

## **MERIDIAN MASSAGE--OUTLINE**

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# Assignment

- For each meridian draw and color:
  - Sinew channel
  - Muscles associated with the meridian
  - Acupressure points given

## QI

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

“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

1. Vital Energy or Living Energy.
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.

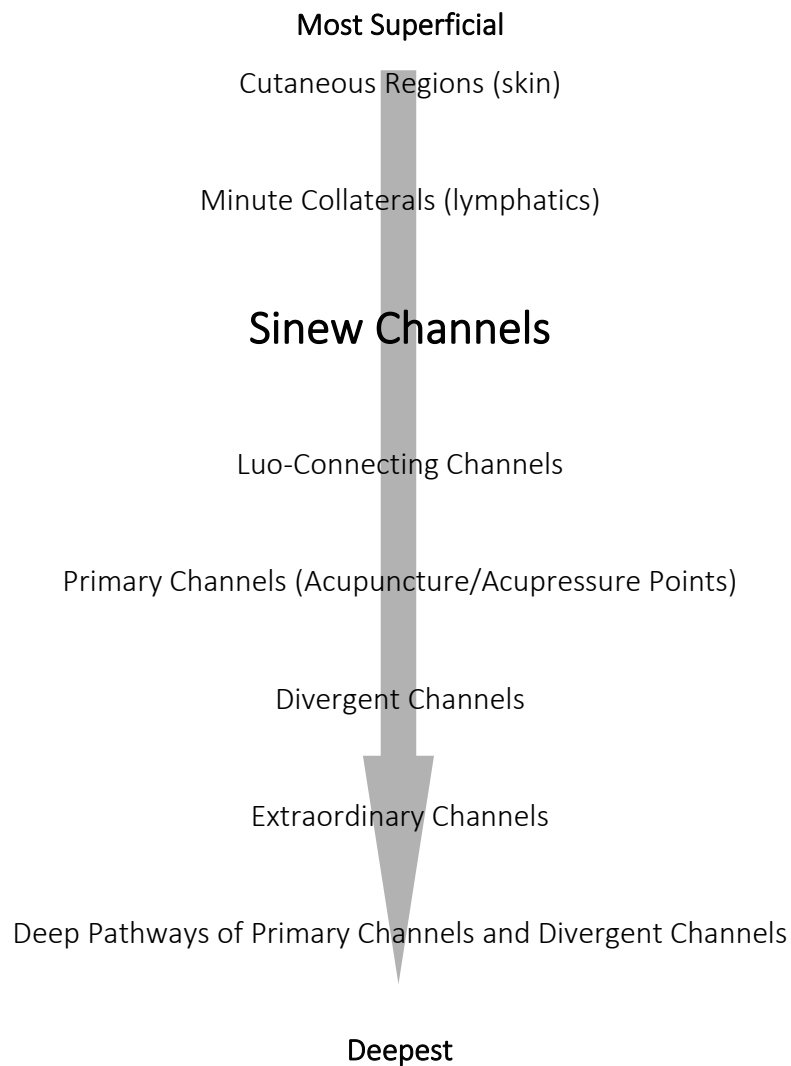
It is difficult for biological things to pass across fascia but instead take the path of least resistance and will travel along it. This includes lymphatic fluid, hormones, blood, air, and energy or electricity. The path of least resistance will always be taken.

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*



### **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

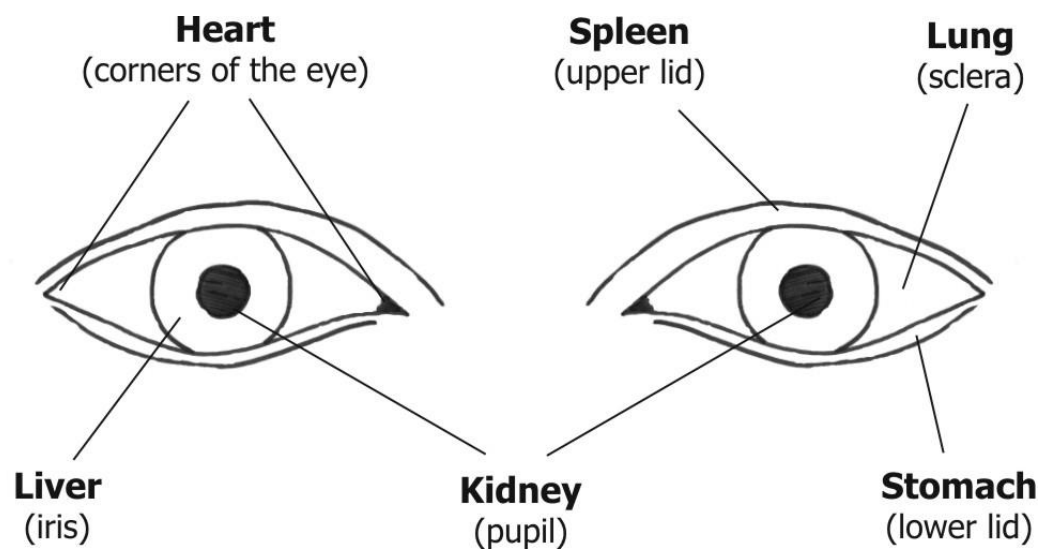
## **Assessment of Conditions along the Channels**

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.

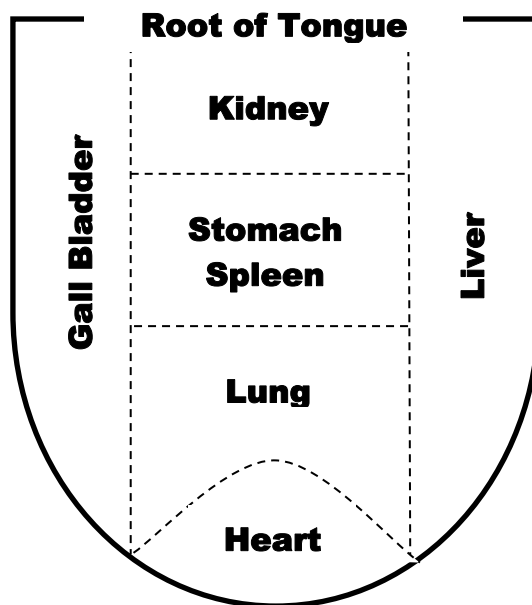
## Eye Diagnosis

The Liver opens into the eyes.



## TONGUE DIAGNOSIS

	Normal Tongue	Refers To:
<b>Spirit / Vitality</b>	liveliness / vital colour	s prognosis is good if root is good
<b>Body Colour</b>	pale red, fresh looking	s condition of Heart Qi s normal supply of heart blood and stomach fluids
<b>Body Shape</b>	supple; not too flabby or stiff; not cracked; doesn't tremble or quiver when extended; not swollen or thin; no ulcers	s reflects state of organ Qi and blood s useful if differentiating conditions of excess and deficiency
<b>Coating</b>	thin white; also, normal to be thicker at the root	s related to Stomach Qi s normal functioning of digestion
<b>Moisture</b>	slightly moist	s proper functioning of the stomach



## Horary Clock

<b>Liver</b>	<b>1:00</b>	<i>Entering light sleep. Sensitive to pain.</i>
	<b>2:00</b>	<i>Most organ functions are very slow.</i>
	<b>3:00</b>	<i>Entire body is resting – muscles are relaxed. Blood pressure is low and heart is beating slowly.</i>
<b>Lung</b>	<b>4:00</b>	<i>Blood pressure drops further and blood supply to the brain lessens. In this state, death occurs most frequently to the very ill.</i>
	<b>5:00</b>	
<b>Colon</b> <i>(breakfast time)</i>	<b>6:00</b>	<i>Blood pressure rises, heart rate increases.</i>
<b>Stomach</b>	<b>7:00</b>	<i>Immune system is activated.</i>
	<b>8:00</b>	<i>Toxins are released by the liver. Alcohol will damage it.</i>
<b>Spleen</b>	<b>9:00</b>	<i>Heart is activated and begins its daily work routine. Insensitive to pain.</i>
	<b>10:00</b>	<i>Energy is at its highest level – most efficient time of day.</i>
<b>Heart</b> <i>(manufacture blood)</i>	<b>11:00</b>	<i>Energy continues at the same level as 10:00.</i>
	<b>12:00</b>	<i>Whole body participation is high.</i>
<b>Small Intestine</b>	<b>13:00</b>	<i>Liver rests. Some sugar enters the blood and the body will feel the need to rest.</i>
	<b>14:00</b>	<i>Reaction time slows.</i>
<b>Bladder</b> <i>(drink more water)</i>	<b>15:00</b>	<i>All organ responses are sensitive, including taste and smell.</i>
	<b>16:00</b>	<i>Blood sugar level increases.</i>
<b>Kidney</b>	<b>17:00</b>	<i>Most efficient of the day.</i>
	<b>18:00</b>	<i>Higher pain threshold, as nerve activity is slowed. Increased physical activity will cheer you up.</i>
<b>Pericardium</b>	<b>19:00</b>	<i>Blood pressure increases and emotions are unstable.</i>
	<b>20:00</b>	<i>The body is at its heaviest, but responds the fastest at this time.</i>
<b>Triple Burner</b> <i>(immune system is active)</i>	<b>21:00</b>	<i>Nerve activity returns to normal, memory is good.</i>
	<b>22:00</b>	<i>White cell blood count is increased. The body's temperature drops.</i>
<b>Gallbladder</b> <i>(bone marrow manufactures blood)</i>	<b>23:00</b>	<i>Body needs to rest.</i>
	<b>0:00</b>	<i>All muscles are relaxed; organs slow down and enter into sleep mode.</i>
	<b>1:00</b>	<i>Cycle restarts.</i>

### Clinical Manifestations of Yin and Yang

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

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

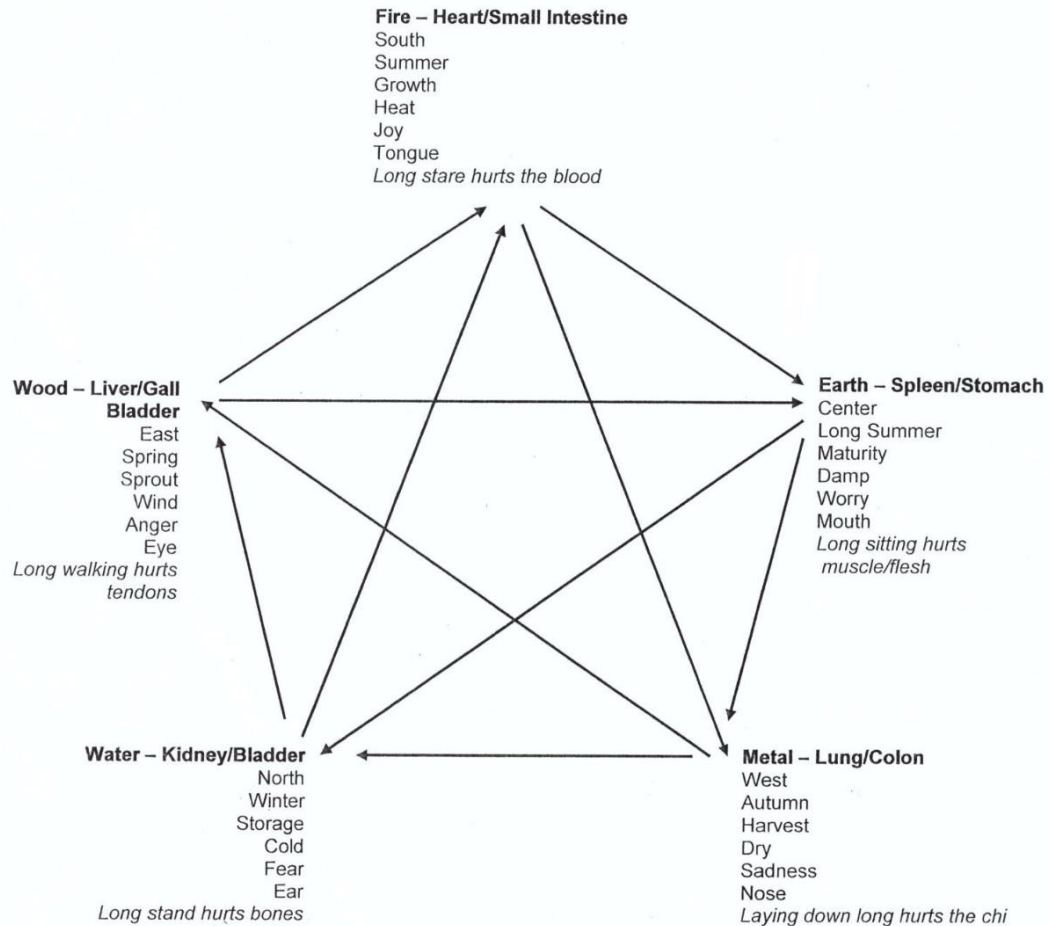
**All these measurements are based on the client's hand, not the therapist's hand.**

### 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



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

<b>Metal</b>	<i>Found in earth</i>	<i>and</i>	<i>melted by fire.</i>
<b>Water</b>	<i>Melted metal</i>	<i>and</i>	<i>blocked by earth.</i>
<b>Wood</b>	<i>Grows with water</i>	<i>and</i>	<i>cut by metal.</i>
<b>Fire</b>	<i>Burns wood</i>	<i>and</i>	<i>extinguished by water.</i>
<b>Earth</b>	<i>Ashes from fire</i>	<i>and</i>	<i>penetrated by wood.</i>

