**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 timesInitiative 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 CV4⑤Pushing 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.