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| Points | Method of needling | Electric stimulator |
| Bilateral Zhong Liao (BL33)  (located on  the lumbosacral region) | are given acupuncture of 50-60mm with 30-45° angle to inward and downward by 75mm filiform needle. Twirl, lift and thrust for 3 times, until local sour and heavy feeling coming. | The electric stimulator is applied to bilateral BL33 and BL35 with continuous wave, 50 Hz and electric current 1-5 mA (milliampere). |
| Bilateral Hui Yang (BL35)  (located on  the lumbosacral region) |