## 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:

Lu	Deltoid, Serratus Anterior, Coracobrachialis
Li	TFL, Hamstrings, QL

## 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

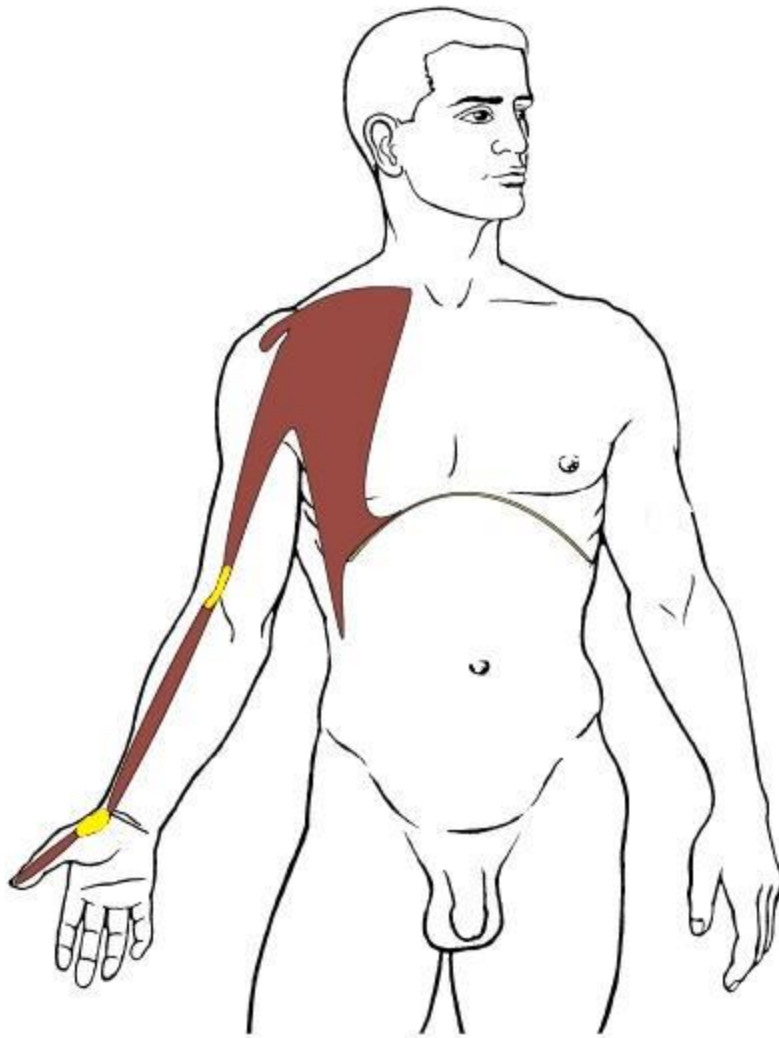
### FASCIAL BINDING CONNECTORS

THENAR (LU 10)

ANTERIOR ELBOW LATERAL TO BICEP TENDON (LU 5)

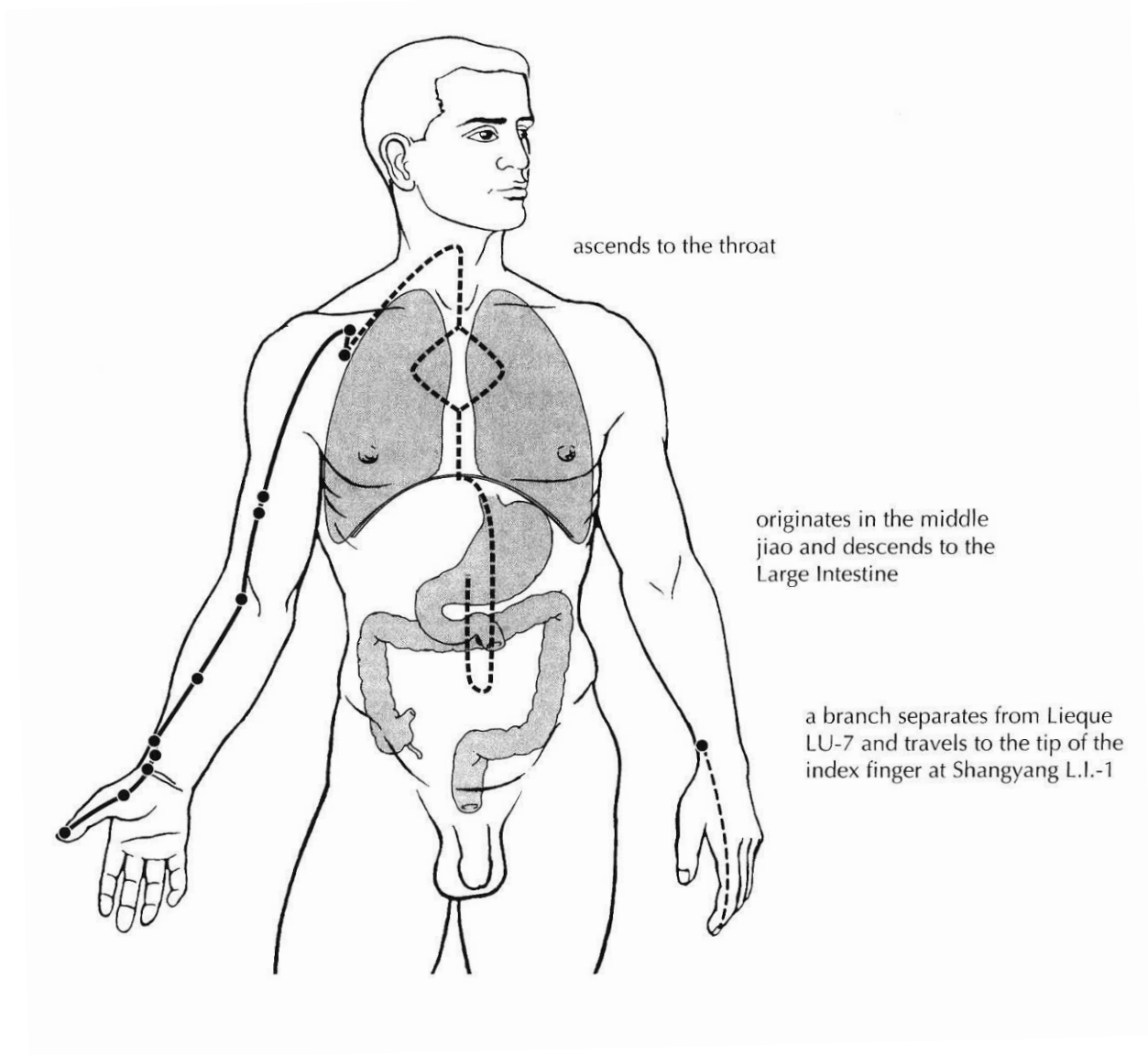
INFERIOR TO CLAVICLE

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  
                                 Brachoradialis 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



## Large Intestine Sinew Channel FASCIAL BINDING CONNECTORS

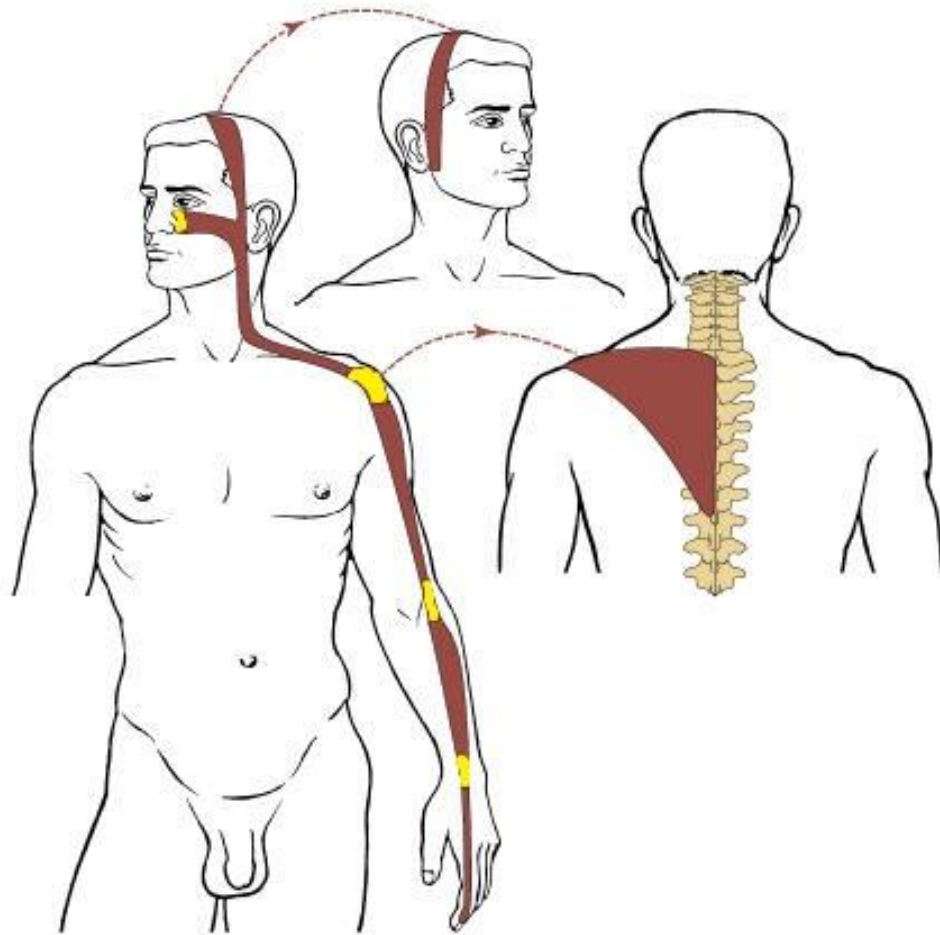
WRIST POSTERIOR CREASE IN LINE WITH INDEX FINGER

LATERAL EPICONDYLE (LI 11)

ANTERIOR DELTOID (LI 15)

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

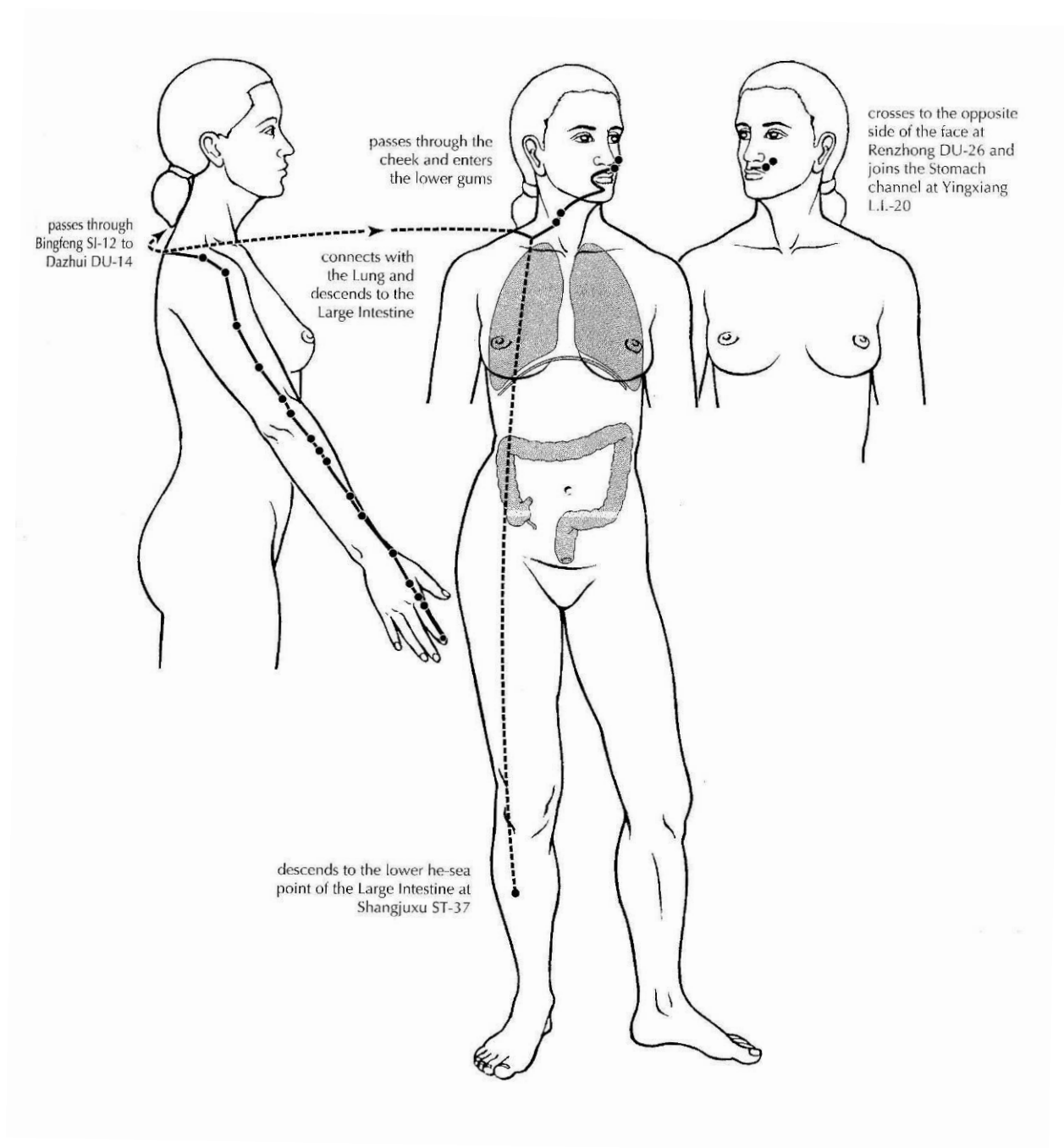
LUO CONNECTOR – (LI 6)



