**MERIDIAN MASSAGE--OUTLINE**

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<td>Muscle groups</td>
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| Module 8 | Conclusion |

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Tel: 204-995-4245
Assignment

- For each meridian draw and color:
  - Sinew channel
  - Muscles associated with the meridian
  - Acupressure points given
Western Medicine concerns itself with examination of the body on the cellular level. ATP, physiology of each cell, cells that collect to form organs, muscles, bones, drums in our ears etc. Apart from the study of Embryology, it largely doesn’t ask HOW?

Chinese medicine concentrates on the HOW? Or the innate ability of cells to work together and function cooperatively.

Qi is the energy produced by each cell, the binding force between cells and the results that they produce. Qi is the organizational energy of the body or the energetic blueprint from which the matter crystalizes.

Qi is LIFE FORCE

There is no equivalent concept in Western Medicine. The study of the universe by physicists has revealed that the universe and all of its contents are made up of either matter or energy. Therefore, Qi is the energy to the body’s matter.

**Bio photons**

It is an accepted scientific fact that humans emit light. This light is called bio photons. Some believe that bio photons are an expression of Qi. Research is limited in this area. As of yet, it is not conclusive but is important to recognize the parallels.

Bio photon emission is strongest at fingernails and toenails, same as the channels of Qi whose energy is strongest in the fingers and toes of the body

This light is altered in disease states. When people get sick or old, the rate of bio photons has been found to increase. This increase also occurs on the same side of the body in a Stroke. – Acupuncture has been shown to balance this out in stroke patients. It appears that the more bio photons that are released the less “health”, or Qi the organism appears to have.

Some studies show Bio photons are “coherent”—Coherence is a quantum term to explain the energy communicates and syncs to itself.
“Qi cannot travel without a path, just as water flows or the sun and moon orbit without rest. So, do the yin vessels nourish the zang (organs) and the yang vessels nourish the Fu (channels).

Spiritual Pivot Chapter 17

2. Essence (our heritage) was created in the womb, Qi is created by us.
3. Qi travels throughout the body ascending - descending, and exiting - entering.
4. Air and food and help to create Qi and affect the quality of our Qi.
5. Qi is made up of nutritive qi (Ying Qi) and defensive qi (Wei Qi).
6. Nutritive qi nourishes the body, blood and organs with Qi. Nutritive qi resides in the two deepest layers.
7. Defensive qi is also known as the meridians and/or channels. This superficial circulating qi network provides immunity to external attacks or pathology.

All Qi originates from the essence (our heritage) and kidney qi. Qi is the healing force of the body. Many elements effect Qi; lifestyle, activity, emotions, accidents, injuries and other elements. According to Chinese medicine blood flow follows Qi. If Qi is congested there will be pain.
Meridians (Channels)

To acupuncturists, meridians are what anatomy is to Western medical science.

One theory is that channels were discovered through the propagation of sensation during the course of massage and the exploration of the internal landscape of the body through meditation and qigong.

Channels provide **four** main functions:

1. **Transport Qi and blood throughout the body.**
2. **Protect the body.**
   
   Part of the function of the channel network is to contain and repel pathogenic factors (wind, cold, damp, heat, fire and dryness) and prevent deeper penetration. Thus, a person who is exposed to a draught may wake up with a stiff and painful neck. The wind and cold has only injured the superficial portions of the channel network i.e. the sinew channels.
3. **Respond to dysfunction.**
   
   The channels respond in four different ways:
   
   i. A diseased channel will give rise to local symptoms i.e. previous injury or prolonged use of any part of the body may cause stagnation or deficiency of the channel resulting in aching and pain.
   
   ii. Disease of the related organ will cause the related or paired channels to present symptoms i.e. liver channel energy can be fired up and create headaches and neck pain.
   
   iii. Disease can pass from one organ to another via the channels. i.e. one channel can cause an imbalance in another channel
   
   iv. Visibly show disease. i.e. colour or lack of colour
4. ** Transmit Qi from acupuncture points to balance the channel**
   
   By the use of heat, massage, acupuncture, cupping, laser, Qi and blood can be regulated over the course of the channel.
**Fascia and Meridians**

Fascia defines and encapsulates all the structures of the body. It has no real form of its own, but it is everywhere.

Organs and all major structures of the body are encapsulated by fascia.

Fascia connects and surrounds everything but maintains a space and therefore creates a pathway between its layers.

It is difficult for biological things to pass across fascia but instead take the path of least resistance and will travel along it. This includes lymphatic fluid, hormones, blood, air, and energy or electricity. The path of least resistance will always be taken.

Fascia is piezoelectric. When the fascia moves, it forms electricity, and in addition, if you add electricity to the fascia, it moves.

Fascia has layers. The meridians lie in the spaces between the layers of fascia. Qi (energy) flows along these spaces.
Depth of Meridians

Channels provide various levels of protection and communication throughout the body. Although they are described in a linear fashion, channels are much like the vessels and nerves in the body and travel in a network-like fashion. Each person is unique but generally the channels are found in the same area. By virtue of their origin in the depths of the body and their emergence at the surface, the channels also link the interior with the exterior. Since they run bilaterally, or encircle the body, the primary, divergent, connecting and sinew channels as well as six extraordinary vessels link the two sides of the body. Deadman 12

Most Superficial

Cutaneous Regions (skin)

Minute Collaterals (lymphatics)

Sinew Channels

Luo-Connecting Channels

Primary Channels (Acupuncture/Acupressure Points)

Divergent Channels

Extraordinary Channels

Deep Pathways of Primary Channels and Divergent Channels

Deepest
Cutaneous Regions (Skin)

1. Provide a superficial layer of protection from pathogenic factors.
2. An insulator for keeping energy (qi) in your body.
3. Can reflect problems in the primary channels. For example, by abnormal (hyper/hypo) skin sensations, skin lesions or discoloration.
   - Blue-green – pain
   - Red – Heat
   - White – Deficiency or cold

Minute Collaterals

1. Similar to a spider web being stretched across the body, creating a detailed energy (qi) network.
2. Between the skin and the superficial fascial layers.

Sinew Channels

1. Superficial to the primary channels, the sinew channels circulate on the periphery of the body and does not penetrate any organ.
2. Generally, follow their associated external primary channel, but are much wider and broader.
3. Generally, follow the lines of the muscles and muscle groups, sinews and fascia.
4. If the sinew channel presents chronic problems, it may also reflect problems in the primary channel.
5. Easily treated with cupping, massage, gua sha, superficial needling, as they are superficial.
6. They are often painful when in dysfunction.
Primary Channels

1. There are 12 channels that run on each side of the body.

2. Each channel corresponds to and connects to one of the organs.

3. All the YANG channels correspond to the “Hollow” Organs; Small Intestines, Stomach, Gall Bladder, Large Intestines, Bladder, Sanjiao (triple burner)

4. All the YIN channels correspond to the “Solid” Organs; Heart, Liver, Lungs, Spleen, Kidneys, and Pericardium.

5. All Yin channels are located on the medial surface of the limbs and the anterior side of the body.

6. All Yang channels are located on the lateral surface of the limbs and the posterior side of the body, except the Stomach channel which is on the anterior lateral surface of the body.

