

Overactive Bladder (MC-1)

1. Hai³ Bao⁴, Mu⁴ Fu⁴, Ma³ Kuai⁴ Shui³, and Ma³ Jin¹ Shui³ (MC):

- **Hai³ Bao⁴**: This point is found on the medial side of the great toe in the center (i.e. plantar-to-dorsum center) of the interphalangeal joint of the hallux (great toe). Needle 0.1 to 0.3 *cun*. {Heart Branch Reaction Area}
- **Mu⁴ Fu⁴**: This point is located 0.3 *cun* lateral to the center of the median plane on the dorsum of the middle phalanx on the 2nd digit of the foot. Needle 0.2 to 0.4 *cun* close to the bone (use a very fine needle to minimize patient discomfort). {Heart Auxiliary Reaction Area}
- **Ma³ Jin¹ Shui³**: This point is found on the face in the depression located along the inferior border of the zygomatic bone at the medial-to-lateral level of the lateral canthus. Needle 0.1 to 0.3 *cun*. {Kidney and Lung Auxiliary Reaction Areas}
- **Ma³ Kuai⁴ Shui³**: This point is 0.4 *cun* immediately inferior to Ma³ Jin¹ Shui³ approximately at the most caudal level of the nose. Needle 0.1 to 0.3 *cun*. {Kidney and Bladder Reaction Areas}



Hai³ Bao⁴



Mu⁴ Fu⁴