## Points on the Large Intestine Channel

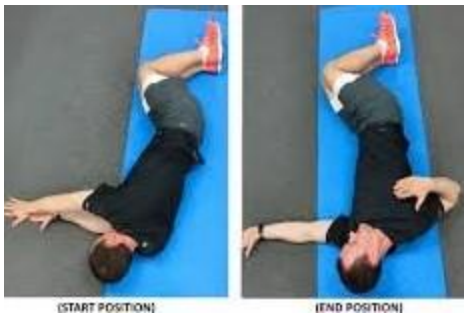
- LI 4 – Location: Dorsum of the hand, between the 1<sup>st</sup> and 2<sup>nd</sup> metacarpal bones, at the mid-point of the 2<sup>nd</sup> metacarpal  
Indications: Source Point  
Alleviates pain  
Treats head and face, headache  
Contracture of thumb, fingers  
Great eliminator, helps to move bowels  
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





## 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	<i>Pectoralis – clavicular portion</i> , Neck flexors and extensors Levator Scapulae Brachoradialis
Sp	<i>Latissimus Dorsa, Triceps, Mid and Low Trapezius</i>

**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  
2<sup>nd</sup> or 3<sup>rd</sup> 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)

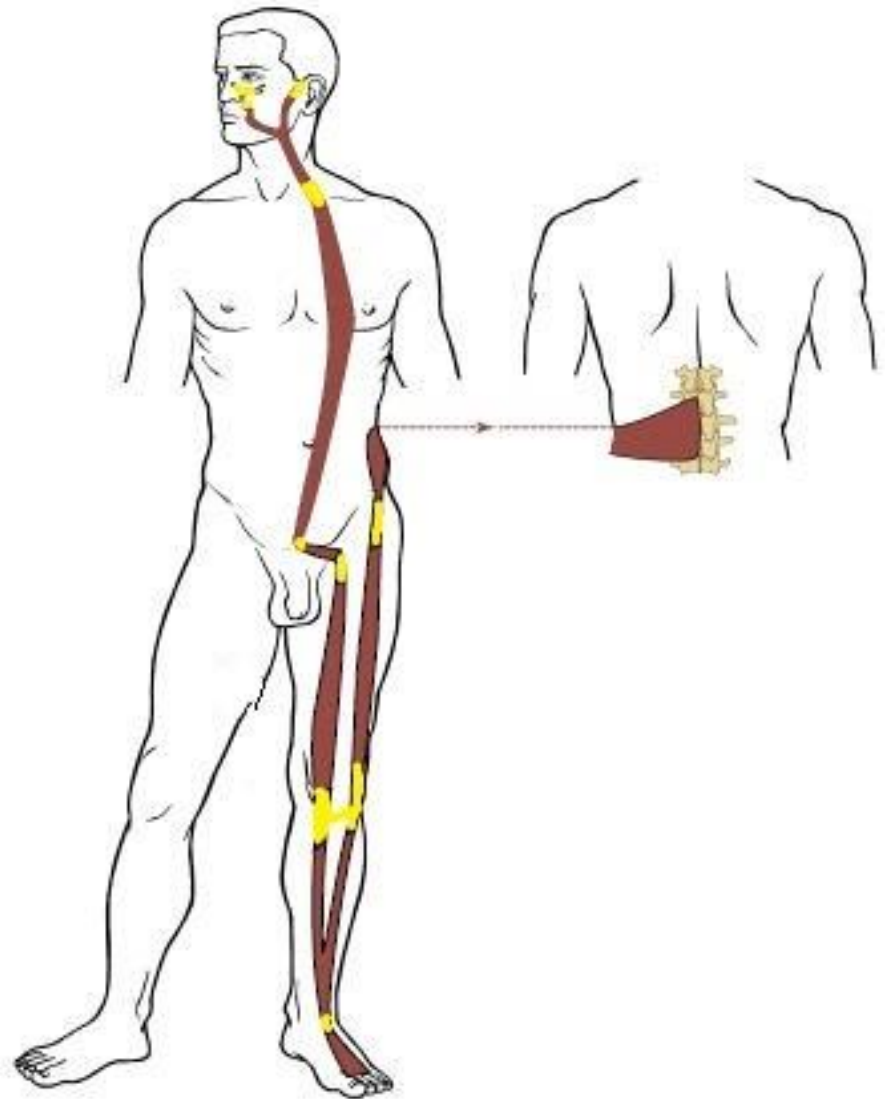
PATELLA LATERAL AND MEDIAL (ST 35/36)

TFL

CLAVICLE BY STERNAL-CLAVICULAR  
JOINT

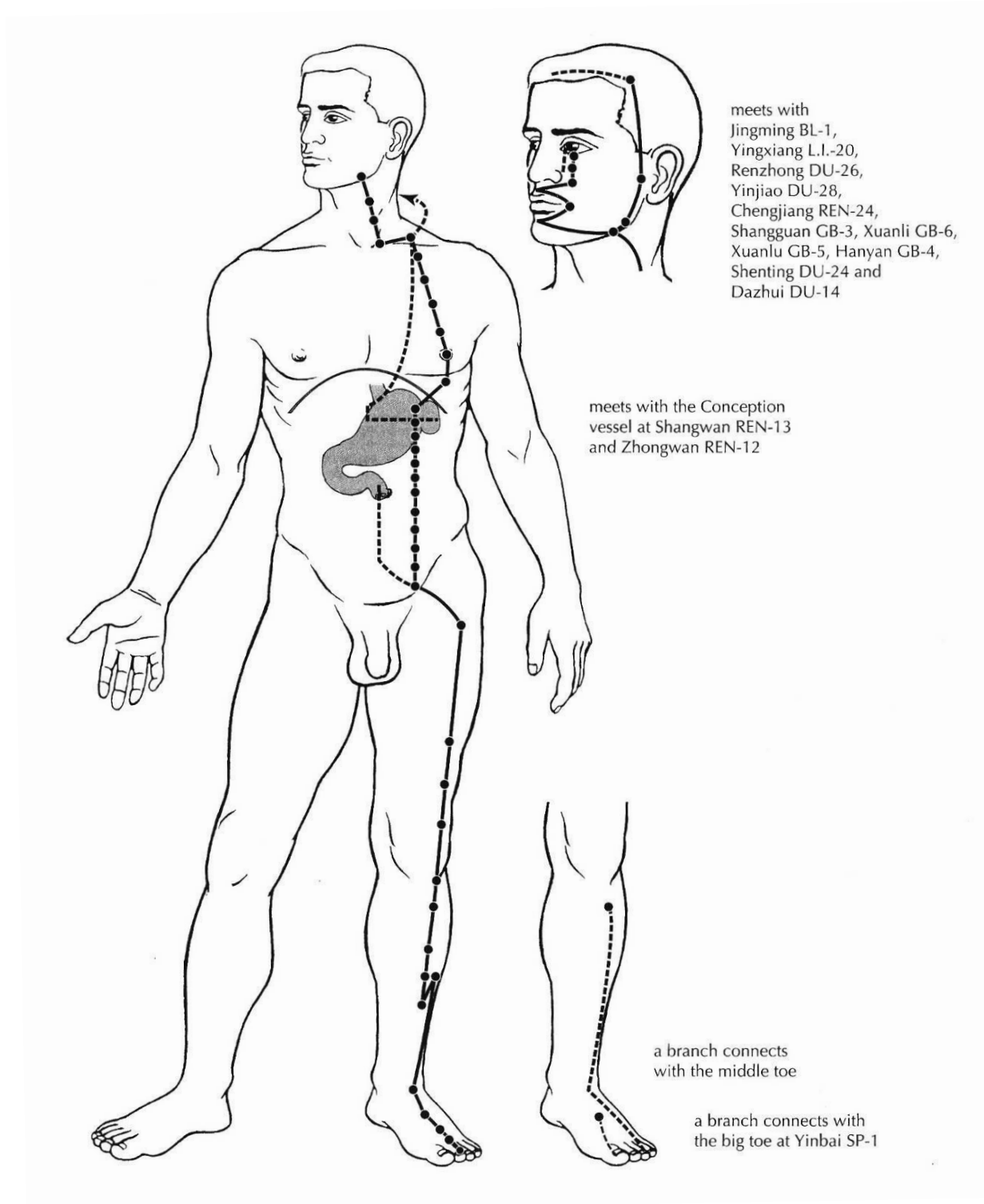
CHEEK BONE (ST 2)

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<sup>nd</sup> and 3<sup>rd</sup> 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





## Spleen Sinew Channel

### FASCIAL BINDING CONNECTORS

ANTERIOR MEDIAL MALLEOLUS (SP 5)

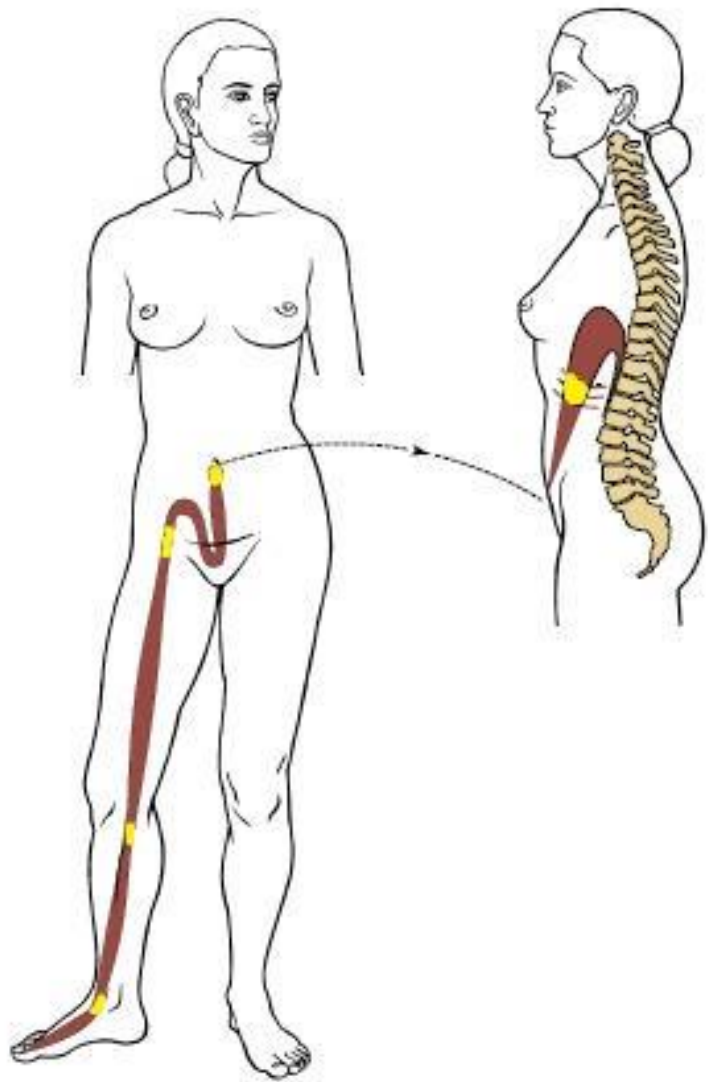
MEDIAL KNEE DISTAL TO JOINT LINE  
BY TIBIAL TUBEROSITY (SP 9)