7. There are 3 Yin channels of the anterior hand (Lung, Pericardium and Heart) and 3 Yin channels of the medial foot (Spleen, Liver and Kidney).

8. There are 3 Yang channels of the posterior hand (Large Intestine, Sanjiao and Small Intestine) and 3 Yang channels of the lateral foot (Stomach, Gall Bladder and Bladder).

9. All channels have an external component (acupuncture channels) and an internal component. These are known as deep pathways of the primary channels (Qi circulating through the organs).

10. The 12 channels are paired according to their organ, anatomical location and Yin /Yang relationship.

11. Qi travels through the channels in a figure 8 pattern.
Assessment

The Five Elements

In contrast with modern medicine which examines the human body exclusively in terms of anatomy and physiology, ancient Chinese medicine links the human body to the cycles of nature. It is these principles that are followed to this day when assessing and treating a patient’s health. The cycles are tied to the seasons of the year, the cycles of creation, the five natural elements and the five pairs of internal organs of the body.

General Assessment

Chinese assessment includes:

1. Looking
2. Hearing and Smelling
3. Asking
4. Feeling

Looking

It is important to look at the complete body. Aspects to consider are: Spirit, Body, Demeanor, Head and Face, Eyes and Tongue.

Spirit

The person’s state of mind, mental emotional and spiritual being.

Demeanor

How the person moves in general and the movement of the eyes, face, mouth, limbs and fingers.
Head and Face

Looking at the condition of the hair and the colour of the face can all be related to the state of health of the organs.

Eyes

The eyes reflect the state of mind and essence. Different areas of the eyes reflect the health of the organs.

Tongue

The tongue will always reflect the basic and underlying pattern

Assessment of Conditions along the Channels

Conditions may manifest as pain or manifestations such as colour, texture, pores, body hair, any abnormalities and skin diseases along the channel. It is important to locate the exact location so as to assess which channel may be involved. For example, knee pain, could be medial (Spleen); posterior medial (Liver); lateral (Gallbladder) or posterior (Bladder).

Palpation can reveal the temperature and moisture and the state of the Superficial Connecting channel. The channel may be palpable cold or hot indicating Cold or Heat in the channel. Dryness indicates lack of Body Fluids related to the Lungs and Spleen. Excess sweating indicates weakness between the skin and muscles showing a Deficiency of Lung Qi. A flaccid feel indicates weakness in the channel palpated. Hardness indicates stagnation.
Eye Diagnosis

The Liver opens into the eyes.
### TONGUE DIAGNOSIS

<table>
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<tr>
<th>Normal Tongue</th>
<th>Refers To:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Spirit / Vitality</strong></td>
<td>liveliness / vital colour</td>
</tr>
<tr>
<td><strong>Body Colour</strong></td>
<td>pale red, fresh looking</td>
</tr>
<tr>
<td><strong>Body Shape</strong></td>
<td>supple; not too flabby or stiff; not cracked; doesn’t tremble or quiver when extended; not swollen or thin; no ulcers</td>
</tr>
<tr>
<td><strong>Coating</strong></td>
<td>thin white; also, normal to be thicker at the root</td>
</tr>
<tr>
<td><strong>Moisture</strong></td>
<td>slightly moist</td>
</tr>
</tbody>
</table>

![Root of Tongue Diagram]

- **Root of Tongue**
  - Heart
  - Gall Bladder
  - Stomach
  - Spleen
  - Liver
  - Kidney

Meridian Course  
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## Horary Clock

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00</td>
<td>Liver</td>
</tr>
<tr>
<td>1:00</td>
<td>Entering light sleep. Sensitive to pain.</td>
</tr>
<tr>
<td>2:00</td>
<td>Lung</td>
</tr>
<tr>
<td>2:00</td>
<td>Most organ functions are very slow.</td>
</tr>
<tr>
<td>3:00</td>
<td>Colon (breakfast time)</td>
</tr>
<tr>
<td>3:00</td>
<td>Entire body is resting – muscles are relaxed. Blood pressure is low and heart is beating slowly.</td>
</tr>
<tr>
<td>4:00</td>
<td>Stomach</td>
</tr>
<tr>
<td>4:00</td>
<td>Blood pressure drops further and blood supply to the brain lessens. In this state, death occurs most frequently to the very ill.</td>
</tr>
<tr>
<td>5:00</td>
<td>Spleen</td>
</tr>
<tr>
<td>5:00</td>
<td>Blood pressure rises, heart rate increases.</td>
</tr>
<tr>
<td>6:00</td>
<td>Heart (manufacture blood)</td>
</tr>
<tr>
<td>6:00</td>
<td>Immune system is activated.</td>
</tr>
<tr>
<td>7:00</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>7:00</td>
<td>Toxins are released by the liver. Alcohol will damage it.</td>
</tr>
<tr>
<td>8:00</td>
<td>Bladder (drink more water)</td>
</tr>
<tr>
<td>8:00</td>
<td>Heart is activated and begins its daily work routine. Insensitive to pain.</td>
</tr>
<tr>
<td>9:00</td>
<td>Kidney</td>
</tr>
<tr>
<td>9:00</td>
<td>Energy is at its highest level – most efficient time of day.</td>
</tr>
<tr>
<td>10:00</td>
<td>Heart</td>
</tr>
<tr>
<td>10:00</td>
<td>Energy continues at the same level as 10:00.</td>
</tr>
<tr>
<td>11:00</td>
<td>Bladder</td>
</tr>
<tr>
<td>11:00</td>
<td>Whole body participation is high.</td>
</tr>
<tr>
<td>12:00</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>12:00</td>
<td>Liver rests. Some sugar enters the blood and the body will feel the need to rest.</td>
</tr>
<tr>
<td>13:00</td>
<td>Stomach</td>
</tr>
<tr>
<td>13:00</td>
<td>Reaction time slows.</td>
</tr>
<tr>
<td>14:00</td>
<td>Bladder</td>
</tr>
<tr>
<td>14:00</td>
<td>All organ responses are sensitive, including taste and smell.</td>
</tr>
<tr>
<td>15:00</td>
<td>Heart</td>
</tr>
<tr>
<td>15:00</td>
<td>Blood sugar level increases.</td>
</tr>
<tr>
<td>16:00</td>
<td>Kidney</td>
</tr>
<tr>
<td>16:00</td>
<td>Most efficient of the day.</td>
</tr>
<tr>
<td>17:00</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>17:00</td>
<td>Higher pain threshold, as nerve activity is slowed. Increased physical activity will cheer you up.</td>
</tr>
<tr>
<td>18:00</td>
<td>Bladder</td>
</tr>
<tr>
<td>18:00</td>
<td>Blood pressure increases and emotions are unstable.</td>
</tr>
<tr>
<td>19:00</td>
<td>Heart</td>
</tr>
<tr>
<td>19:00</td>
<td>The body is at its heaviest, but responds the fastest at this time.</td>
</tr>
<tr>
<td>20:00</td>
<td>Spleen</td>
</tr>
<tr>
<td>20:00</td>
<td>Nerve activity returns to normal, memory is good.</td>
</tr>
<tr>
<td>21:00</td>
<td>Kidney</td>
</tr>
<tr>
<td>21:00</td>
<td>White cell blood count is increased. The body’s temperature drops.</td>
</tr>
<tr>
<td>22:00</td>
<td>Stomach</td>
</tr>
<tr>
<td>22:00</td>
<td>Body needs to rest.</td>
</tr>
<tr>
<td>23:00</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>23:00</td>
<td>All muscles are relaxed; organs slow down and enter into sleep mode.</td>
</tr>
<tr>
<td>1:00</td>
<td>Liver</td>
</tr>
<tr>
<td>1:00</td>
<td>Cycle restarts.</td>
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</tbody>
</table>
Clinical Manifestations of Yin and Yang

