



ANNEX: Minimum practice standards defined by the Primary and Community Care (PCC) Division, Traditional and Complementary Medicine Branch (TCM Br) of MOH.

The following content is developed by the TCM Br of MOH, in consultation with TCMP Board, Academy of Chinese Medicine, Singapore and Singapore TCM Organisations Coordinating Committee.

Reasons for any deviation to the essential / basic acupoints used are to be clearly documented in the patients' case notes.

Treatment frequency and number of sessions

Recommend acupuncture treatment up to 12 sessions over a period of 3 months (1 to 2 session(s) per week, ~30 minutes/session) for the treatment of acute or chronic low back pain [including pain radiating to the leg(s)] and neck pain [including pain radiating to the shoulder(s)], with assessments (based on pain score and functional scores) done at mid-point and final session.

Essential / basic acupoints recommended for acute low back pain (≤3 months), including pain radiating to the leg(s)

1. 阿是
2. 腰痛点 EX-UE7
3. 委中 BL40

Other acceptable points e.g. based on specific meridian(s) and/ or TCM syndrome differentiation

Based on meridian

1. 督脉腰痛: 人中 GV26
2. 膀胱经腰痛: 承山 BL57、昆仑 BL60、申脉 BL62、金门 BL63
3. 阳明经腰痛: 手三里 LI10

Based on syndrome differentiation

1. Cold-damp syndrome 寒湿: 腰阳关 GV3
2. Blood stasis syndrome 瘀血: 膈俞 BL17
3. Kidney deficiency syndrome 肾阳虚: 关元 CV4、气海 CV6 肾阴虚: 悬钟 GB39、照海 KI6

Other acceptable points

1. 环跳 GB30
2. 太溪 KI3

3. 太冲 LR3
4. 大包 SP21

Essential / basic acupoints recommended for chronic low back pain (>3 months), including pain radiating to the leg(s)

1. 阿是
2. 大肠俞 BL25
3. 委中 BL40
4. 腰眼 EX-B7

Other acceptable points e.g. based on specific meridian(s) or TCM syndrome differentiation

Based on meridian

1. 督脉腰痛：腰夹脊、后溪 SI3、腰阳关 GV3
2. 膀胱经腰痛：膀胱俞 BL28、承扶 BL36、殷门 BL37、志室 BL52、秩边 BL 54、承山 BL57、昆仑 BL60、申脉 BL62、束骨 BL65
3. 腰骶部腰痛：次髎 BL32, 腰俞 GV2
4. 足少阴肾经：太溪 KI3 加 三阴交 SP6
5. 足阳明胃经：髀关 ST31、伏兔 ST32、足三里 ST36、解溪 ST41
6. 足少阳胆经：环跳 GB30、风市 GB31、阳陵泉 GB34、悬钟 GB39、丘墟 GB40

Based on syndrome differentiation

1. Cold-damp syndrome 寒湿型 - 腰阳关 GV3
2. Blood stasis syndrome 血瘀型 - 膈俞 BL17
3. Kidney deficiency syndrome 肾虚型 - 肾俞 BL23

Essential / basic acupoints recommended for neck pain, including pain radiating to the shoulder(s)

1. 阿是
2. 天柱 BL10
3. 风池 GB20
4. 肩井 GB21 (Not recommended during pregnancy)
5. 合谷 LI4
6. 外关 SJ5
7. 后溪 SI3

Other acceptable points e.g. based on specific meridian(s) or TCM syndrome differentiation

1. 颈三针：天柱 BL10、百劳 EX-HN15、大杼 BL11
2. 项八针：大椎 GV4、亚门 GV15、第二，四，六颈椎，后正中线旁开 2 寸