MEDIAL QUADRICEPS AT PROXIMAL  
ATTACHMENT

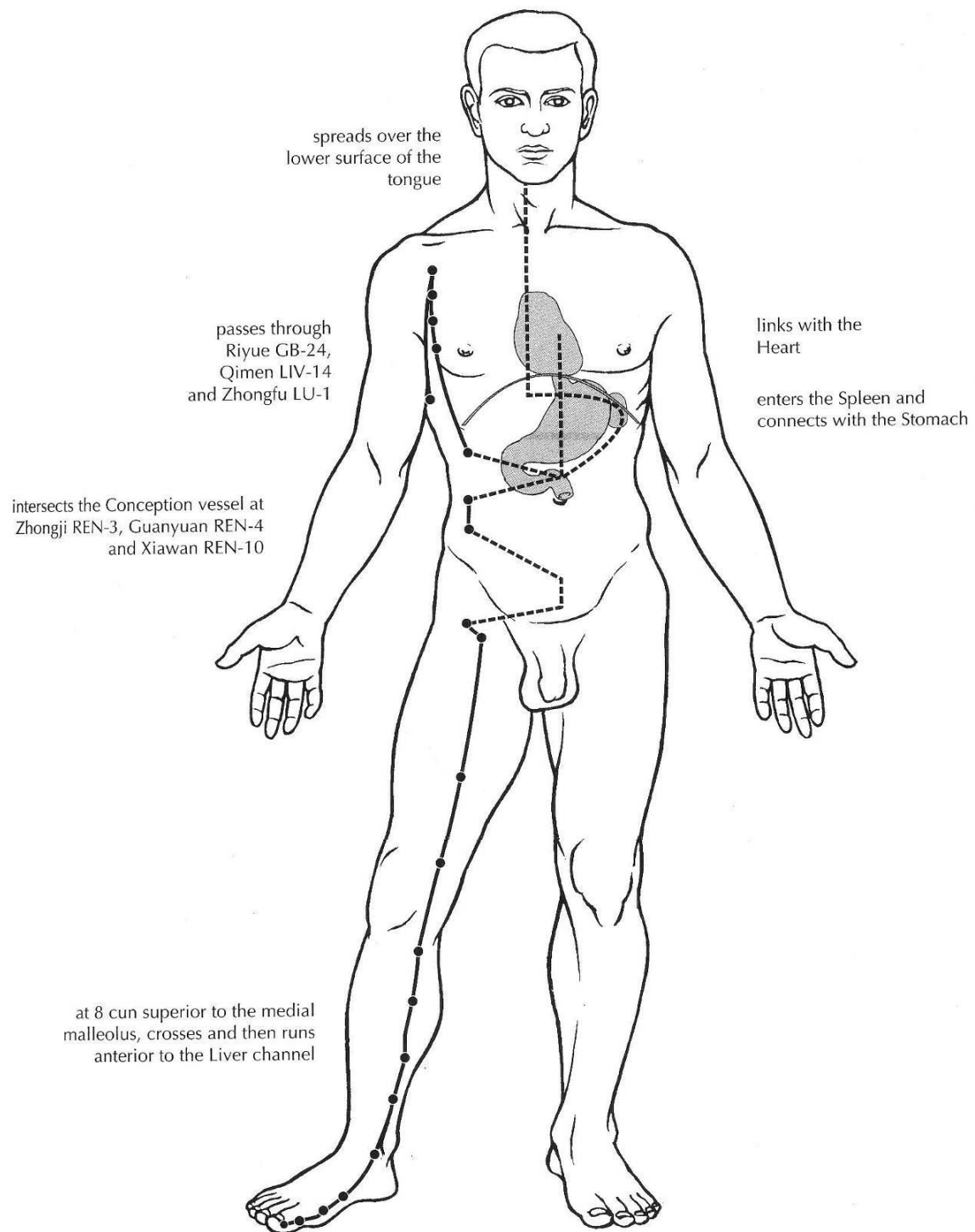
DISTAL TO UMBILICUS

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



## Stretches

### Stomach

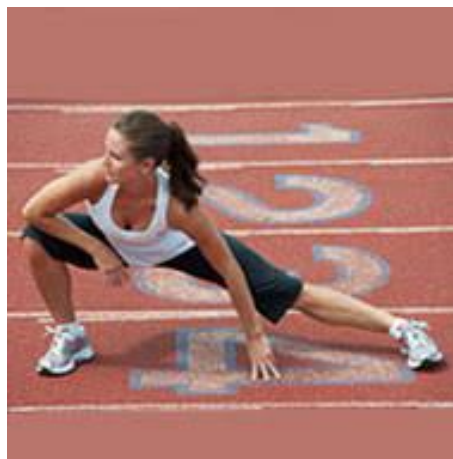


## Stretches

### Spleen



JEFF NELSON



## 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 O<sub>2</sub>, 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:**

He	Subscapularis
Si	Quadriceps, Abdominals

**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

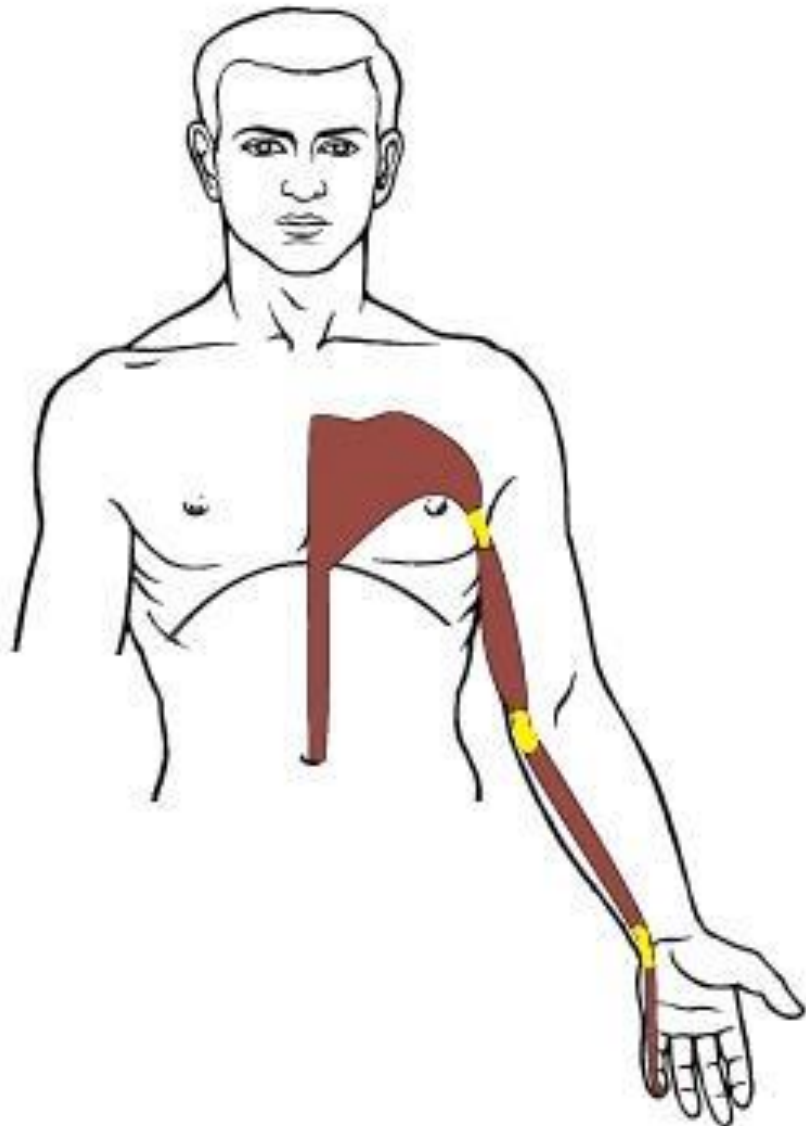
#### CONNECTORS

PISIFORM (HE 7)

MEDIAL EPICONDYLE (HE 3)

LATERAL AXILLA/RIB 5/6

LUO CONNECTOR – (HE 5)



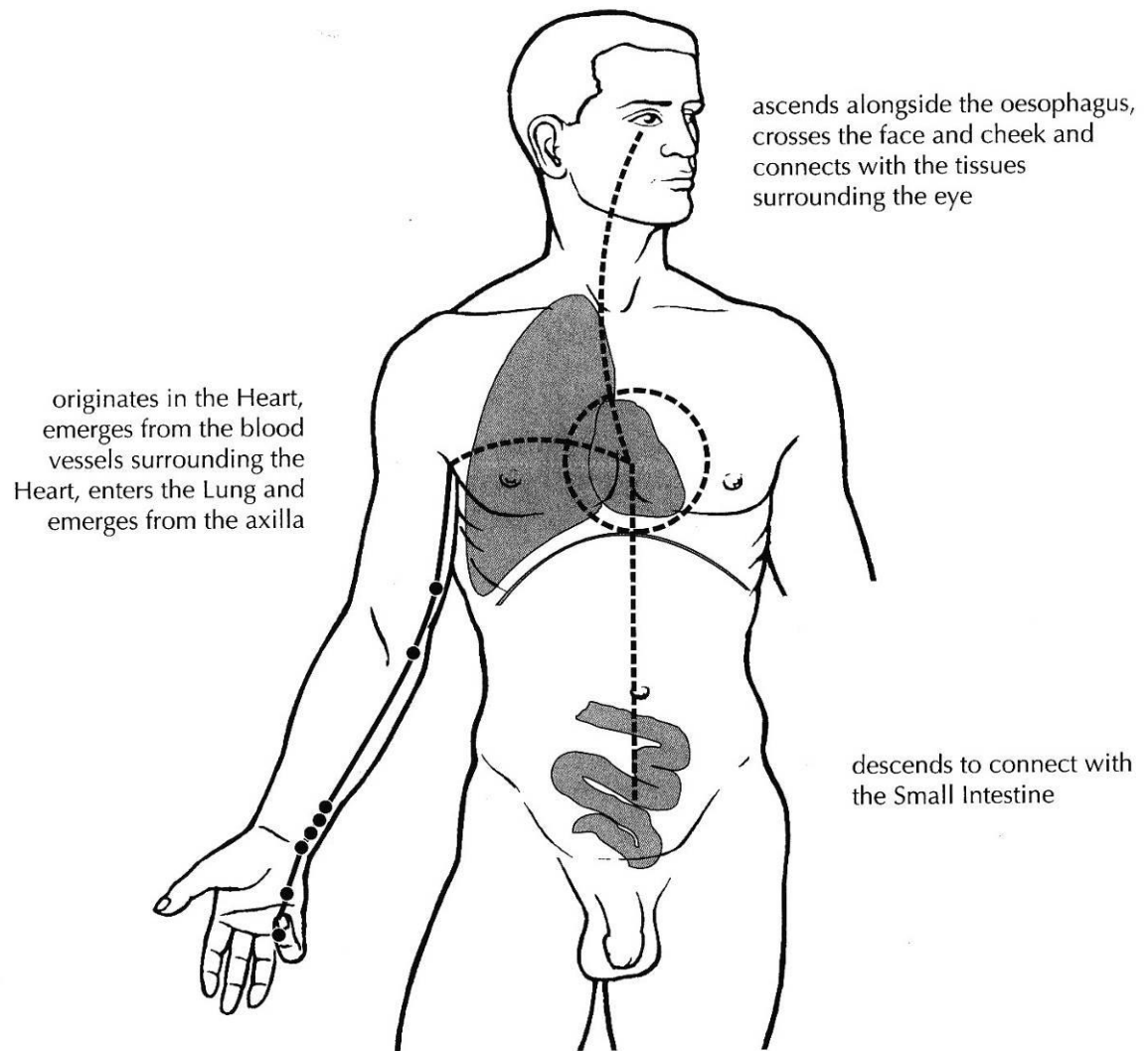


## Points on the Heart Channel

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



WRIST AT ULNAR METACARPAL JUNCTION (SI 4)

ELBOW AT OLECRANON

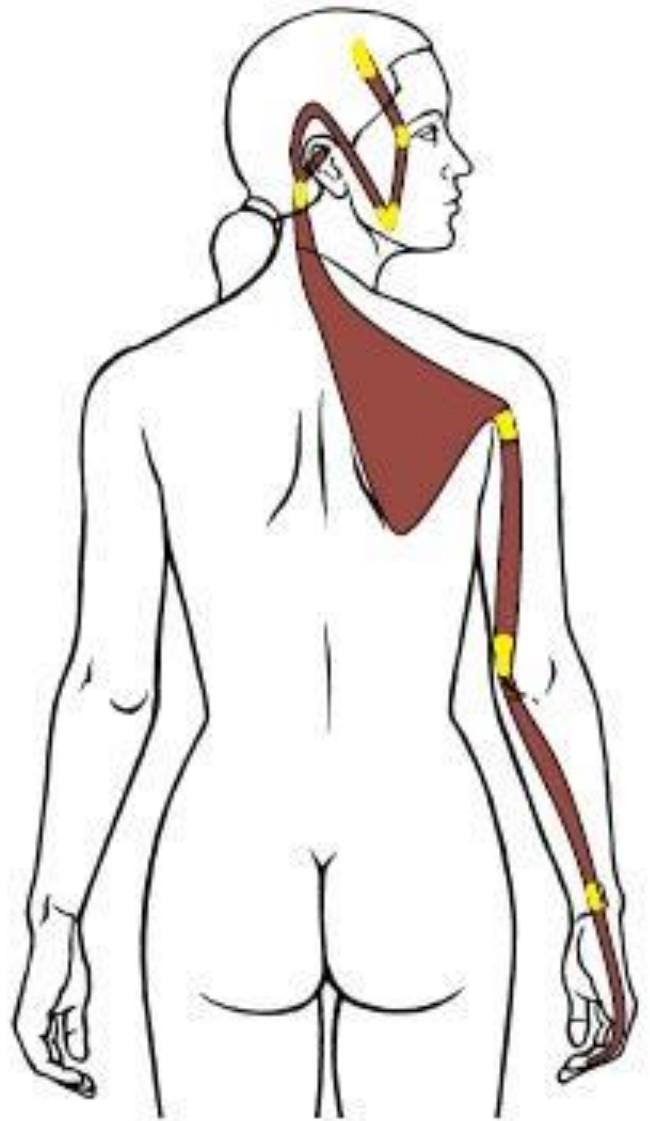
POSTERIOR AXILLA /SHOULDER (SI -9)

