

**Appendix Table 1.** Locations for the pressure pain assessment sites in the present study.

| Points           | Location   |
|------------------|--|
| Jianliao (SJ 14) | In the depression posterior and inferior to the acromion when arm is abducted.   |
| Jianyu (LI 15)   | In the depression between the acromial extremity of the clavicle and the great tuberosity of humerus; or when the arm is in full abduction, the acupoint is in the depression at the anterior border of the acromioclavicular joint, and superior to the shoulder joint. |
| Jianzhen (SI 9)  | 1 cun directly above the posterior end of the axillary fold when the arm is abducted.  |
| Tianzong (SI 11) | In the depression in the center of the subscapular fossa, at the point 1/3 of the line between the lower border of the mesoscapula and lower angle of capula.  |
| Non-acupoint     | 2 cm down to Tianzong (SI 11).   |

**Appendix Table 2.** Correlation of peripheral sensitization index (PSI) among acupoints.

|                  | PSI             |                  |                |                 |
|------------------|-----------------|------------------|----------------|-----------------|
|                  | Tianzong (SI11) | Jianliao (SJ 14) | Jianyu (LI 15) | Jianzhen (SI 9) |
| Tianzong (SI11)  | 1.00            | 0.26             | 0.32           | 0.35            |
| Jianliao (SJ 14) | 0.26            | 1.00             | 0.73*          | 0.62*           |
| Jianyu (LI 15)   | 0.32            | 0.73*            | 1.00           | 0.44*           |
| Jianzhen (SI 9)  | 0.35            | 0.62*            | 0.44*          | 1.00            |

Values are Pearson's correlation. \*Significant association between variables ( $p < 0.01$ ).

**Appendix Table 3.** Correlation between peripheral sensitization index (PSI) and relevant baseline characteristics.

|                       | <b>PSI</b>       |                  |                |                 |
|-----------------------|------------------|------------------|----------------|-----------------|
|                       | Tianzong (SI 11) | Jianliao (SJ 14) | Jianyu (LI 15) | Jianzhen (SI 9) |
| Age (years)           | -0.28            | -0.13            | -0.21          | -0.22           |
| Pain duration (weeks) | 0.21             | 0.20             | -0.10          | -0.20           |
| VAS                   | 0.24             | 0.16             | 0.27           | -0.12           |

Values are Pearson's correlation.

**Appendix Table 4.** Correlation of central sensitization index (CSI) among acupoints.

|                             | <b>CSI</b>      |                  |                |                 |
|-----------------------------|-----------------|------------------|----------------|-----------------|
|                             | Tianzong (SI11) | Jianliao (SJ 14) | Jianyu (LI 15) | Jianzhen (SI 9) |
| Tianzong (SI11)             | 1.00            | 0.09             | 0.11           | 0.17            |
| <b>CSI</b> Jianliao (SJ 14) | 0.09            | 1.00             | 0.59*          | 0.25            |
| Jianyu (LI 15)              | 0.11            | 0.59*            | 1.00           | 0.51*           |
| Jianzhen (SI 9)             | 0.17            | 0.25             | 0.51*          | 1.00            |

Values are Pearson's correlation. \*Significant association between variables ( $p < 0.01$ ).

**Appendix Table 5.** Correlation between central sensitization index (CSI) and relevant baseline characteristics.

|                       | <b>CSI</b>       |                  |                |                 |
|-----------------------|------------------|------------------|----------------|-----------------|
|                       | Tianzong (SI 11) | Jianliao (SJ 14) | Jianyu (LI 15) | Jianzhen (SI 9) |
| Age (years)           | -0.10            | -0.12            | -0.32          | -0.24           |
| Pain duration (weeks) | 0.13             | 0.29             | -0.16          | -0.05           |
| VAS                   | 0.33             | 0.21             | 0.04           | 0.01            |

Values are Pearson's correlation.

**Appendix Table 6.** Correlation between peripheral sensitization index (PSI) and central sensitization index (CSI).

|                               | <b>CSI</b>      |                  |                |                 |
|-------------------------------|-----------------|------------------|----------------|-----------------|
|                               | Tianzong (SI11) | Jianliao (SJ 14) | Jianyu (LI 15) | Jianzhen (SI 9) |
| <b>PSI</b><br>Tianzong (SI11) | 0.48*           | 0.15             | 0.40*          | 0.52*           |
| Jianliao (SJ 14)              | 0.17            | 0.39*            | 0.58*          | 0.62*           |
| Jianyu (LI 15)                | 0.32            | 0.36             | 0.53*          | 0.58*           |
| Jianzhen (SI 9)               | 0.17            | 0.25             | 0.65*          | 0.58*           |

Values are Pearson's correlation. \*Significant association between variables ( $p < 0.05$ ).