

Table S1 Locations of acupoints

Acupoints	Affected joints	Locations
LI4 (He gu)	wrist	On the dorsum of the hand, radical to the midpoint of the second metacarpal bone
TE5 (Wai guan)	wrist	On the posterior aspect of the forearm, midpoint of the interosseous space between the radius and the ulna, 2 B-cun proximal to the dorsal wrist crease (2 B-cun proximal to TE4, in the depression between the radius and the ulna, the anterior point correspondent to TE5 is PC6)
LI10 (Shou san li)	elbow	On the posterolateral aspect of the forearm, on the line connecting LI5 with LI11, 2 B-cun inferior to the cubital crease.
LI11 (Qu chi)	elbow	On the lateral aspect of the elbow, at the midpoint of the line connecting LU5 with the lateral epicondyle of the humerus (when elbow is fully flexed, LI11 is located in the depression on the lateral end of the cubital crease)
LI15 (Jian yu)	shoulder	On the shoulder girdle, in the depression between the anterior end of lateral border of the acromion and the greater tubercle of the humerus (when the arm is abducted, two depressions appear, anterior and posterior to the acromion, LI15 is located in the deeper depression anterior to the acromion. TE 14 is located in the posterior depression.
GB34 (Yang ling quan)	knee	On the fibular aspect of the leg, in the depression anterior and distal to the head of the fibula
ST36 (Zu san li)	knee	On the anterior aspect of the leg, on the line connecting ST35 with ST41, 3 B-cun inferior to ST 35 (ST36 is located on the tibialis anterior muscle)
ST40 (Feng long)	knee	On the anterolateral aspect of the leg, lateral border of the tibialis anterior muscle, 8 B-cun superior to the prominence of the lateral malleolus (ST40 is one fingerbreadth (middle finger) lateral to ST38.
SP6 (San yin jiao)	ankle	On the tibial aspect of the leg, posterior to the medial border of the tibia, 3 B-cun superior to the prominence of the medial malleolus (1B-cun superior to KI8)
LR3 (Tai chong)	toe joint	On the dorsum of the foot, between the first and the second metatarsal bones, in the depression distal to the junction of the bases of the two bones, over the dorsalis pedis artery (LR3 can be felt in the depression when moving proximally from LR2 in the gap between the first and the second metatarsal bones towards the base of two metatarsal bones)

*Notes:* The proportional (B-cun) method to locate acupoints is to divide the height of the human body into 75 equal units and then estimate the length and width of a certain part of the body according to such units. One unit is equal to one cun.