MASTOID

LOWER MANDIBLE

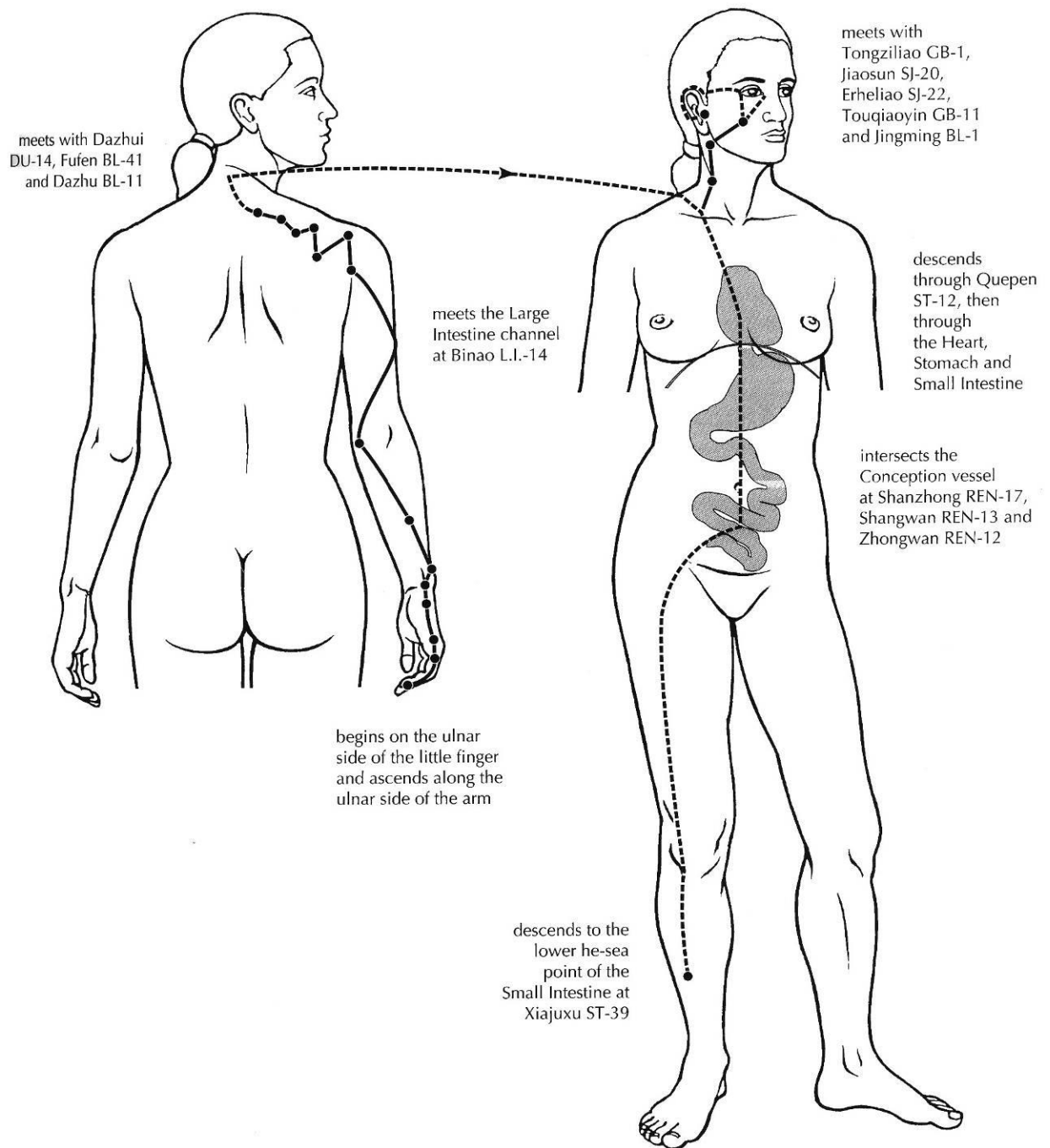
TEMPORALIS

LUO CONNECTOR – (SI 7)



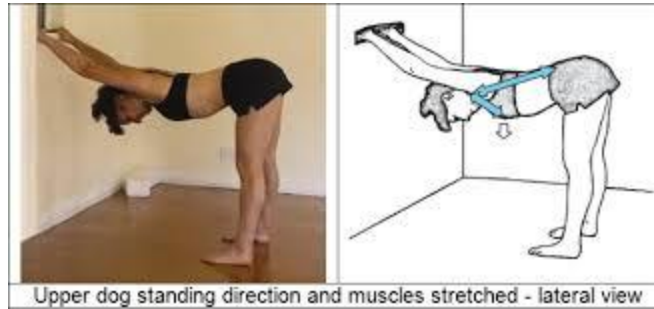
## Points on the Small Intestine Channel

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



## Stretches

### Heart

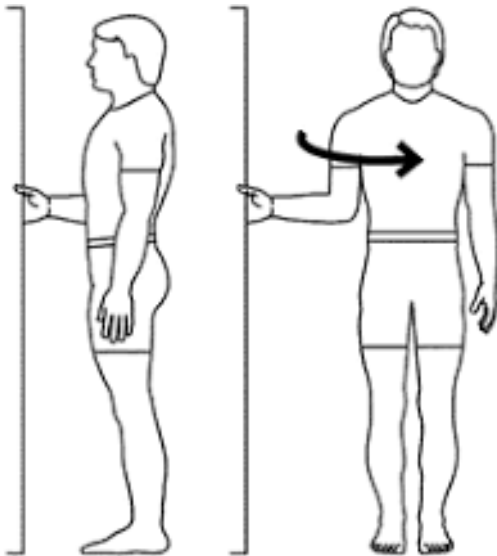


## Stretches

### Small Intestine



Resist with your opposite hand through the full range of motion



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

## 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	<i>Sartorius, Gracilis, Gluteus Maximus/Medius</i> Adductors, Piriformis
Sj	<i>Teres Minor, Infraspinatus</i> 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

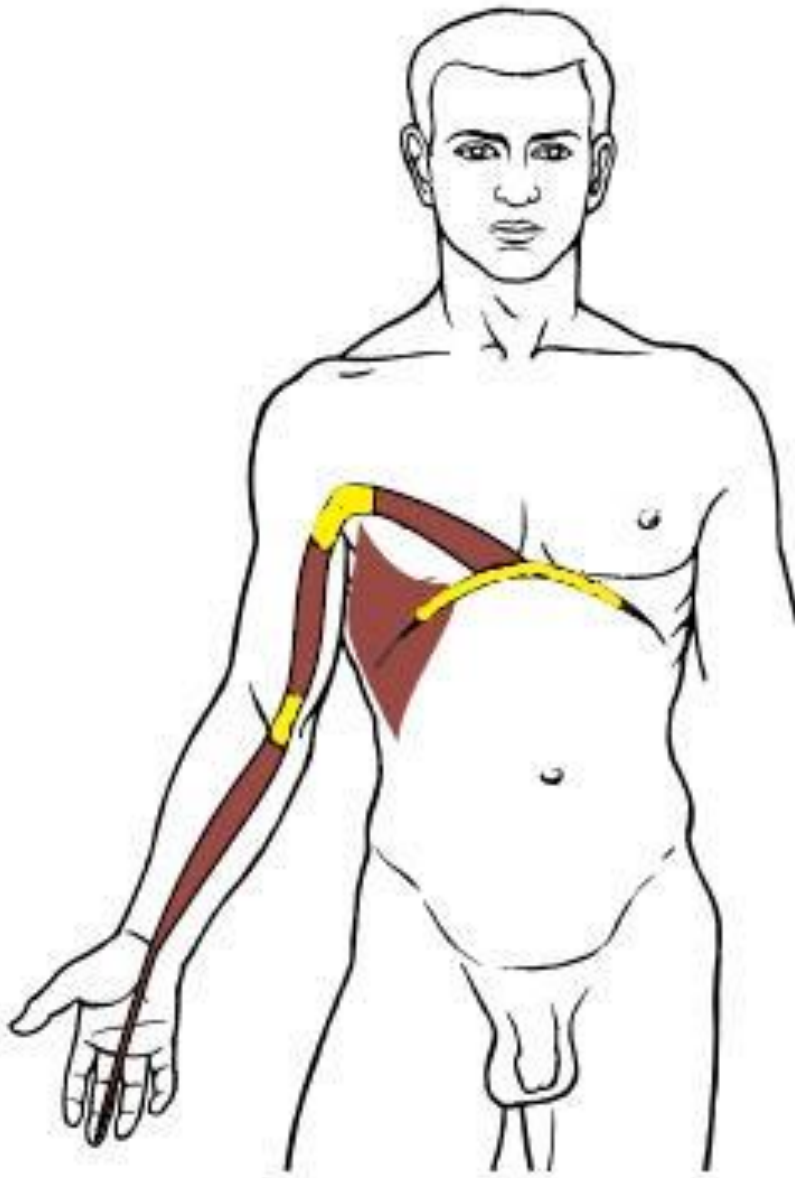
Trigeminal neuralgia

Shoulder problems (raising arm over the head)

Manifestations or pain along the channel

Wrist and ring finger problems

## Pericardium Channel



### FASCIAL BINDING CONNECTORS

ANTERIOR MEDIAL ELBOW ON  
ULNAR SIDE OF BICEP TENDON (PC  
3)

ANTERIOR AXILLA/CHEST – PEC  
MINOR

DIAPHRAGM

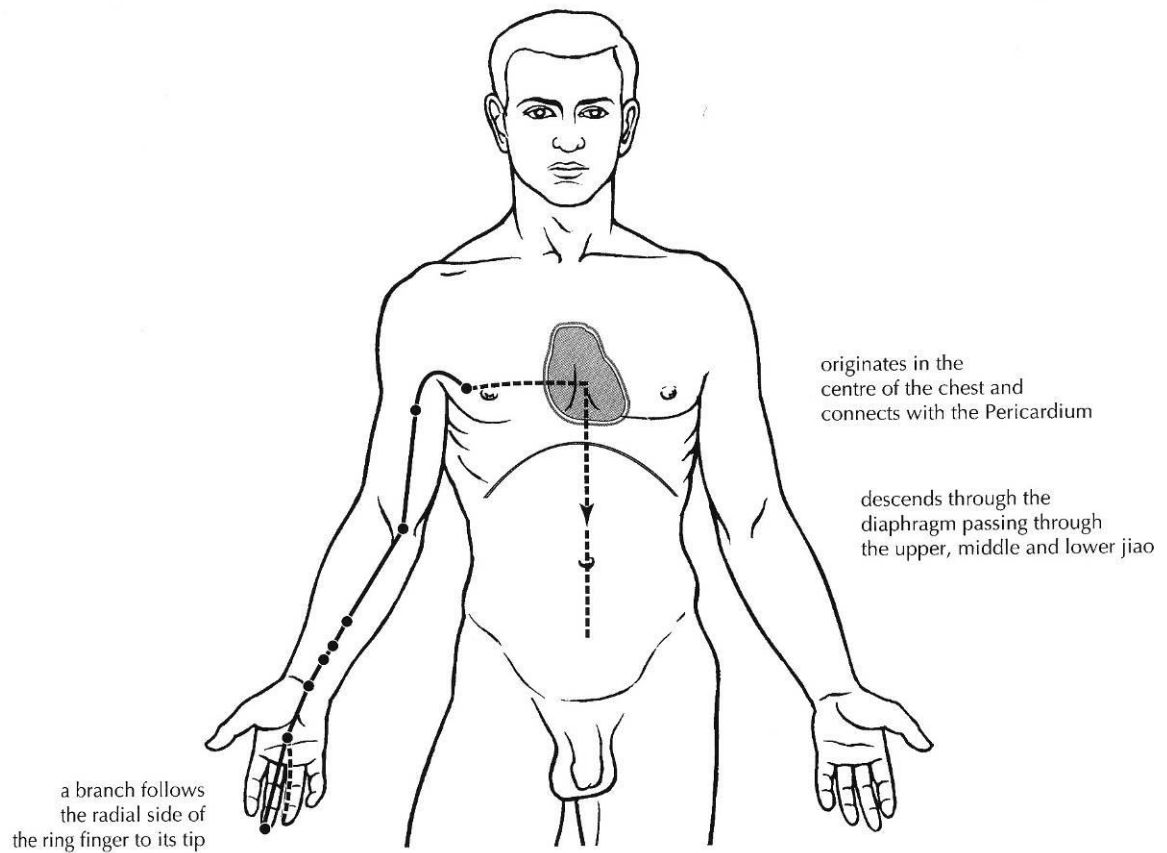
LUO CONNECTOR – (PC 6)

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



## San Jiao/Triple Energizer Sinew Channel



TE

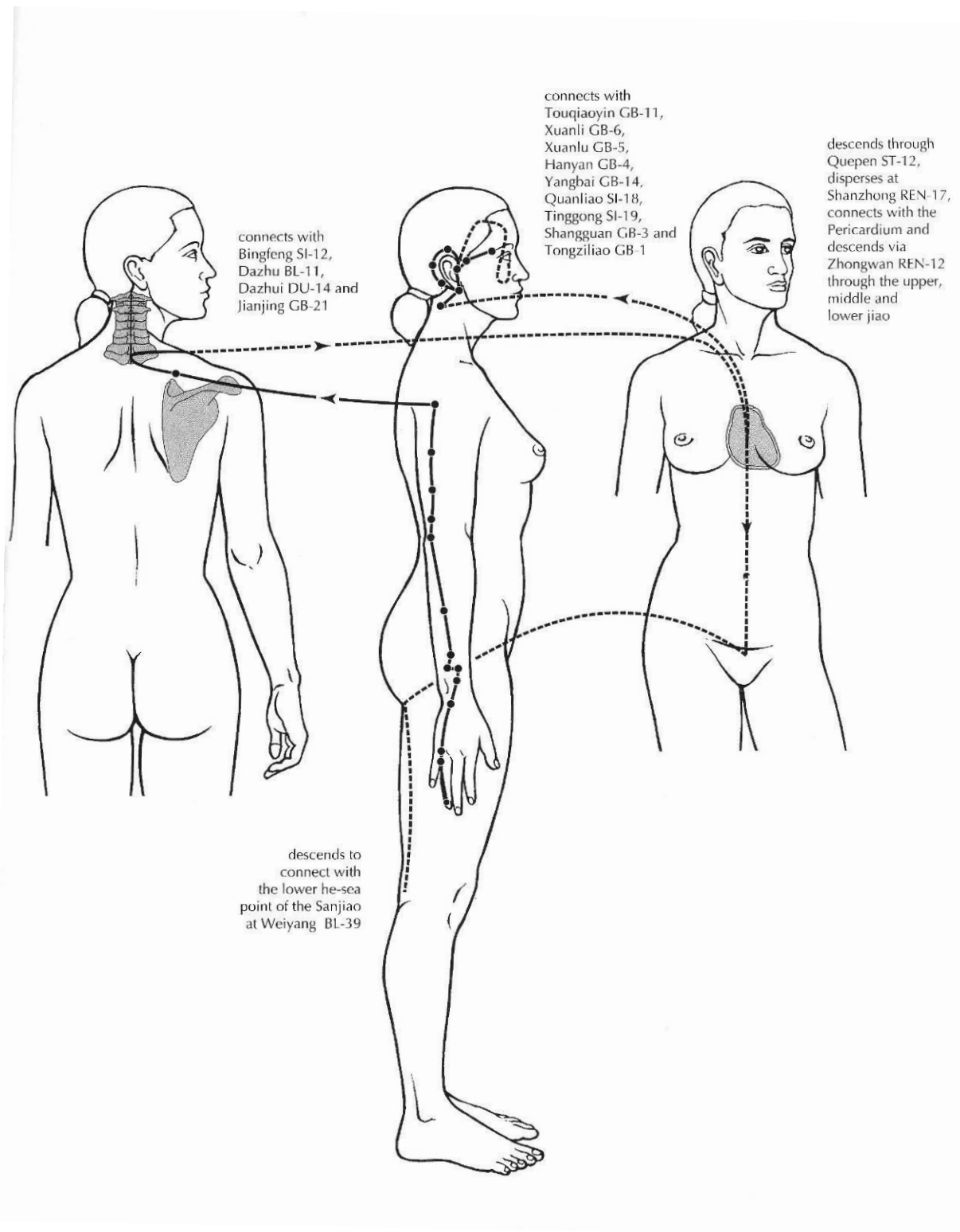
DORSUM OF WRIST AT MIDLINE (TE 5)