<table>
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<tr>
<th>Yang</th>
<th>Yin</th>
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<tbody>
<tr>
<td>Acute</td>
<td>Chronic</td>
</tr>
<tr>
<td>Rapid onset</td>
<td>Gradual onset</td>
</tr>
<tr>
<td>Rapid changes</td>
<td>Little to no change</td>
</tr>
<tr>
<td>Heat</td>
<td>Cold</td>
</tr>
<tr>
<td>Insomnia, restlessness</td>
<td>Sleepiness, listlessness</td>
</tr>
<tr>
<td>Laying stretched out</td>
<td>Laying curled up</td>
</tr>
<tr>
<td>Hot limbs</td>
<td>Cold limbs</td>
</tr>
<tr>
<td>Red face</td>
<td>Pale face</td>
</tr>
<tr>
<td>Prefers cold drinks</td>
<td>Prefers hot drinks</td>
</tr>
<tr>
<td>Loud voice</td>
<td>Weak voice, talks little</td>
</tr>
<tr>
<td>Heavy breathing</td>
<td>Shallow weak breathing</td>
</tr>
<tr>
<td>Thirst</td>
<td>No thirst</td>
</tr>
<tr>
<td>Scanty, dark urination</td>
<td>Profuse, pale urination</td>
</tr>
<tr>
<td>Constipation</td>
<td>Loose stools</td>
</tr>
<tr>
<td>Red tongue with yellow coating</td>
<td>Pale tongue</td>
</tr>
<tr>
<td>Strong pulse</td>
<td>Weak pulse</td>
</tr>
</tbody>
</table>

Yin represents the energy that is stored within the human body as a reserve. Yang represents the energy that can be easily produced by the body. If the yang is weak the body is unable to generate enough energy for daily activities. Common causes are lack of sleep, poor eating habits or injury. If the deterioration of energy is prolonged the Qi and blood levels drop and the body has trouble repairing itself. This is yin deficiency. In short you are overspending your energy and depleting your reserve.
CUN MEASUREMENTS

Cun is the proportional measurement of the body for point location.

1 fen = 1/10 of a cun

1 cun = the width of the thumb

1½ cun = the width of the index and middle finger

3 cun = the width of the four fingers

All these measurements are based on the client’s hand, not the therapist’s hand.

Body Measurements

1) Elbow to wrist crease 12 cun
2) Axilla to elbow crease 9 cun
3) Umbilicus to pubic symphysis 5 cun
4) Greater trochanter to popliteal crease 19 cun
5) Patella 2 cun
6) Popliteal crease to medial malleolus 15 cun
7) Popliteal crease to lateral malleolus 16 cun
8) Gluteal fold to popliteal crease 14 cun
9) Sterno-costal angle to umbilicus 8 cun
10) Between the nipples 8 cun
Five Element Theory

Fire – Heart/Small Intestine
South
Summer
Growth
Heat
Joy
Tongue
Long stare hurts the blood

Wood – Liver/Gall Bladder
East
Spring
Sprout
Wind
Anger
Eye
Long walking hurts tendons

Earth – Spleen/Stomach
Center
Long Summer
Maturity
Damp
Worry
Mouth
Long sitting hurts muscle/flesh

Water – Kidney/Bladder
North
Winter
Storage
Cold
Fear
Ear
Long stand hurts bones

Metal – Lung/Colon
West
Autumn
Harvest
Dry
Sadness
Nose
Laying down long hurts the chi

Each element is affected by two elements through creation and control:

Metal
Found in earth
and
melted by fire.

Water
Melted metal
and
blocked by earth.

Wood
Grows with water
and
cut by metal.

Fire
Burns wood
and
extinguished by water.

Earth
Ashes from fire
and
penetrated by wood.
Element - Metal

- Colour: white
- Channels: Lung and Large Intestine

Functions:

**Western Medicine**

Lung:
1. Supplies Body with oxygen
2. Releases “used” air that is composed of CO2 and toxins.

Large Intestine:
1. Filters toxins, pollutants and viruses from the environment
2. Absorbs water, salts, cellulose and food
3. Forms feces to be excreted
4. Houses digestive bacteria that aid in absorption and food breakdown

**Eastern Medicine**

Lung:
1. Regulating the water passages
2. Controlling the skin and body hair
3. Opening into the nose
4. Emotional level, they take in new concepts and ideas, absorbing what we can use and releasing what we no longer need, such as sadness, grief and old ideas.
5. Controls Qi and respiration

Large Intestine:
1. Treating all disorders of the face, eyes, nose, lips, gums and teeth
2. Assisting the Lung in opening the water passages
3. To regulate Qi and Blood in the limbs

Muscles Affected:

<table>
<thead>
<tr>
<th>Lu</th>
<th>Deltoid, Serratus Anterior, Coracobrachialis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Li</td>
<td>TFL, Hamstrings, QL</td>
</tr>
</tbody>
</table>
Channel Patterns

Lung Channel
Shoulder (difficulty adducting)
Elbow
Wrist (radial side)
Thumb

Large Intestine Channel
Cramping or pain along the course of the channel
Teeth (Upper Jaw)
Mouth
Shoulder (difficulty abducting)
Inability to turn the neck
Elbow
Wrist (radial)
Stiffness or problems of the index finger or nail
Lung Sinew Channel

FASCIAL BINDING CONNECTORS

THENAR (LU 10)

ANTERIOR ELBOW LATERAL TO BICEP TENDON (LU 5)

INFERIOR TO CLAVICLE

LUO CONNECTOR – (LU 7)
Points on the Lung Channel

LU 1 – Location: infraclavicular fossa, 1 cun inferior to the clavicle in the deltoid pectoral groove
Indications: Alarm Point (Front Mu Point) of the lung acute/excess conditions of the lung
ANTERIOR SHOULDER / CHEST

LU 7 – Location: 1 ½ cun proximal to the wrist, between the tendons of Brachioradialis and abductor pollicis longus
Indications: Connecting (Luo) Point
Clears tension head and nape
repressed emotions
WRIST / FOREARM

