

Supplement 4. Details of Chuna manual therapy used in the included studies

Study ID	Methods of chuna manual therapy	Number of treatment session	Frequency	Treatment duration	Other interventions
Cui 2020	心经, 总筋穴, 内劳宫进行掐捏 each 15-30 times, 补脾经, 胃经, 运内八卦 each 100 times, 捏脊 (长强穴至大椎穴), 脾俞、大肠俞、胃俞、肾俞进行提拉, 抖动 9 times, 足三里, 双侧梁丘, 阳陵泉穴各按摩 1min, 拿肩井穴 1 time	14	Once a day	14 days	Compound pepsin granules (14 days)
Deng 2018	-Spleen failing in transportation: 清补脾 10min, 清胃 10min, 推四横纹 5min, 顺运内八卦 5min -Deficiency of spleen and stomach Qi: 补脾 10min, 清胃 5min, 平肝 5min, 捏脊 5 times	6	once every other day	14 days	None
Guo 2020	按揉板门穴 100 times, 推拿三关穴, 大肠穴 150-300 times, 点压华佗夹脊穴, 捏脊 6 times -Spleen-stomach disharmony: 按揉足三里 150-200 times, 摩腹 3min -Deficiency of spleen and stomach Qi: 按揉补脾经穴 200-300 times, 按揉足三里 150-300 times -Spleen and stomach yin deficiency: 按揉中脘穴 3min, 分推阴阳 50 times -Spleen deficiency and liver effulgence: 推拿天河水, 按揉小天心穴 150-200 times	6	3 times a week	14 days	None
Huang 2014	清胃 10min, 清补脾 10min -Spleen-stomach disharmony: 推四横纹 10min -Spleen deficiency and liver effulgence: 推平肝 10min	6	once every other day	14 days	None
Li 2019	补脾经 5min, 补大肠经 200 times, 泻肝经 50 times, 清胃经 2min, 揉摩全腹 100 times, 按膀胱经 3 times, 捏脊 5 times, 命门推至肾俞穴 10-20 times	60	once a day	60 days	Zinc-selenium tablets (60 days)
Li 2020	腹部摩擦揉按 150 times, 捏脊 (长强穴-大椎穴, 脾俞, 胃俞)	14	once a day	14 days	Multi-enzyme tablets (14 days)
Li 2022	-Spleen-stomach disharmony: 清脾土 500 times, 运内八卦 200 times, 清补肠 500 times, 推四横纹 10 times, 摩腹 200 times, 按足三里 200 times, 捏脊 5 times -Spleen-stomach qi deficiency: 补脾土 500 times, 运内八卦 200 times, 清补肠 500 times, 推四横纹 10 times, 摩腹 200 times, 按足三里 200 times, 捏脊 5 times	10	once a day	10 days	Zinc gluconate oral liquid (10d)
Liu 2018	揉板门 100 times, 推大肠穴与三关穴 200 times, 捏脊 6 times, 华佗夹脊穴点压 -Spleen-stomach disharmony: 揉足三里 150 times, 腹部按摩 3-5min -Spleen-stomach qi deficiency: 补脾经 250 times, 揉足三里 200 times -Spleen-stomach yin deficiency: 揉中脘 2-4min -Spleen deficiency and liver effulgence: 推天河水, 揉小天心	NR	NR	28 days	Zinc gluconate oral liquid, multi-enzyme tablets (28 days)
Liu 2020	补脾, 点揉板面, 揉推腹部, 按压中脘穴, 气海穴以及关元穴, 点揉足三里穴, 胃俞穴, 脾俞穴, 捏脊 3 times (for 20min)	NR	twice a day	NR	Conventional medication

