypochondrium |
| Lian BL 2011 | ①Pushing CV12 with One-finger (for 5min);  ②Pushing Conception Vessel from CV12 to CV4 (focus on CV8, CV6, CV4) with One-finger;  ③Pushing with One-finger from left to right ST25 (for 5min);  ④Pushing with One-finger and To-and-fro Rubbing from CV12 to CV4  ⑤Pushing with One-finger and To-and-fro Rubbing between left and right ST25(take warming and comfort as the degree);  ⑥Circular Palm Rubbing (CV8 as center, for 5min);  ⑦Pushing with One-finger LR13, LR4, LI11, ST36, ST37, SP6 and LR3 (1min/acupoint);  ⑧Pushing BL18, BL20, BL21, BL25 and BL27 with One-finger from the each left acupoint to right (3 times);  ⑨To-and-fro Rubbing BL25 and lumbosacral portion  (The whole process is about 40 minutes.) | qod, tiw | 1m | CV4;  CV6;  CV8;  CV12;  BL18;  BL20;  BL21;  BL25;  BL27;  LR3;  LR4;  LR13;  ST25;  ST36;  ST37;  LI11;  SP6 | Conception Vessel;  Bladder Meridian | Abdomen;  Back;  Lumbosacral portion |
| Zhang GZ 2004 | ①Thumb-pressing CV15 and Finger-kneading CV6, CV11, CV12, ST25, ST28 and ST29 (1-2min/acupoint);  ②Circular Rubbing (5-10min);  ③Circular pushing the abdomen (for 10 min);  ④Separate pushing from xiphoid to lower abdomen and iliac regions (repeated several times), then Combine pushing from outsides to center of abdomen (15 times);  ⑤Pushing with One-finger, Rolling and Kneading the flowing regions of Bladder Meridians on both sides of the spine from top to lumbosacral portion (3-5 times);  ⑥Fist percussing (30-60 times) and To-and-fro Rubbing (take thermal penetration as the degree) BL31-34;  ⑦If severe abdominal pain and diarrhea: i. rotate clockwise and move counterclockwise in abdomen; ii. add Pressing-Kneading ST36, BL20, BL23, BL25 and SP6; iii. Fist percussing BL31-34 (60 times); iv. To-and-fro Rubbing GV4 and areas around umbilicus (30 times) | qd | 4w | CV6;  CV11;  CV12;  CV15;  BL18-21;  BL23;  BL25;  BL31-34;  ST25;  ST28;  ST29;  ST36;  SP6;  GV4 | Bladder Meridian;  Conception Vessel;  Stomach Meridian | Abdomen;  Back |
| Pei JW 2012 | ①Thumb-Pressing along Conception Vessel from CV15 to CV4 (1-3min/acupoint);  ②Pushing ST25 and SP15 with One-finger (1-3min/acupoint);  ③Circular Rubbing (CV8 as center, clockwise, 3-5min);  ④Circular pushing the abdomen (3-5 min);  ⑤Twisting and Rubbing like Plucking the String from CV15 to ilia;  ⑥Digital-pressing TE6, SP21, LR13, ST36, ST37, ST39 and BL57;  ⑦Rolling and Kneading the flowing regions of Bladder Meridians on both sides of the spine from top to lumbosacral portion;  ⑧Fist percussing the above acupoints;  ⑨To-and-fro Rubbing (take thermal penetration as the degree) BL31-34 | ≥tiw, one day of weekends without treatment | 4w | CV4;  CV6;  CV12;  CV15;  BL18-21;  BL23;  BL25;  BL31-34;  BL57;  ST25;  ST36;  ST37;  ST39;  SP5;  CV8;  TE6;  SP21;  LR13; | Conception Vessel;  Bladder Meridians;  Stomach Meridian | Abdomen;  Hypochondrium;  Back;  Lumbosacral portion |

Note: qd: once a day;qod: once every other day; tiw: three times a week.

BL: Bladder meridian of foot-taiyang; BL10: Tianzhu; BL17: Geshu; BL18: Ganshu; BL19: Danshu; BL20: Pishu; BL21: Weishu; BL23: Shenshu; BL25: Dachangshu; BL31-34: Baliao (including Shangliao, Ciliao, Zhongliao and Xialiao); BL57: Chengshan.

CV: Conception vessel; CV4: Guanyuan; CV6: Qihai; CV8: Shenque; CV11: Jianli; CV12: Zhongwan; CV14: Juque; CV15: Jiuwei; CV17: Tanzhong; CV21: Xuanji; CV22: Tiantu.

EX: Extraordinary acupoints; EX-B2: Jiaji; EX-HN1: Sishencong.

GB: Gallbladder meridian of foot-shaoyang; GB20: Fengchi; GB34: Yanglingquan.

GV: Governor vessel; GV1: Changqiang; GV16: Fengfu; GV20: Baihui; GV4: Mingmen.

LI: Large intestine meridian of hand-yangming; LI4: Hegu; LI11: Quchi.

LR: Liver meridian of foot -jueyin; LR2: Xingjian; LR3: Taichong; LR4: Zhongfeng; LR13: Zhangmen.

LU: Lung meridian of hand-taiyin; LU5: Chize.

SP: Spleen meridian of foot-taiyin; SP5: Shangqiu; SP6: Sanyinjiao; SP15: Daheng; SP21: Dabao.

ST: Stomach meridian of foot-yangming; ST25: Tianshu; ST28: Shuidao; ST29: Guilai; ST36: Zusanli; ST37: Shangjuxu; ST39: Xiajuxu.

TE: Triple energizer meridian of hand-shaoyang; TE5: Waiguan; TE6: Zhigou.