LU 9 - Location: at wrist joint, between radial artery and tendon of abductor pollicis longus
Indications: source (yuan) point
Transforms phlegm
Activates the channel and alleviates pain

LU 10- Location: midpoint of the first metacarpal
Indications: benefits the throat
clears Lungs
THENAR / THUMB / WRIST
ascends to the throat

originates in the middle jiao and descends to the Large Intestine

a branch separates from Lieque LU-7 and travels to the tip of the index finger at Shangyang LI-1
Large Intestine Sinew Channel
FASCIAL BINDING CONNECTORS

WRIST POSTERIOR CREASE IN LINE WITH INDEX FINGER

LATERAL EPICONDYLE (LI 11)

ANTERIOR DELTOID (LI 15)

LATERAL TO THE NOSE IN THE NASO-LABIAL GROOVE (LI20)

LUO CONNECTOR – (LI 6)
Points on the Large Intestine Channel

LI 4  –  Location: Dorsum of the hand, between the 1\textsuperscript{st} and 2\textsuperscript{nd} metacarpal bones, at the mid-point of the 2\textsuperscript{nd} metacarpal bone.
Indications: Source Point
- Alleviates pain
- Treats head and face, headache
- Contracture of thumb, fingers
- Great eliminator, helps to move bowels
HAND / THUMB / WRIST

LI 6 - Location: 3 cun proximal to the wrist on the lateral border of the forearm
Luo connecting point

LI 11 - Location: the end of the lateral cubital crease, when the elbow is flexed
Indications: homeostatic
- immune enhancing
ELBOW / LATERAL EPICONDYLITIS

LI 15 – Location: anterior and inferior to the acromion
Indications: all shoulder disorders
SHOULDER
INDICATIONS: NASAL CONGESTION, EXCESS DISCHARGE
**STRETCHES**

**LUNG**

With thumb pointed upwards you stretch/activate the lung meridian.
LARGE INTESTINE

With thumb turned downwards gets the large intestine meridian.
Element - Earth

- Colour: yellow or brown
- Channels: Stomach and Spleen

Functions:

**Western Medicine**

**Spleen:**
1. Produces antibodies T-cells
2. Breaks down and recycles worn-out red blood cells
3. Stores blood
4. Supports and enhances immune system; filters and removes bacteria and foreign bodies from blood.

**Stomach:**
1. Digestive processes; mechanical and chemical
2. Absorbs water, salts and alcohol
3. Temporarily stores food before its secreted to the small intestine
4. Protects against bacteria invasion via digestive tract.

**Eastern Medicine**

**Spleen:**
1. Treating the function of the intestines, qi and blood
2. Treating the development of blood; keeps blood in vessels
3. Treating muscles of all the limbs
4. Opens to the mouth, dominates taste
5. Aids in mental focus, intention, determination and memory
6. Transforms food into useable energy and blood
7. Lifts and holds; prevents prolapse.

**Stomach:**
1. Treating all disorders of the face, eyes, cheeks, lips, gums and teeth
2. Treating disorders of the ear, and throat, breast, abdomen
3. Regulate intestines and all digestive matters
4. To tonify Qi, Blood, Yin and Yang
5. Treating mental dysfunctions
Muscles Affected:

| St | Pectoralis – clavicular portion, Neck flexors and extensors Levator Scapulæ Brachoradialis |
| Sp | Latissimus Dorsa, Triceps, Mid and Low Trapezius |

Channel Patterns

**Spleen channel**
- Easily bruised (anywhere)
- Pain or manifestations along the channel
- Thigh medial anterior
- Knee pain medial, cramping along the channel
- Shin splints
- Edema especially below knee
- Ankle medial
- Bunion and nail disorders of the great toe
- Varicosities or prolapses

**Stomach channel**
- Headache (forehead)
- Eye ears and throat problems
- Teeth, salivary and esophageal disorders
- Breast or nipple disorders
- Pain or manifestation along the meridian
- Knee anterior center
- Ankle anterior center
- 2nd or 3rd toes and nails, strained middle toe
- Cramping along the lower leg, spasm of the anterior thigh.
**Stomach Sinew Channel**  
**FASCIAL BINDING CONNECTORS**

**ANKLE JOINT AT TALUS (ST 41)**

**PATELLA LATERAL AND MEDIAL (ST 35/36)**

**TFL**

**CLAVICLE BY STERNAL-CLAVICULAR JOINT**

**CHEEK BONE (ST 2)**

**LUO CONNECTOR – (ST 40)**
Points on the Stomach Channel

ST 40 – Location: midway between the popliteal crease and the lateral malleolus, two finger widths lateral to the tibia
Indications: luo connecting point

ST 41 – Location: between the tendons of extensor hallucis longus and extensor digitorum longus
Indications: clears heat from the Stomach Channel and organ calms the spirit all ankle problems swelling of the face, dizziness, pain in the mouth ANKLE

ST 42 - Location: on dorsum of the foot, between 2\textsuperscript{nd} and 3\textsuperscript{rd} metatarsal bones and cuneiform bones
Indications: source (yuan) point Activates channel and alleviates pain

ST 44 – Location: dorsum of the foot, between second and third toes, 0.5 cun proximal to the margin of the web
Indications: clears heat from the stomach channel calms the spirit alleviates pain harmonizes the intestines and clears damp heat moves body into parasympathetic response ANKLE / FOOT / TMJ / HEADACHES
meets with Jingming BL-1,
Yingxian L.I.-20,
Renzhong DU-26,
Yinjiao DU-28,
Chengjiang REN-24,
Shangguan GB-3, Xuanli GB-6,
Xuanlu GB-5, Hanyan GB-4,
Shenting DU-24 and
Dazhui DU-14

meets with the Conception
vessel at Shangwan REN-13
and Zhongwan REN-12

a branch connects
with the middle toe

a branch connects
with the big toe at Yinbai SP-1
Spleen Sinew Channel

**Fascial Binding Connectors**

*Anterior Medial Malleolus (Sp 5)*

*Medial Knee Distal to Joint Line by Tibial Tuberosity (Sp 9)*

*Medial Quadriceps at Proximal Attachment*

*Distal to Umbilicus*

*Lateral Ribs 10/11/12*

*Luo Connector – (Sp 4)*
SP 3 - Location: medial side of the foot proximal and inferior to head of the 1st metatarsal
Indications: source (yuan) point
Harmonizes the Spleen and Stomach
Regulates Qi

SP 4 - Location: anterior and inferior to the base of the first metatarsal
Indications: luo connecting point

SP 6 – Location: 3 cun superior to the medial malleolus, close to the tibia
Three Yin Intersection (meeting of spleen – liver – kidney)
Indications: balances the lower jiao (digestive, gynecological, sexual, urinary and emotional disorders)
tonifies Spleen, Stomach and Kidneys
homeostatic
immune enhancing
calming effect on the mind (insomnia)
ANKLE / LOWER LEG

SP 9 – Location: posterior to the medial border of the tibia
Indications: swelling of the lower limbs
KNEE