					treatment (NR)
Luo 2019	-Spleen-stomach disharmony: 清脾土 500 times, 运内八卦 200 times,清补肠500 times, 推四横纹 10 times, 摩腹 200 times, 捏脊 5 times, 按揉足三里 200 times -Spleen-stomach qi deficiency: 补脾土500 times, 运内八卦 200 times,清补肠500 times, 推四横纹 10 times, 摩腹 200 times, 捏脊 5 times, 按揉足三里 200 times	NR	NR	10 days	None
Ma 2017	I1: 地坤, 天乾, 膈关, 离鸟, 膈关, 蛇坎, 兑虎, 风巽, 龙震, 云艮 揉按 20 min/day, 采用点叩, 开阖, 运转, 升降, 分理手法按摩 I2: 长强穴到大椎穴捏 3 times, 提捏 3 times, 揉足三里 150-200 times, 摩腹3min	28	once a day	28 days	I1, C: Lysine zinc gluconate granules (28 days)
Miao 2019	腹部绕脐顺时针按摩	6	once every other day	12 days	Conventional western medicine treatment (12 days)
Mou 2020	大肠经补脾经, 运八卦, 掐揉足三里, 中脘, 四横纹, 脊背等穴位, 点按肾俞, 脾俞, 足三里, 胃俞, 内关等穴位 -Spleen-stomach deficiency: 加推三关和上七节骨 (for 3min)	10	once a day	10 days	None
Sun 2018	捏脊 5-10 times, 摩腹 150 times	7	once a day	7 days	None
Sun 2019	-Spleen and stomach fever: : 按摩青天河穴 hundreds of times, 补肾水穴 700 times, 四亨文穴 100 times, 青板门穴 500 times, 总筋 200 times, 青飞金穴 500 times, 逆运八卦穴 200 times, 小天心穴 300 times, 二人上马部位 300 times, 推退下六腑 500 times -Food injury: 按摩青天河水穴按摩 100 times, 四龙文穴 100 times, 青板门穴按 500 times, 青飞金穴 500 times, 八卦内难 200 times, 小天心 300 times, 合谷 100 times	NR	NR	NR	None
Wang 2018	-Spleen deficiency fever: 清天河水 100 times, 四横纹 100 times, 清板门 500 times, 补肾水 700 times, 揉总筋部位 200 times, 清肺金 500 times, 揉小天心部位 300 times, 内八卦逆运 200 times, 揉二人上马部位 300 times, 推退下六腑 500 times -Food injury: 清天河水 100 times, 四横纹 100 times, 清板门 500 times, 清肺金 500 times, 揉小天心部位 300 times, 内八卦逆运 200 times, 揉二人上马部位 300 times, 揉小横纹 500 times, 揉合谷 100 times	21-28	once a day	21-28 days	None
Wang 2019	补脾经, 补胃经 each 3-5min, 揉板门, 运内八卦, 揉四横纹 each 3min, 捏脊, 摩腹 3-5min	14	once a day	14 days	Saccharomyces boulardii powder + zinc sulfate syrup, iron-containing preparations, vitamin B, vitamin A, and other drugs (14 days)

Xu 2022	补脾经, 大肠经及运八卦, 掐揉四横纹, 摩腹, 中脘及足三里进行揉捏, 按压足三里, 肾俞, 脾俞及胃俞 -食滞伤脾: 清胃经, 轻柔板门 -胃阴不足: 加按二马, 三阴交以及涌泉等穴 -脾胃虚弱: 补大肠, 肾经, 按摩三关, 上七节骨等部位	90	3 times a day	1 month	Bifidobacterium quadruple viable bacteria (1 month)
Yan 2021	补脾经 300 times, 补肾经 300 times, 补大肠 300 times, 运内八卦 300 times, 揉乙窝风 100 times, 揉二马 100 times, 揉中脘 100 times, 摩腹 5min	NR	NR	NR	None
Yang 2020	-Spleen deficiency fever: 清天河水 100 times, 四横纹 100 times, 清板门 500 times, 补肾水 700 times, 揉总筋部位 200 times, 清肺金 500 times, 揉小天心部位 300 times, 内八卦逆运 200 times, 揉二人上马部位 300 times, 推退下六腑 500 times -Food injury: 清天河水, 四横纹, 清板门, 清肺金, 揉小天心部位, 内八卦逆运, 揉二人上马部位, 揉小横纹, 揉合谷	NR	NR	NR	None
Zhang 2013	捏脊 5-6 times	14	once a day	14 days	None
Zhang 2017	-Spleen deficiency fever: 清天河水 200 times, 四横纹 100 times, 清板门 500 times, 补肾水 700 times, 揉总筋部位 200 times, 清肺金 500 times, 揉小天心部位 300 times, 内八卦逆运 200 times, 揉二人上马部位 300 times, 推退下六腑 500 times -Food injury: 清天河水 200 times, 四横纹 100 times, 清板门 500 times, 清肺金 500 times, 内八卦逆运 300 times, 揉二人上马部位 300 times, 揉小横纹 500 times, 揉合谷 100 times	NR	NR	21 days	Dietary guidance
Zhang 2019	捏脊 6 times -Spleen deficiency fever: 清天河水 100 times, 四横纹 100 times, 清板门 500 times, 补肾水 700 times, 清肺金 500 times, 揉小天心 300 times, 内八卦逆运 200 times, 揉二人上马 300 times, 推六腑 500 times -Food injury: 清天河水 100 times, 四横纹 100 times, 清板门 500 times, 清肺金 500 times, 揉小天心 300 times, 内八卦逆运 200 times, 揉二人上马部 300 times, 揉小横纹 500 times, 揉合谷 100 times"	10	once a day	10 days	None
Zhang 2021	补大肠经, 补脾经, 陷揉中脘, 足三里, 点按气海, 天枢	NR	NR	NR	None
Zhuo 2017	按揉大鱼际最高点 3min, 从小拇指向大拇指方向做运法 3min, 揉掐四横纹, 揉按小儿肚脐、肚脐正中直上4寸 3min, 按揉足三里 2min, 按揉背部11和12胸椎棘突间旁开1.5寸 2min, 捏脊 (for 30min)	28	once a day	28 days	Zinc gluconate oral liquid + Bifidobacterium quadruple viable bacteria tablets (28 days)

I: Intervention, C: Control, NR: Not reported