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 / SHOULDER



## 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:**

Kid	Psoas, Iliacus, Upper Trapezius
Bl	<i>Tibialis Anterior, Peroneus Longus/Brevis, Sacralspinalis</i>

**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)

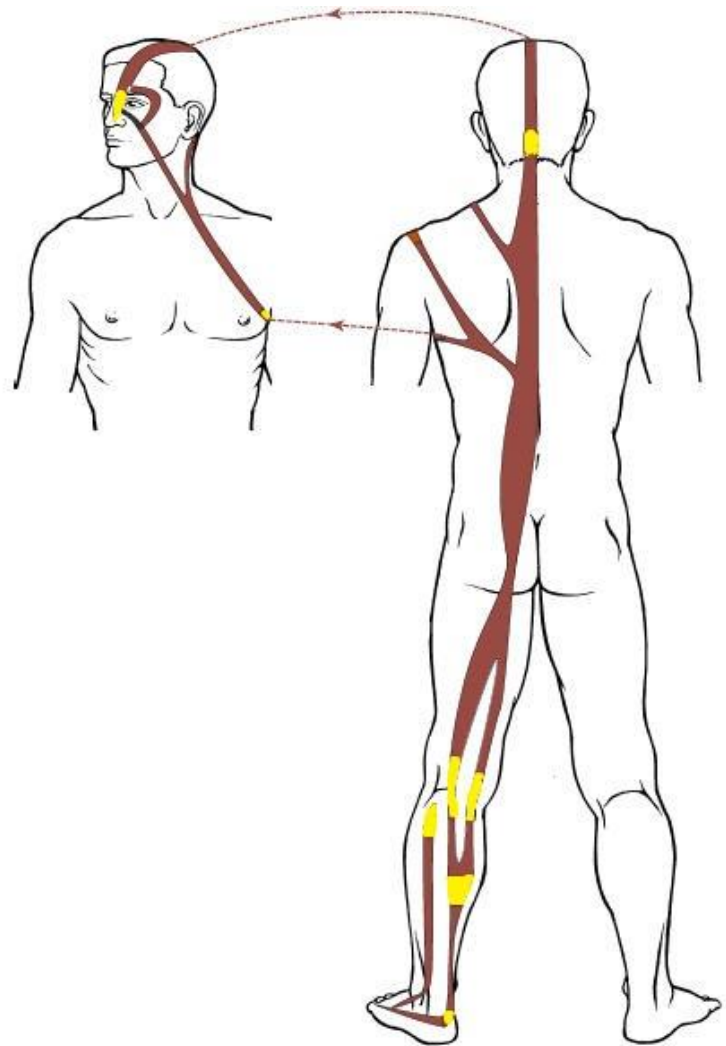
POSTERIOR CALF NEAR FIBULA NECK

POPLITEAL CREASE (BL 40)

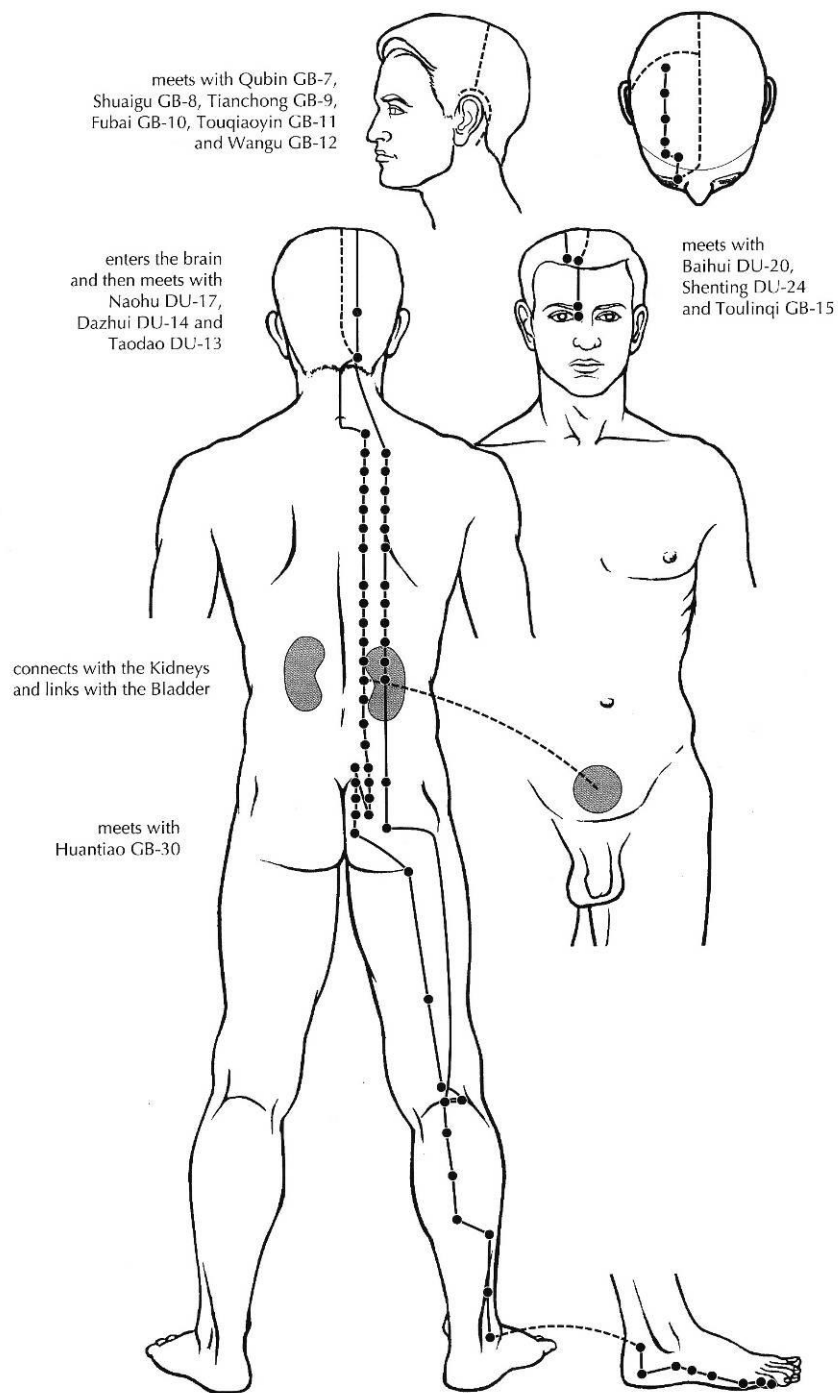
OCCIPUT (DU 16)

FOREHEAD AT BRIDGE OF NOSE (BL 2)

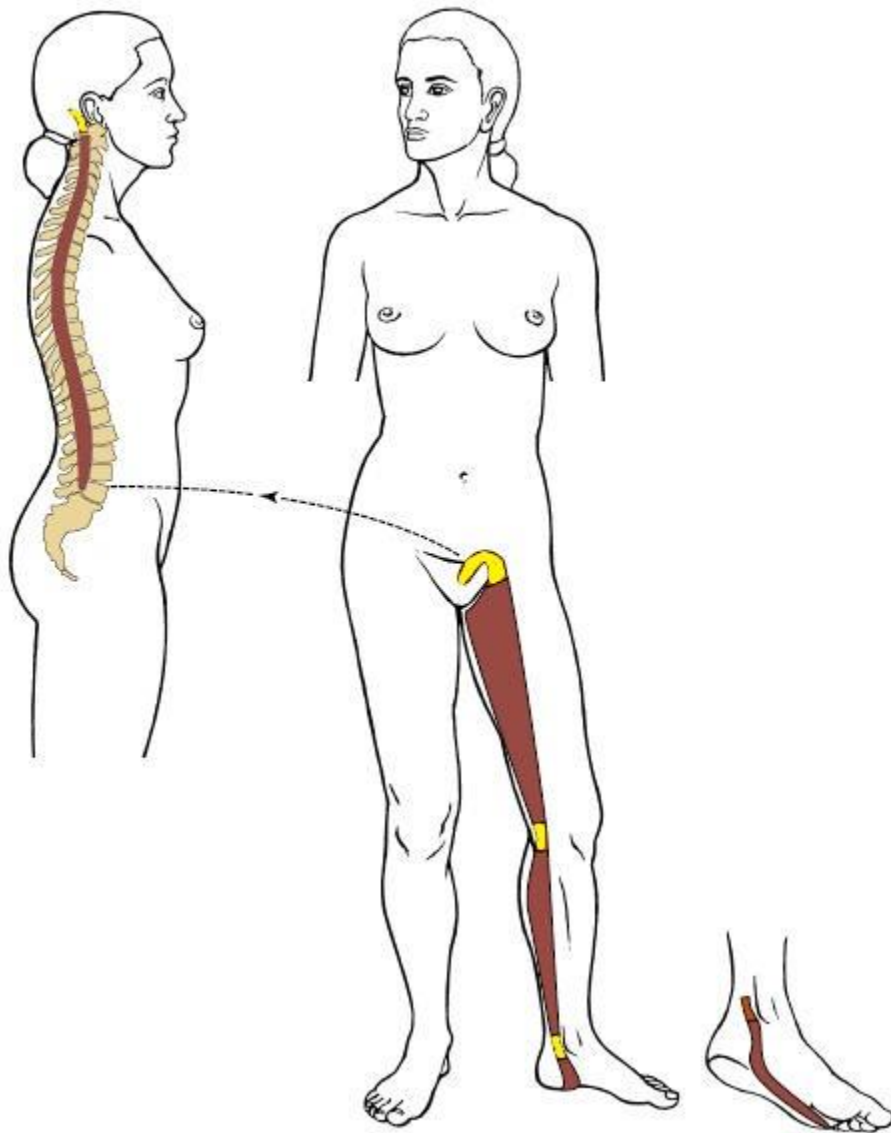
LUO CONNECTOR – (BL 58)







## 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 2<sup>nd</sup> and 3<sup>rd</sup> 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

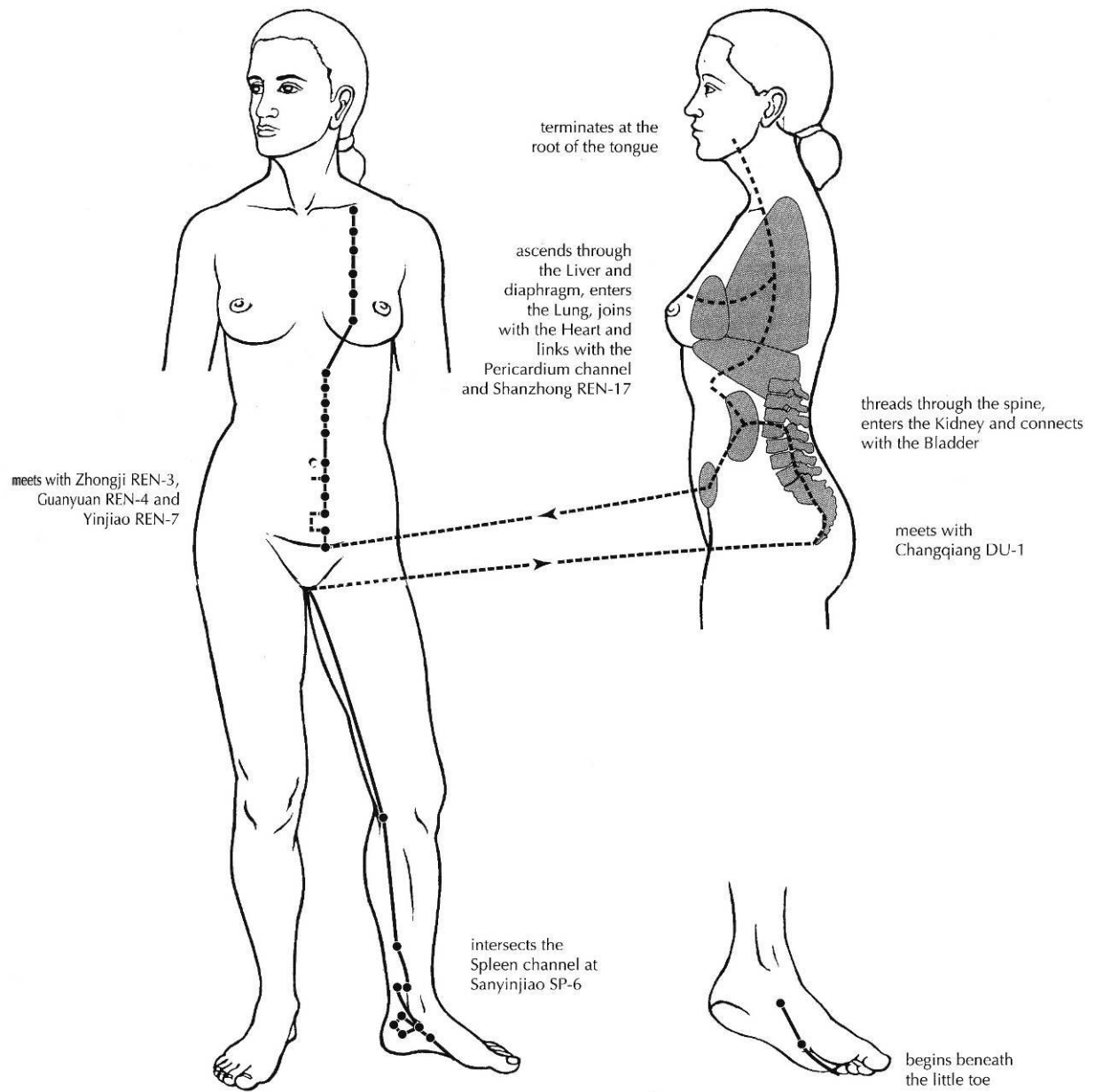
Indications: Luo connecting point  
strengthens the will and dispels fear

.

