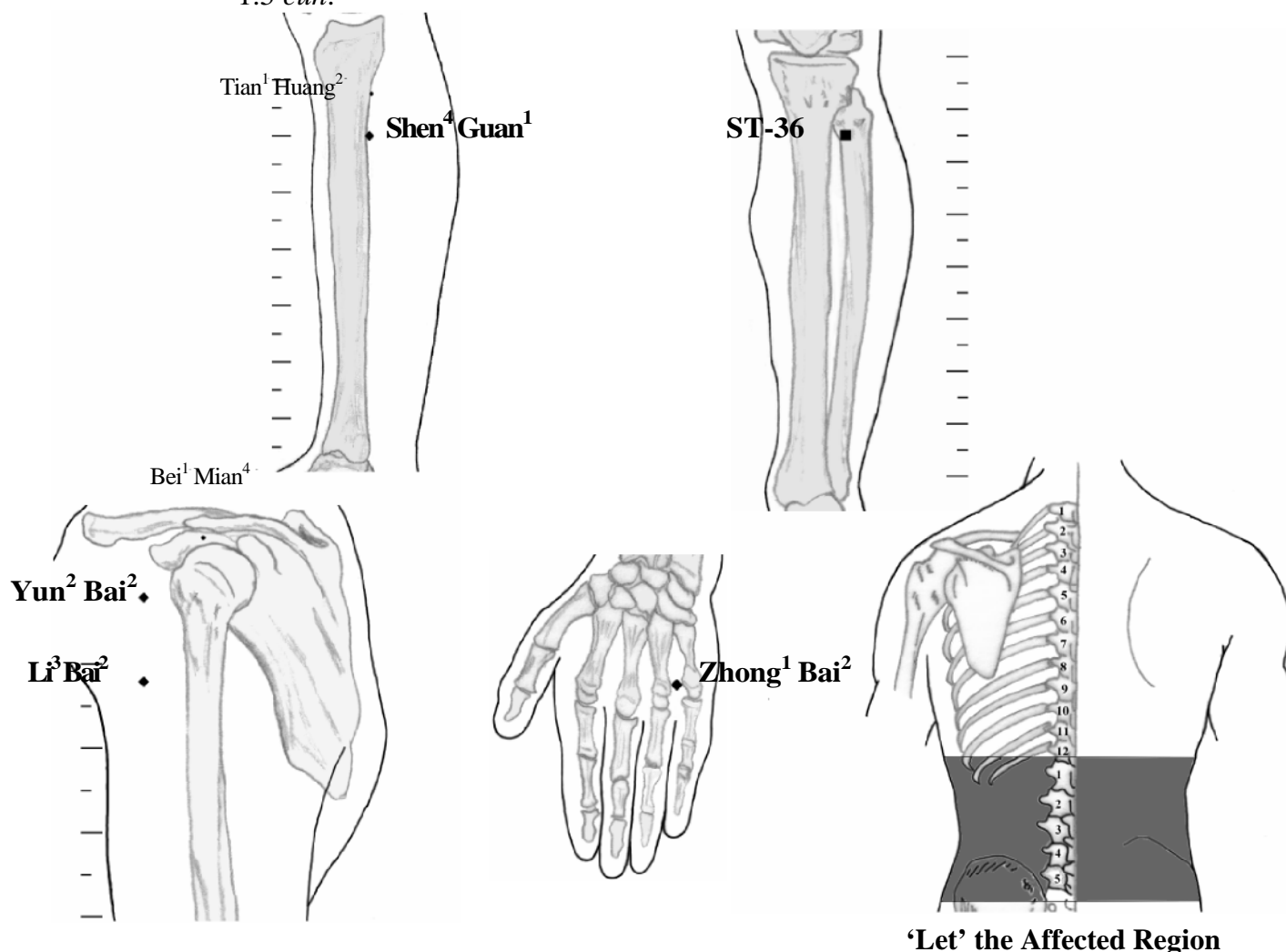


Pain: Lumbar/Lumbalgia (HPC)

1. Yun² Bai², Li³ Bai², Zhong¹ Bai², Shen⁴ Guan¹, ST-36^{WHO}, ‘Let’ the affected area. Treat every other day and within one week the low back pain should be clearly improved – continue treatment until the back pain is completely resolved (HPC):

- **Yun² Bai²**: This point is found 2 *cun* obliquely anterior and distal to Bei¹ Mian⁴; Needle 0.3 to 0.5 *cun*. {Six Bowels and Lung Auxiliary Branch Reaction Areas} (Bei¹ Mian⁴ is found in the large depression immediately lateral (distal) to the acromion process of the scapula when the arm is abducted to 90°.)
- **Li³ Bai²**: This point is located 2 *cun* distal and slightly dorsal to Yun² Bai²; Needle 0.3 to 0.5 *cun*. {Kidney Auxiliary and Lung Branch Reaction Areas}
- **Zhong¹ Bai²**: This point is located on the dorsum of the hand, between the 4th and 5th metacarpal bones, 0.5 *cun* proximal to the metacarpophalangeal articulations – have the patient make a fist to help facilitate locating this point; Needle 0.3 to 0.5 *cun*. {Kidney Branch Reaction Area}
- **Shen⁴ Guan¹**: This point lies 1.5 *cun* immediately distal to Tian¹ Huang². Needle 0.5 to 1.0 *cun*. (Tian¹ Huang² is located in the depression found immediately distal to the medial tibial condyle, and lies 2.5 *cun* distal to the articular surface of the medial tibial condyle.) {Six Bowels Reaction Area}
- **ST-36^{WHO}**: On the anterolateral side of the leg, 3 *cun* below ST-35^{WHO}, one finger breadth (middle finger) from the anterior crest of the tibia; Needle perpendicularly 1 – 1.5 *cun*.



‘Let’ the Affected Region