SP 21 - Location: 3 cun below the axilla on mid axillary line
Indications: Great luo connecting point
Benefits all luo connecting channels
Addresses pain of whole body
Treats weariness or flaccidity of the four limbs
Firms the sinews and joints
Unbinds the chest and benefits lateral costal region
spreads over the lower surface of the tongue

passes through Riyue GB-24, Qimen LIV-14 and Zhongfu LU-1

intersects the Conception vessel at Zhongji REN-3, Guanyuan REN-4 and Xiawan REN-10

links with the Heart

enters the Spleen and connects with the Stomach

at 8 cun superior to the medial malleolus, crosses and then runs anterior to the Liver channel
Stretches

Stomach

1. Exercise 1

2. Exercise 2

3. Exercise 3
Stretches

Spleen
Element - Fire

- **Colour: red**
- **Channels: Heart and Small Intestine; Pericardium and San Jiao**

Functions:

**Western Medicine**

**Heart:**

1. Pumps blood through the body
2. Facilitates the movement of O2, nutrients and hormones
3. Removes metabolic waste

**Small Intestine:**

1. Aids in the secretion of bile, pancreatic and other digestive fluids
2. Facilitates absorption of food molecules into the bloodstream
3. Supports the digestive process with the chemical breakdown of proteins, fats and carbohydrates

**Eastern Medicine**

**Heart:**

1. Governs blood and vessels
2. Houses the Spirit (Emotions) supports mental activities
3. Opens to the tongue, governs speech
4. Controls sweating
5. Manifests the client’s complexion

**Small Intestine:**

1. Collect fluids
2. Transform Fluids
3. Separate fluids
Muscles Affected:

<table>
<thead>
<tr>
<th>He</th>
<th>Subscapularis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Si</td>
<td>Quadriceps, Abdominals</td>
</tr>
</tbody>
</table>

Channel Pattern

**Heart Channel**
Swollen axilla nodes
Chest pain
Numbness or stiffness along medial aspect of arm (medial epicondyle) and wrist (ulnar)
Stiffness or problems with the little finger or nail

**Small Intestine Channel**
Tinnitus, deafness, pain around the zygomatic bone
Bell’s palsy
Swollen lymph nodes in the neck
Pain or muscle tension on the scapula region
Numbness or stiffness along posterior medial aspect of arm and wrist
Stiffness or problems with the little finger or nail
Heart Sinew Channel
Fascial Binding Connectors
Pisiform (He 7)

Medial Epicondyle (He 3)

Lateral Axilla/Rib 5/6

Luo Connector – (He 5)
**Points on the Heart Channel**

HE 5 - Location: 1 cun proximal to HE 7  
Indication: luo connecting point

HE 7 – Shenmen  
Location: radial to flexor carpi ulnaris, just proximal to the pisiform  
Meaning: Spirit Gate  
Indications: Source (Yuan) Point of the Heart Channel  
calms the spirit (insomnia, talking during sleep, poor memory, mania-depression, epilepsy, dementia, mad laughter, fear, fright, sadness  
heart palpitations and pain  
WRIST / CARPALS
Small Intestine Sinew channel

ascends alongside the oesophagus, crosses the face and cheek and connects with the tissues surrounding the eye

originates in the Heart, emerges from the blood vessels surrounding the Heart, enters the Lung and emerges from the axilla

descends to connect with the Small Intestine
Wrist at ulnar metacarpal junction (SI 4)
Elbow at olecranon
Posterior axilla / shoulder (SI -9)
Mastoid
Lower mandible
Temporalis
Luo connector – (Si 7)
## Points on the Small Intestine Channel

<table>
<thead>
<tr>
<th>Point</th>
<th>Location</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>SI 3</td>
<td>in the depression proximal to the head of the 5th metacarpal</td>
<td>stiffness and pain of the neck occiput and back</td>
</tr>
<tr>
<td></td>
<td></td>
<td>calms the spirit and treats epilepsy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>benefits the sensory orifices</td>
</tr>
<tr>
<td></td>
<td></td>
<td>WRIST / NECK / METACARPALS</td>
</tr>
<tr>
<td>SI 4</td>
<td>in the depression between the fifth metacarpal and the triquetral bone</td>
<td>Source (yuan) point</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Activate channel and alleviate pain</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Disorders of the fingers, wrist, elbow, shoulder, neck and head</td>
</tr>
<tr>
<td>SI 7</td>
<td>5 cun proximal to wrist on anterior border of ulna</td>
<td>luo connecting point</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Activates channel and alleviates pain</td>
</tr>
<tr>
<td>SI 9</td>
<td>1 cun superior to the posterior axillary crease</td>
<td>shoulder and upper arm problems</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SHOULDER</td>
</tr>
</tbody>
</table>
meets with Dazhui
DU-14, Fufeng BL-41
and Dazhui BL-11

meets with Tongziliao GB-1,
Jiaofen SiJ-20,
Erbiliao SJ-22,
Touqiaoyin GB-11
and Jingming BL-1

descends through Quepen
ST-12, then through
the Heart,
Stomach and
Small Intestine

intersects the
Conception vessel
at Shanzhong REN-17,
Shangwan REN-13 and
Zhongwan REN-12

descends to the
lower he-sea
point of the
Small Intestine at
Xiaojie ST-39

begins on the ulnar
side of the little finger
and ascends along the
ulnar side of the arm
Stretches

Heart

Upper dog standing direction and muscles stretched - lateral view
Stretches

Small Intestine

Grab doorway and roll away from the door while maintaining your grip on the door.

Resist with your opposite hand through the full range of motion.
Element - Fire

- Colour: red
- Channels: Heart and Small Intestine; Pericardium and San Jiao

Functions:

**Western Medicine**

Pericardium:

1. Protect the heart from pathogen

San Jiao:

1. None

**Eastern Medicine**

Pericardium:

6. Governs blood and vessels
7. Houses the Spirit (Emotions) supports mental activities
8. Opens to the tongue, governs speech
9. Controls sweating
10. Manifests the client’s complexion

San Jiao:

1. Regulating qi through the Jiao’s
2. Circulating the qi through the gate of vitality to the organs.
3. Regulates the autonomic system, temperature, hormone etc.
Muscles Affected:

| P  | Sartorius, Gracilis, Gluteus Maximus/Medius Adductors, Piriformis |
| Sj | Teres Minor, Infraspinatus                     |
|    | Soleus, Sartorius                             |

Channel Pattern

**Pericardium channel**
Swollen nodes in axilla
Manifestations along the meridian
Problems with the center of the elbow (medial) and middle finger or nail

**San Jiao channel**
Headache (temporal)
Deafness and tinnitus
Trigeminal neuralgia
Shoulder problems (raising arm over the head)
Manifestations or pain along the channel
Wrist and ring finger problems
Fascial Binding Connectors

Anterior Medial Elbow on Ulnar Side of Bicep Tendon (PC 3)