KID 10 – Location: at the popliteal crease between the tendons of the medial hamstring

Indications: fertility and urination disorders  
KNEE / HAMSTRING / LEG





## 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:**

Gb	<i>Popliteus</i> , Anterior Deltoid
Lr	Pectoralis Major – Sterna; Portion, <i>Rhomboids</i>

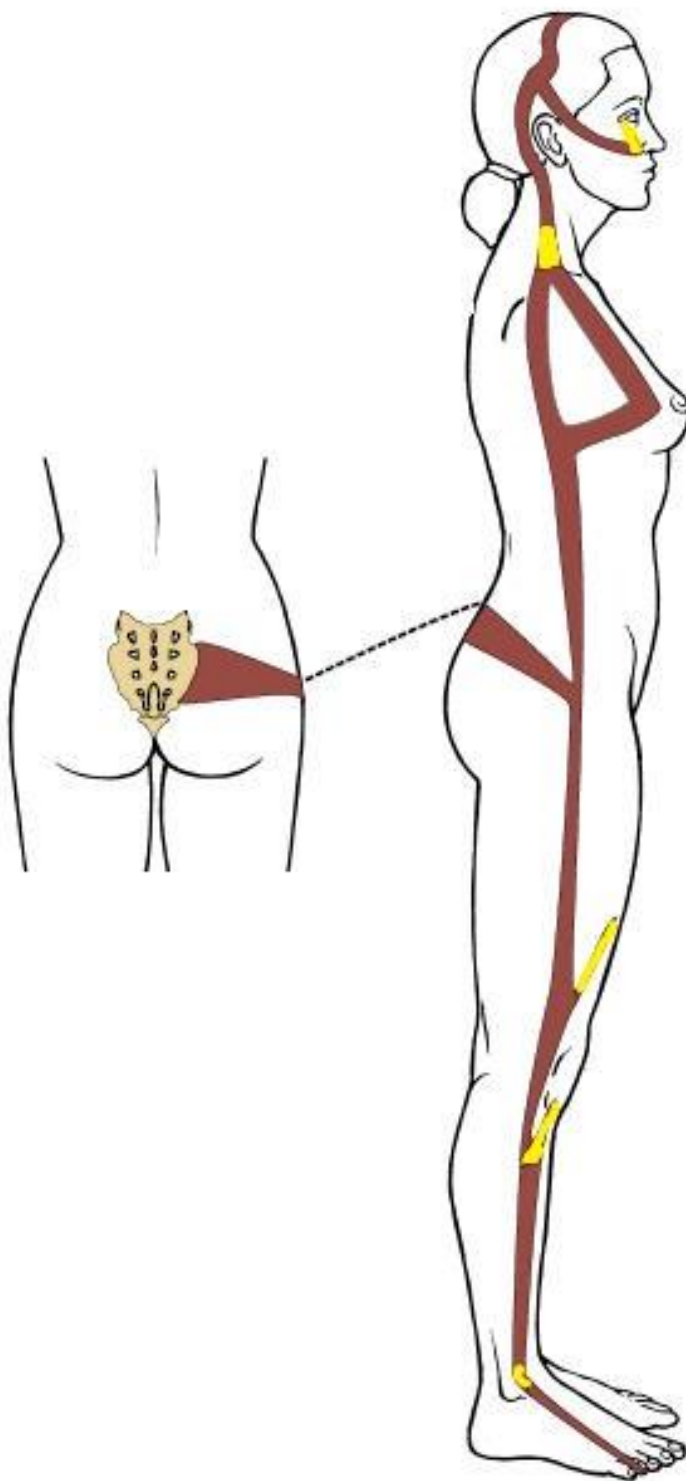
**Channel Pattern**

**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  
4<sup>th</sup> toe and nail



## Gallbladder Sinew Channel

### FASCIAL BINDING CONNECTORS

ANTERIOR LATERAL MALLEOLUS (GB 40)

ITB PROXIMAL TO KNEE

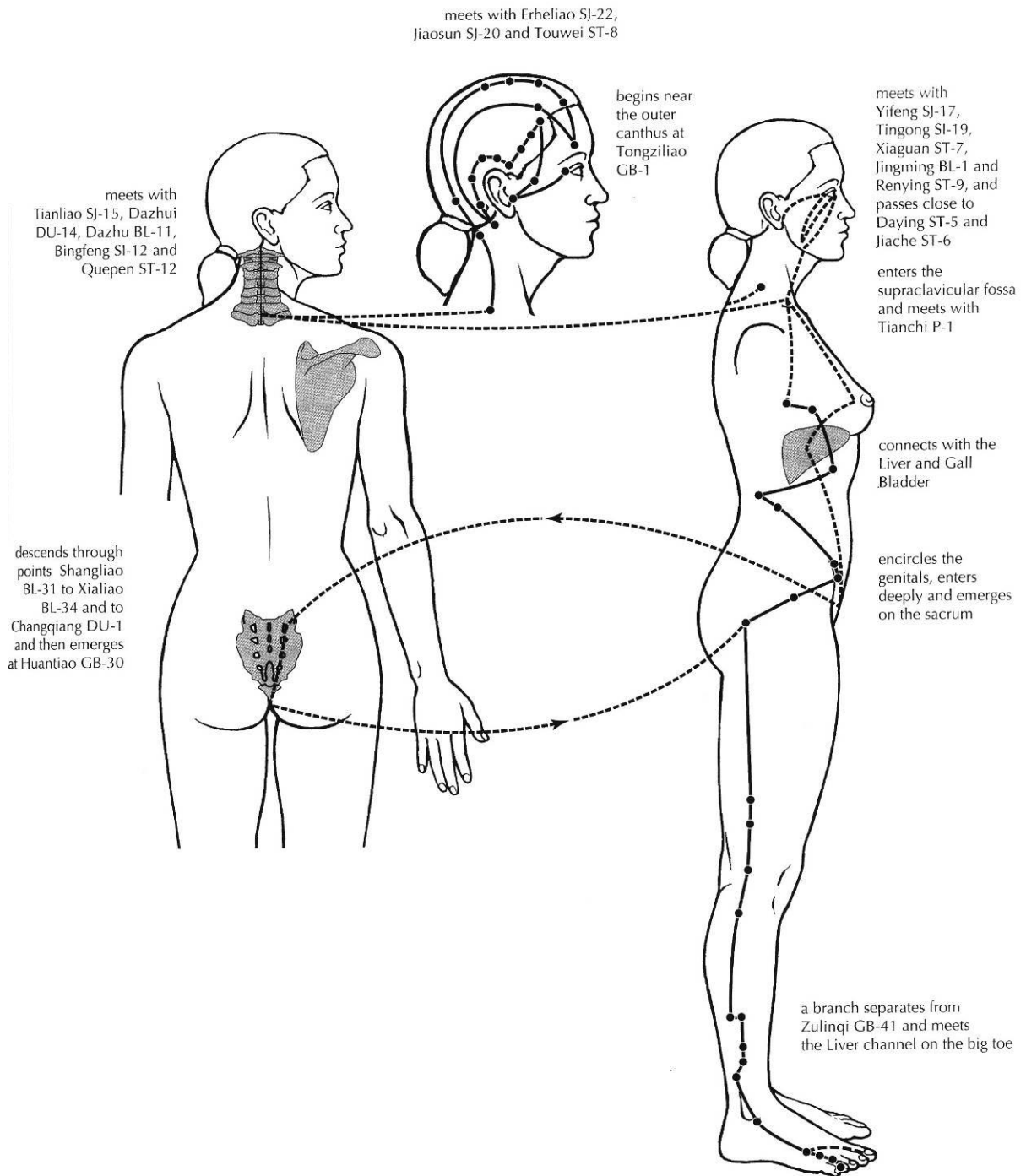
TRAPEZIUS AT TOP OF THE SHOULDER (GB 21)

CLAVICLE

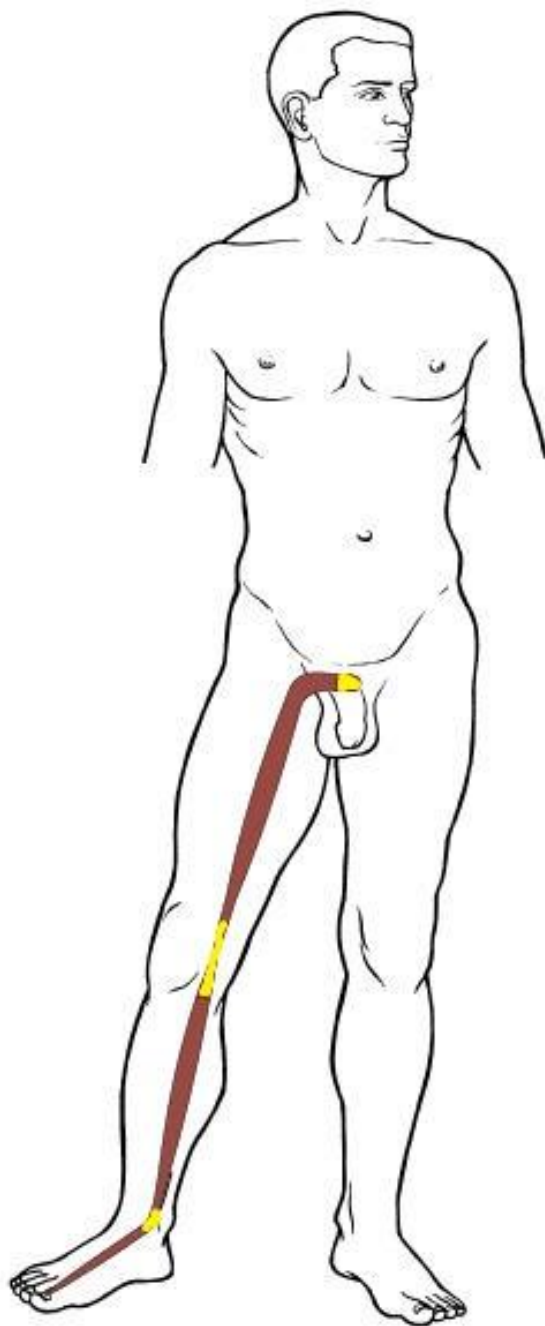
OUTER CANTHUS OF EYE (GB 1)

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 4<sup>th</sup> and 5<sup>th</sup> metatarsals, on the lateral side  
 . the EDL tendon of the toe branch  
 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







