

Group	Name/Channel	Indications
Proximal	BL23	Chronic back pain with underlying KI xu
	BL25	Pain above Sacro-Iliac area, Cold damp bi
	BL26	LBP, Cold damp bi
	BL32	Pain over sacrum radiating laterally
	BL36 & 37	Pain down the back of thigh on BL channel
	BL52	Chronic back pain with underlying KI yin xu
	BL54	Pain in buttocks
	GB30	Gluteal and outer thigh pain
	DU 3	LBP esp lumbo-sacral, radicular pain to legs
	DU 4	Back stiffness, LBP, strengthens the back, esp if KI yang xu
	DU 8	Relaxes muscles and relieves stiffness
	Shiqizhuixia	(below 17 th vertebra) level with BL26 @L5 below DU3. LBP
	Yaoyan	LBP, esp if KI yang xu
	Huanzhong	LBP, hip pain & sciatica
	SI release	LBP

Group	Name/Channel	Indications
Distal	BL40, 57, 60, 61 (set)	LBP
	BL36 & 37	Gluteal pain (BL36) and down the back of thigh on BL channel
	BL58	Pain along the lateral thigh btwn GB & BL channels
	BL59	LBP esp where walking is difficult
	BL64	LBP and thigh pain
	GB31 (dao ma)	LBP, relaxes sinews
	GB34, LV3 (dui xue)	LBP, sciatica, pain in the lower leg, relaxes sinews
	GB41	Pain along GB channel
	Yaotongxue	Unilateral thoracic back pain. <u>Acute</u> lumbar sprain
	SP3	Chronic back ache and scoliosis
	SI3, BL60 (dui xue)	<u>Acute</u> lumbar sprain
	SI3, BL62 (dui xue)	Activates the DU channel
	Tung	LU HT & Two Corners Bright
Ling Gu		(22.05) LBP, Sciatica + GB41 for GB, + BL65 for BL, + ST42 for ST
Wrist Flow 1 & 2		(22.08 & 22.09) Sciatic pain d/t KI xu, LBP adj to spine (erector spinae)
Hand 5 & 1000 Gold		(33.08 & 33.09) BL & GB Sciatic pain
Back Vertebra & Head Wisdom		(44.02 & 44.03) Bulging discs, pain along spine, esp mid Thoracic and Lumbar
Prefecture Water		(1010.25) Threading from DU18 > DU17. Sciatica, spinal stenosis, disc issues, piriformis syndrome, radiculopathies
Bone Spur 1, 2 & 3		Gu Ci (Yi, Er, San) Bone spurs
San Cha 3		<u>Acute</u> lumbar sprain