Anterior Axilla/Chest — Pec Minor

Diaphragm

Luo Connector — (PC 6)
PC 6 – Location: 2 cun proximal to palmar wrist crease between tendons of flexor carpi radialis and palmaris longus
Indications: Luo connecting Point
Treats the chest
alleviates nausea and vomiting
regulates the Heart and calms the spirit
FLEXORS / ELBOW / WRIST / CARPAL TUNNEL SYNDROME

PC 7 – Location: At the wrist joint between the tendons of palmaris longus and flexor carpi radialis
Indications: Source (yuan) point
Unbinds chest
originates in the centre of the chest and connects with the Pericardium

descends through the diaphragm passing through the upper, middle and lower jiao

a branch follows the radial side of the ring finger to its tip
San Jiao/Triple Energizer Sinew Channel

TE

DORSUM OF WRIST AT MIDLINE (TE 5)
PROXIMAL TO OLECRANON (TE 10)
TEMPORALIS
LUO CONNECTOR- (TE 5)
TE 4 – Location: Dorsum wrist between extensor digitorum communis & digiti minimi
Indications: Source (yuan) point
Relaxes sinews and alleviates pain

TE 5 – Location: 2 cun proximal to wrist in the depression between the radius & ulna
Indications: Luo connecting point
Benefits head and ears
Activates the channel and alleviates pain

TE 6 – Location: 3 cun proximal to the wrist crease close to the radius
Indications: regulates qi in the three jiao
benefits the chest and lateral costal regions
moves the stool - constipation
benefits the voice
WRIST / EXTENSORS / ELBOW

TE 10 – Location: with elbow flexed, in the depression 1 cun proximal to the olecranon
Indications: treatment of pain
atrophy of the elbow, arm, shoulder, neck and upper back
Transforms phlegm and dissipates nodules
Calms spirit
ELBOW / TRICEP / SHOULDERS
connects with
   Tongliang GB-21
   and
   Ren 12

descends to
Connect with
the lower his-Sea point of the Sanjiao
at Weiyang, BL-39
Stretches

Pericardium

Hands can be placed in the prayer position fingers upward or facing downward depending on the person's flexibility.
Stretches

San Jiao/Triple Energizer
Element – Water

- **Colour:** black
- **Channels:** Kidney and Bladder

**Functions:**

**Western Medicine**

**Kidney:**

1. Filters and purifies blood and body fluids
2. Removes excess water, salts, and other substances from the blood
3. Maintains pH, mineral and electrolytes and chemical balance
4. Removes toxins from the body

**Bladder:**

1. Stores and controls the release of urine
2. Removes liquid waste and toxins

**Eastern Medicine**

**Kidney:**

1. Stores essence, dominating reproduction, growth and development
2. Produces marrow, brain, controlling bones and assisting in the creation of blood
3. Dominates Water
4. Controlling qi, Yin/Yang, determines the vitality and length of our lives
5. Opens to the ears
6. Houses the will
7. Feed and provide a foundation for the REN and DU channels

**Bladder:**

1. Store Fluid
2. Transformed stored fluid into waste
Muscles Affected:

<table>
<thead>
<tr>
<th></th>
<th>Kid</th>
<th>Bl</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psoas</td>
<td>Psoas, Iliacus, Upper Trapezius</td>
<td>Tibialis Anterior, Peroneus Longus/Brevis, Sacralspinalis</td>
</tr>
</tbody>
</table>

Channel Pattern

**Kidney channel**
Breast disorders (medial)
Pain or manifestation along the meridian
Lower back problems
Leg posterior medial
Knee posterior medial
Ankle posterior
Hot burning feet

**Bladder channel**
Baldness thinning hair
Eye conditions (swelling of upper lid)
Headache (occipital)
Spasm or tensions along the nape of the neck
Inability to raise shoulder
Pain or manifestation along the channel
Cervical
Thoracic
Lower back
Sciatica
Knee problems posterior
Calf
Foot lateral side
**Bladder Sinew Channel**

**FASCIAL BINDER CONNECTORS**

ACHILLES ATTACHMENT AT TALUS

CALF AT THE JUNCTION WHERE GASTROCS SPLIT (BL 57)

POSTERIOR Calf NEAR FIBULA NECK

POPLITEAL CREASE (BL 40)

OCCIPUT (DU 16)

FOREHEAD AT BRIDGE OF NOSE (BL 2)

LUO CONNECTOR – (BL 58)
BL 2 - Location: In a depression on the medial end of the eye brow
Indications: Benefits the eyes
SINUS / FOREHEAD

BL 10 – Location: 1.3 cun lateral to DU 15 (Yamen) on the lateral aspect of the trapezius muscle
Indications: benefits the head and sensory orifices
calms the spirit (mania, incessant talking, seeing ghosts, epilepsy
SUBOCCIPITALS / HEADACHES / NECK / WHIPLASH

BL 58 - Location: Inferior to the lateral belly of gastrocnemius, directly above BL 60
Indications: luo connecting point
Activates channel and alleviates pain

BL 60 - Location: midway between the prominence of the lateral malleolus and the Achilles tendon
Indications: Source (yuan) point
activates the channel and alleviates pain
relaxes the sinews and strengthens the lumbar spine
***promotes labour
ANKLE / FOOT / BACK
**Kidney Sinew Channel**

**Fascial Binder Connectors**
- Medial ankle at Achilles and talus
- Medial knee posterior to joint line (Kid 10)
- Occiput (Du 16)
- Luo Connector – (Kid 4)
KID 1 - Location: Sole of the foot, between the 2nd and 3rd metatarsals,
Indications: Descends excess from the head, calms the spirit, revives consciousness and rescues yang
. PLANTAR FASCIA / FOOT / ARCH / TRACKING

KID 3 - Location: in depression between medial malleolus and Achilles tendon
Indications: Source (yuan) point
. strengthen lumbar spine

KID 4 - Location: .5 cun inferior and posterior to KID 3, anterior border Achilles tendon
Indications: luo connecting point
. strengthens the will and dispels fear

KID 10 – Location: at the popliteal crease between the tendons of the medial hamstring
Indications: fertility and urination disorders
KNEE / HAMSTRING / LEG
terminates at the root of the tongue

ascends through the Liver and diaphragm, enters the Lung, joins with the Heart and links with the Pericardium channel and Shanzhong REN-17

meets with Zhongji REN-3, Guanyuan REN-4 and Yinjiao REN-7

threads through the spine, enters the Kidney and connects with the Bladder

meets with Changjia Di-1

intersects the Spleen channel at Sanyinjiao SP-6

begins beneath the little toe
Stretches

Bladder

Take the leg into the maximum range of motion across the body within the level of comfort.
Stretches

Kidney

You can add a forward bend to increase the difficulty and effect.
Element - Wood

- *Colour: green*
- *Channels: Liver and Gall Bladder*

**Functions:**

**Western Medicine**

**Liver:**

1. Neutralizes and removes toxins
2. Creates bilirubin, proteins to form clots, stores essential nutrients (D, K, Iron, B12)
3. Produces bile and aids in digestion, filters arterial and digestive blood and removes ammonia from the body fluids