## Liver Sinew Channel

LR

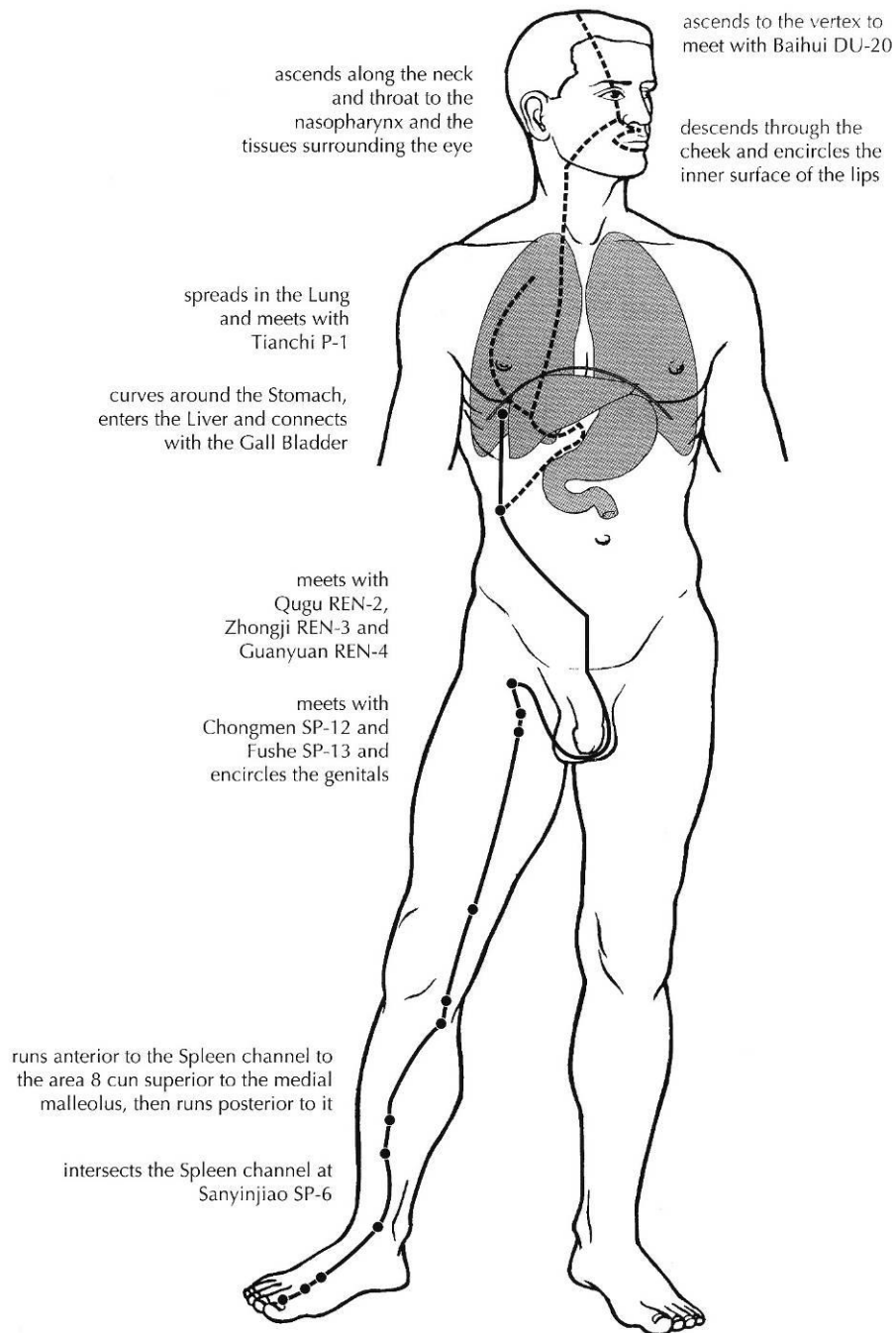
ANTERIOR MEDIAL MALLEOLUS AT DORSUM OF  
FOOT (LR 4)

MEDIAL KNEE AT JOINT LINE (LR 8)

LUO CONNECTOR – (LR 5)

## Points on the Liver Channel

- LR 3 – Location: between the 1<sup>st</sup> and 2<sup>nd</sup> 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



## Stretches

### Gallbladder



## Stretches

### Liver





## QUICK REFERENCE SECTION

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

## Source (Yuan) Points

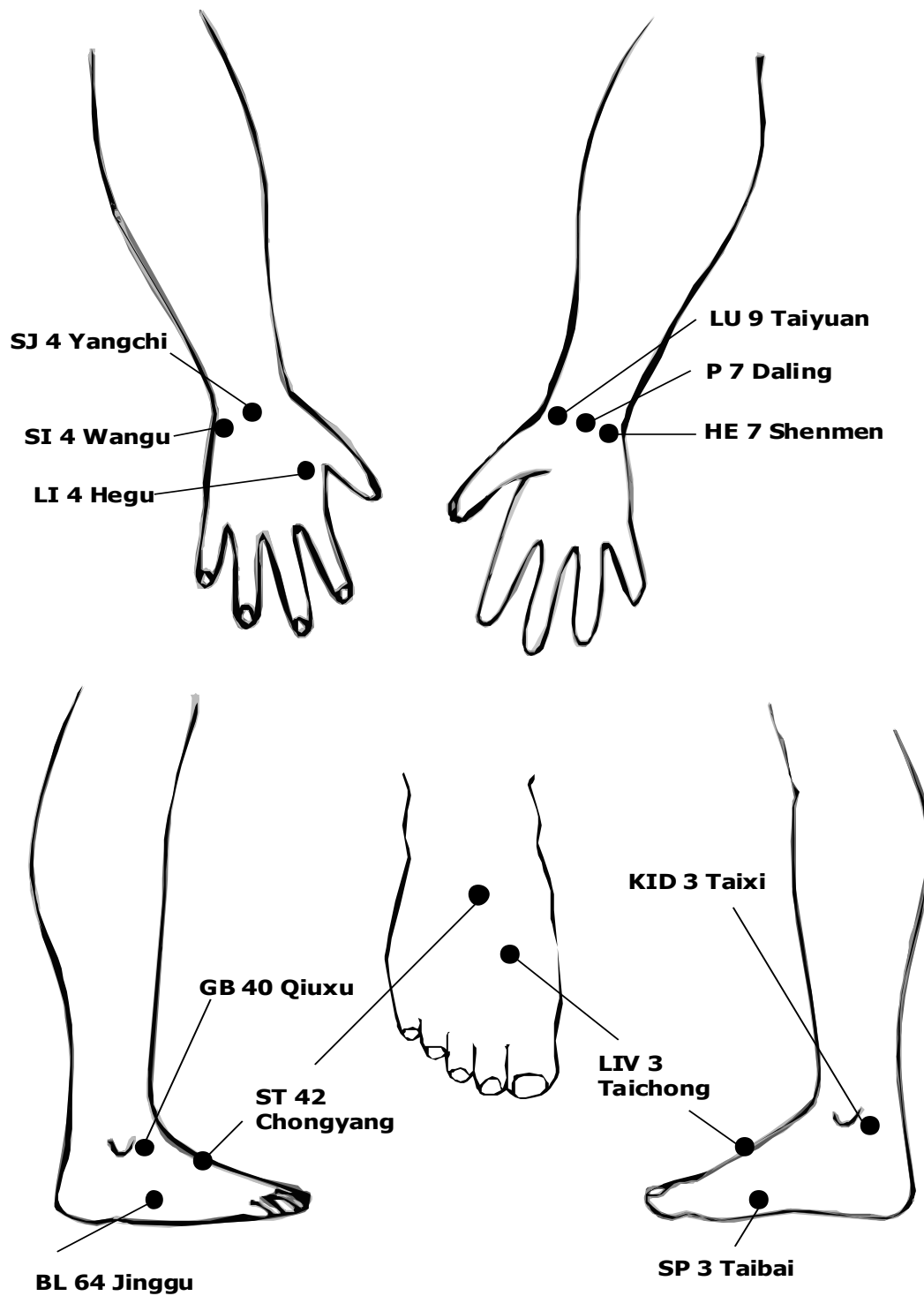
The source (yuan) points are those points where the essence (original qi) surfaces and lingers. The connecting (luo) point then picks up the qi to circulate it. This is why source (yuan) points are the primary points for electric readings or resistance testing of the meridian.

## Yuan Source Points

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



## Yuan Source Points Diagram



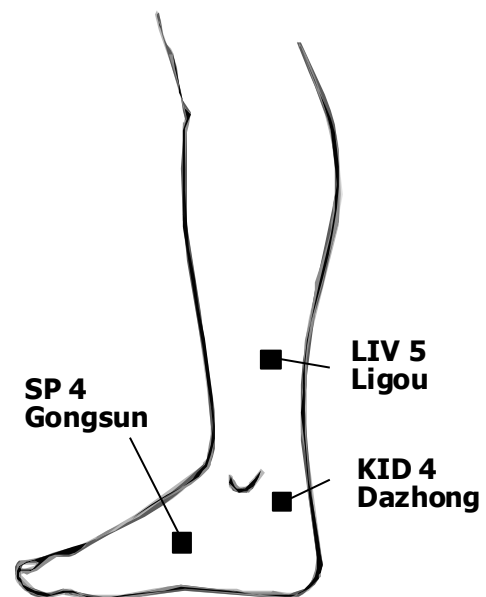
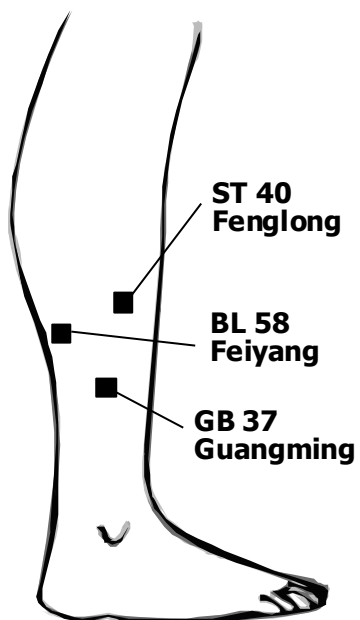
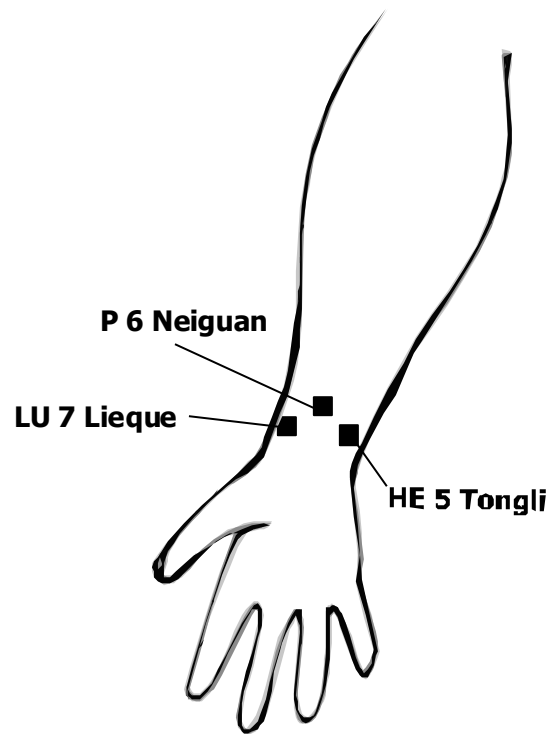
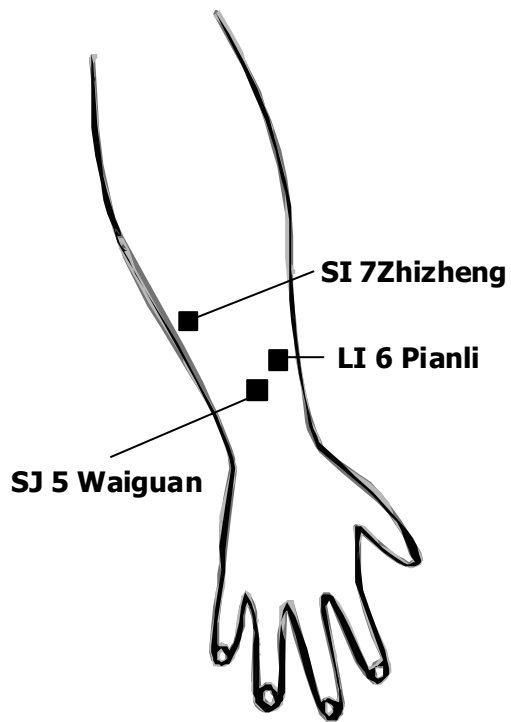
## CONNECTING (LUO) POINTS

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.

Channel	Point	Location
Lung	LU 7 Lieque	1 ½ cun proximal to the wrist joint on the radial side
Large Intestine	LI 6 Pianli	3 cun proximal to the anatomical snuffbox
Stomach	ST 40 Fenglong	Midway down the anterior crest of the tibia 2 finger-breadths lateral St 38
Spleen	SP 4 Gongsun	in the depression, distal and inferior to the base of the 1 <sup>st</sup> metatarsal bone
Heart	HE 5 Tongli	on the radial side of flexor carpi ulnaris, one cun proximal to HE 7
Small Intestine	SI 7 Zhizheng	5 cun proximal to the distal head of the ulna, in the groove between the ulna and flexor carpi ulnaris
Bladder	BL 58 Feiyang	at the inferior lateral head of the gastrocnemius
Kidney	KI 4 Dazhong	posterior and ½ cun inferior to the medial malleolus on the anterior boarder of the Achilles tendon
Pericardium	PC 6 Neiguan	2 cun proximal to the wrist between the tendons of palmaris longus and flexor carpi radialis
Sanjiao	SJ/TE 5 Waiguan	2 cun proximal to the posterior wrist between the ulna and the radius
Gall Bladder	GB 37 Guangming	5 cun proximal to the lateral malleolus at the anterior boarder of the fibula
Liver	LR 5 Ligou	5 cun proximal to the medial malleolus at the posterior boarder of the tibia

## Luo Connecting Points Diagram



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

ZangFu	Bladder Point	Vertebral Level
Lung	BL 13 Feishu	T3
Pericardium	BL 14 Jueyinshu	T4
Heart	BL 15 Xinshu	T5
Liver	BL 18 Ganshu	T9
Gall Bladder	BL 19 Danshu	T10
Spleen	BL 20 Pishu	T11
Stomach	BL 21 Weichu	T12
Triple Energizer	BL 22 Sanjiaoshu	L1
Kidney	BL 23 Shenshu	L2
Large Intestine	BL 25 Dachangshu	L4
Small Intestine	BL 27 Xiaochangshu	S1
Bladder	BL 28 Pangguangshu	S2

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