Figure 1. Illustration of bladder (BL) acupuncture points used in phase 1 treatment. The prescription was formulated because of their anatomical placement, in the bladder (BL) and spleen, doubling as local points along the affected channel to tonify the kidney Qi and yin.

- **Shenmen** (BL 10 Tianshu): relaxes sinews, activates meridian.
- **BL 57 Chengshan**: lumbar pain.
- **BL 40 Weizhong**: relaxes sinews, activates meridian.
- **BL 60 Kunlun**: removes stagnation.
- **BL 10 Tianzhu**: shoulder and back pain.
- **BL 15 Xinshu**: back pain.
- **BL 17 Geshu**: back pain.
- **BL 20 Pishu**: back pain.
- **BL 23 Shenshu**: back pain.
- **BL 24 Qihaishu**: back pain.
- **BL 25 Daqangshu**: back pain.
- **BL 53 Baohuang**: back pain.