**Gallbladder:**

1. Store and excrete bile

**Eastern Medicine**

**Liver:**

1. Storing blood, affects menstruation
2. Spreading and the regulation of qi (maintaining the flow)
3. Dominates sinews, muscular activity, and flexibility and agility of tendons and ligaments
4. Opens to the Eyes
5. Manifests in the nails
6. Governs emotional states
7. Influences digestive functions (stomach, spleen)

**Gallbladder:**

1. Rules courage, decision making and judgement
2. Influences quality and length of sleep.
3. Store and excrete bile
Muscles Affected:

<table>
<thead>
<tr>
<th>Gb</th>
<th>Popliteus, Anterior Deltoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lr</td>
<td>Pectoralis Major – Sterna; Portion, Rhomboids</td>
</tr>
</tbody>
</table>

Channel Pattern

**Liver channel**
Vertigo
Headache (vertex)
Pain or manifestation along the channel
External genitalia
Knee posterior medial
Ankle anterior medial
Great toe and nail lateral

**Gallbladder**
Eye and ear problems
Migraine
Tension in upper trapezius
Pain or manifestation along the meridian
Hip
Inguinal hernia
Knee lateral
Ankle lateral
4th toe and nail
Gallbladder Sinew Channel

FASCIAL BINDING CONNECTORS

ANTERIOR LATERAL MALLEOLUS (GB 40)

ITB PROXIMAL TO KNEE

TRAPEZIUS AT TOP OF THE SHOULDER (GB 21)

CLAVICLE

OUTER CANTHUS OF EYE (GB 1)

LUO CONNECTOR – (GB 37)
GB 34 – Location: anterior to the neck of the fibula
Indications: influential point for all of the Sinews
benefits the sinews and joints
spreads Liver qi and benefits the lateral costal region
KNEE / LATERAL LEG / TIB-FIB JOINT/ MUSCLES

GB 37 - Location: Lateral lower leg, 5 cun superior to lateral malleolus, anterior to fibula
Indications: luo connecting point
Activates channel and alleviates pain
Benefits the eyes

GB 40 - Location: in depression just anterior and inferior to lateral malleolus
Indications: source (yuan) point
Activates channel and alleviates pain
Benefits the joints

GB 41 - Location: in depression distal to junction of 4th and 5th metatarsals, on the lateral side
Indications: spreads liver qi, benefits chest, lateral costal region and breasts
Connects upper and lower body
Pain of hip, lower leg
One sided headache
Clears head and benefits the eyes
FOOT / HIP / PELVIS / HEADACHES
meets with Erheliao Sj-22,
Jiaosun Sj-20 and Touwei ST-8

meets with
Tiaeliao St-15, Dazhui
DU-14, Dazhui BL-11, 
Bingfeng St-12 and 
Quepon ST-12

begins near the
outer canthus at 
Tongziliao 
GB-1

meets with
Yifeng Sj-17, 
Tinggong SI-19,
Xiaquan ST-7, 
Jingming BL-1 and
Renying ST-9, and 
passes close to 
Daying ST-5 and 
Jiaochi ST-6

enters the
supraclavicular fossa
and meets with
Tianchi P-1

connects with the
Liver and Gall
Bladder

descends through
points Shangliao
BL-31 to Xiafiao 
BL-34 and to
Guanggang DU-1
and then emerges
at Huanliao GB-30

circles the
genitals, enters
deeply and emerges
on the sacrum

a branch separates from
Zulinqi GB-41 and meets
the Liver channel on the big toe
Liver Sinew Channel

LR

ANTERIOR MEDIAL MALLEOLUS AT DORSUM OF FOOT (LR 4)

MEDIAL KNEE AT JOINT LINE (LR 8)

LUO CONNECTOR – (LR 5)
Points on the Liver Channel

LR 3 – Location: between the 1st and 2nd metatarsal bones
Indications: Source (Yuan) point
spreads liver qi
clears the head and eyes
regulates menstruation
regulates the lower jiao
FOOT / ANKLE

LR 5 - Location: 5 cun proximal to medial malleolus, posterior to tibia
Indications: Luo connecting point
Clears lower jiao
Regulates menstruation

LR 8 - Location: Just superior to medial Popliteal crease, anterior to
                  . semitendinosus and semimembranosus muscles
Indications: Nourishes Blood and Yin
KNEE / LOWER BACK/ MEDIAL LEG
ascends along the neck and throat to the nasopharynx and the tissues surrounding the eye

ascends to the vertex to meet with Baihui DU-20

descends through the cheek and encircles the inner surface of the lips

spreads in the Lung and meets with Tiandi P-1

curves around the Stomach, enters the Liver and connects with the Gall Bladder

meets with Qigui REN-2, Zhongji REN-3 and Guanyuan REN-4

meets with Chongmen SP-12 and Fushu SP-13 and encircles the genitals

runs anterior to the Spleen channel to the area 8 cun superior to the medial malleolus, then runs posterior to it

intersects the Spleen channel at Sanyinjiao SP-6
Stretches

Gallbladder
Stretches

Liver
## QUICK REFERENCE SECTION

<table>
<thead>
<tr>
<th>Meridian</th>
<th>Connected Tissue</th>
<th>Meridian</th>
<th>Connected Tissue</th>
<th>Meridian</th>
<th>Connected Tissue</th>
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</thead>
<tbody>
<tr>
<td>Lu</td>
<td>Deltoïd, Anterior Serratus, Coracobrahialis</td>
<td>Si</td>
<td>Quadriceps, Abdominals</td>
<td>Gb</td>
<td>Popliteus Anterior Deltoid</td>
</tr>
<tr>
<td>Li</td>
<td>TFL, Hamstrings, QL</td>
<td>Bl</td>
<td>Tibialis Anterior, Peroneus Longus/Brevis, Sacralspinalis</td>
<td>Lr</td>
<td>Pectoralis Major – Sterna; Portion, Rhomboids</td>
</tr>
<tr>
<td>St</td>
<td>Pectoralis – clavicular portion, Neck flexors and extensors Levator Scapulae Brachioradialis</td>
<td>Ki</td>
<td>Psoas, Iliacus, Upper Trapezius</td>
<td>Ren/Con</td>
<td>Supraspinatus</td>
</tr>
<tr>
<td>Sp</td>
<td>Latissimus Dorsa, Triceps, Mid and Low Trapezius</td>
<td>Pe</td>
<td>Sartorius, Gracilis, Gluteus Maximus/Medius Adductors Piriformis</td>
<td>Du/Gov</td>
<td>Teres Major</td>
</tr>
<tr>
<td>He</td>
<td>Subscapularis</td>
<td>Sj/Te</td>
<td>Teres Minor, Infraspinatus Soleus Sartorius</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Source (Yuan) Points

The source (yuan) points are those points where the essence (original qi) surfaces and lingers. The connecting (luo) point then picks up the qi to circulate it. This is why source (yuan) points are the primary points for electric readings or resistance testing of the meridian.

Yuan Source Points

<table>
<thead>
<tr>
<th>Channel</th>
<th>Point</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung</td>
<td>LU 9 Taiyuan</td>
<td>at the wrist in the depression between the radial artery and pollicis longus</td>
</tr>
<tr>
<td>Large Intestine</td>
<td>LI 4 Hegu</td>
<td>between the 1st and 2nd metacarpal bone midpoint of the 2nd</td>
</tr>
<tr>
<td>Stomach</td>
<td>ST 42 Chongyang</td>
<td>in the depression at the junction of the 2nd and 3rd metatarsal bones and cuneiform bones</td>
</tr>
<tr>
<td>Spleen</td>
<td>SP 3 Taibai</td>
<td>in the depression, proximal and inferior to the head of the 1st metatarsal bone</td>
</tr>
<tr>
<td>Heart</td>
<td>HE 7 Shenmen</td>
<td>on the radial side of flexor carpi ulnaris, in the depression at the proximal pisiform</td>
</tr>
<tr>
<td>Small Intestine</td>
<td>SI 4 Wangu</td>
<td>in the depression between the base of the 5th metacarpal and the triquetral bones</td>
</tr>
<tr>
<td>Bladder</td>
<td>BL 64 Jinggu</td>
<td>in the depression, anterior and inferior to the tuberosity of the 5th metatarsal bone</td>
</tr>
<tr>
<td>Kidney</td>
<td>KI 3 Taixi</td>
<td>in the depression between the medial malleolus and the Achilles tendon level with the prominence</td>
</tr>
<tr>
<td>Pericardium</td>
<td>PC 7 Daling</td>
<td>at the wrist joint between the tendons of palmaris longus and flexor carpi radialis</td>
</tr>
<tr>
<td>Sanjiao/Triple Energizer</td>
<td>SJ/TE 4 Yangchi</td>
<td>at the wrist joint between the tendons of extensor digitorum communis and extensor digiti minimi</td>
</tr>
<tr>
<td>Gall Bladder</td>
<td>GB 40 Qiuxu</td>
<td>in the depression, anterior and inferior to the lateral malleolus</td>
</tr>
<tr>
<td>Liver</td>
<td>LR 3 Taichong</td>
<td>in the hollow distal to the junction of the 1st and 2nd metatarsal bones</td>
</tr>
</tbody>
</table>
Yuan Source Points Diagram

SJ 4 Yangchi
SI 4 Wangu
LI 4 Hegu
LU 9 Taiyuan
P 7 Daling
HE 7 Shenmen

GB 40 Qiuxu
ST 42 Chongyang
KID 3 Taixi
LIV 3 Taichong
BL 64 Jinggu
SP 3 Taibai
### Connecting (Luo) Points

The connecting (Luo) channel diverges from the primary channel to connect with its paired channel. Connecting (Luo) points treat disorders of the paired channels or organs.

<table>
<thead>
<tr>
<th>Channel</th>
<th>Point</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung</td>
<td>LU 7 Lieque</td>
<td>1 ½ cun proximal to the wrist joint on the radial side</td>
</tr>
<tr>
<td>Large Intestine</td>
<td>LI 6 Pianli</td>
<td>3 cun proximal to the anatomical snuffbox</td>
</tr>
<tr>
<td>Stomach</td>
<td>ST 40 Fenglong</td>
<td>Midway down the anterior crest of the tibia 2 finger-breathths lateral St 38</td>
</tr>
<tr>
<td>Spleen</td>
<td>SP 4 Gongsun</td>
<td>in the depression, distal and inferior to the base of the 1st metatarsal bone</td>
</tr>
<tr>
<td>Heart</td>
<td>HE 5 Tongli</td>
<td>on the radial side of flexor carpi ulnaris, one cun proximal to HE 7</td>
</tr>
<tr>
<td>Small Intestine</td>
<td>SI 7 Zhizheng</td>
<td>5 cun proximal to the distal head of the ulna, in the groove between the ulna and flexor carpi ulnaris</td>
</tr>
<tr>
<td>Bladder</td>
<td>BL 58 Feiyang</td>
<td>at the inferior lateral head of the gastrocnemius</td>
</tr>
<tr>
<td>Kidney</td>
<td>KI 4 Dazhong</td>
<td>posterior and ½ cun inferior to the medial malleolus on the anterior border of the Achilles tendon</td>
</tr>
<tr>
<td>Pericardium</td>
<td>PC 6 Neiguan</td>
<td>2 cun proximal to the wrist between the tendons of palmaris longus and flexor carpi radialis</td>
</tr>
<tr>
<td>Sanjiao</td>
<td>SJ/TE 5 Waiguan</td>
<td>2 cun proximal to the posterior wrist between the ulna and the radius</td>
</tr>
<tr>
<td>Gall Bladder</td>
<td>GB 37 Guangming</td>
<td>5 cun proximal to the lateral malleolus at the anterior border of the fibula</td>
</tr>
<tr>
<td>Liver</td>
<td>LR 5 Ligou</td>
<td>5 cun proximal to the medial malleolus at the posterior border of the tibia</td>
</tr>
</tbody>
</table>
SP 21  The great Luo connecting point of the spleen, emerges 3 cun below the axilla spreading in the chest and lateral costal region on the mid-axillary line in the seventh intercostal space (3cun inferior to the axilla with the arm at the side)

REN 15  The qi disperses and spreads down over the abdomen.
Location  7 cun above the umbilicus and 1 cun from the sterno-costal angle. On the tip of the Xiphoid process.
Master balancing point
<table>
<thead>
<tr>
<th>ZangFu</th>
<th>Bladder Point</th>
<th>Vertebral Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung</td>
<td>BL 13 Feishu</td>
<td>T3</td>
</tr>
<tr>
<td>Pericardium</td>
<td>BL 14 Jueyinshu</td>
<td>T4</td>
</tr>
<tr>
<td>Heart</td>
<td>BL 15 Xinyi</td>
<td>T5</td>
</tr>
<tr>
<td>Liver</td>
<td>BL 18 Ganshu</td>
<td>T9</td>
</tr>
<tr>
<td>Gall Bladder</td>
<td>BL 19 Danshu</td>
<td>T10</td>
</tr>
<tr>
<td>Spleen</td>
<td>BL 20 Pishu</td>
<td>T11</td>
</tr>
<tr>
<td>Stomach</td>
<td>BL 21 Weichu</td>
<td>T12</td>
</tr>
<tr>
<td>Triple Energizer</td>
<td>BL 22 Sanjiaoshu</td>
<td>L1</td>
</tr>
<tr>
<td>Kidney</td>
<td>BL 23 Shenshu</td>
<td>L2</td>
</tr>
<tr>
<td>Large Intestine</td>
<td>BL 25 Dachangshu</td>
<td>L4</td>
</tr>
<tr>
<td>Small Intestine</td>
<td>BL 27 Xiaochangshu</td>
<td>S1</td>
</tr>
<tr>
<td>Bladder</td>
<td>BL 26 Pangguangshu</td>
<td>S2</td>
</tr>
</tbody>
</table>
REFERENCES


