

Evidence Based Acupuncture Training

Acupuncture in Physiotherapy



Western Medical Acupuncture for Musculoskeletal Pain Conditions

Course Handbook Acupuncture Point Reference Manual



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Contents

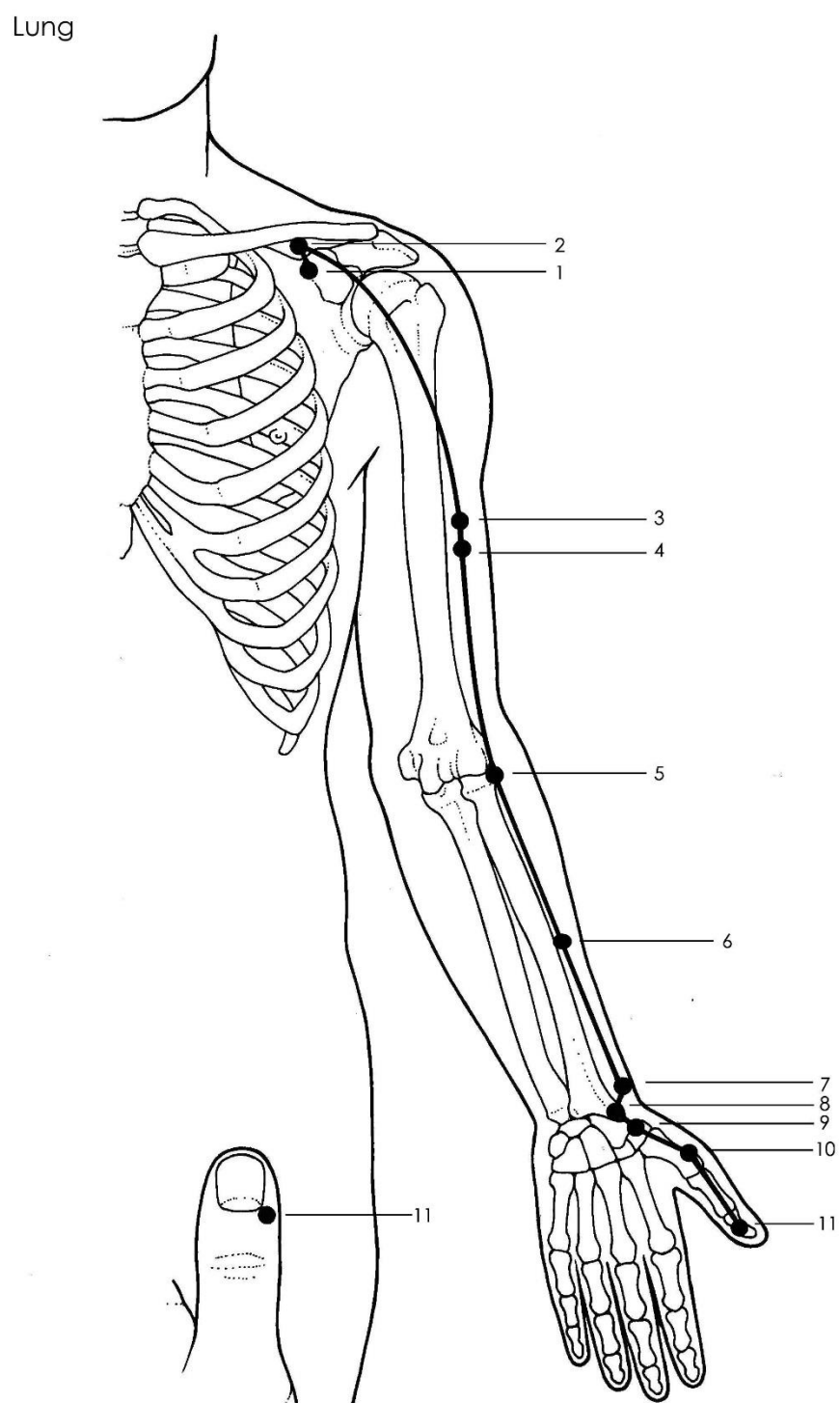
Introduction	3
1. Lung Channel (LU)	4
2. Large Intestine Channel (LI)	8
3. Stomach Channel (ST)	14
4. Spleen Channel (SP)	25
5. Heart Channel (HT)	31
6. Small Intestine Channel (SI)	34
7. Bladder Channel (BL)	39
8. Kidney Channel (KI)	53
9. Pericardium Channel (PC)	60
10. Triple Energiser Channel (TE)	63
11. Gall Bladder Channel (GB)	69
12. Liver Channel (LR)	80
13. Conception Vessel (CV)	84
14. Governor Vessel (GV)	90
15. Extra points	97
15.1 Head and Neck	97
15.2 Back	98
15.3 Upper Extremity	99
15.4 Lower Extremity	100

Introduction

The AACP point location manual is to be used by course delegates as part of the AACP Foundation Course and to be used alongside the AACP Foundation Course Manual. It will provide delegates with a full list of acupuncture points including: alphanumeric codes and names (as per WHO nomenclature), direction and depth of insertion of needles and indications of the points. It is a useful resource for both during the AACP foundation course and as a reference material for future practice.

Acupuncture points commonly used in the treatment of musculoskeletal conditions are emboldened throughout the point location manual.

1. Lung Channel (LU)



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Lung Channel (Arm Tai Yin Channel)

The Lung Channel is a yin channel that consists of 11 points. It originates on the lateral chest, inferior to the acromial end of the clavicle and runs down the medial aspect of the upper arm where it crosses the cubital crease. It continues until it passes above the radial artery at the wrist, and emerges at the tip of the thumb. It also has a connection with the Large Intestine Meridian on the 2nd digit. Due to the location of this channel it is considered to be useful in the treatment of localised upper limb conditions. In the treatment of musculoskeletal conditions the most commonly utilised points are generally LU5 at the elbow and LU7 and LU9 at the wrist.

LU1 • Zhong Fu • Lung 1 Central Treasury. Front Mu Point of the Lung that connects with Back Shu BL13. Meeting Point on the Lung Channel with the Spleen Channel.

Location: On the lateral chest, inferior to the acromial end of the clavicle, 6 cun lateral to the Conception Vessel. Needle obliquely 0.5 – 0.8 cun.

Caution: Avoid the Lungs!

Asthma, chest pain and respiratory disorders.

LU2 • Yun Men • Lung 2 Cloud Gate

Location: On the lateral chest, in the depression formed by the deltoid muscle, pectoralis major muscle and the clavicle. Needle obliquely 0.5 – 0.8 cun.

Asthma, cough and shoulder pain.

LU3 • Tian Fu • Lung 3 Celestial Storehouse. Major Window of the Sky Point.

Location: On the upper arm, on the lateral border of muscle biceps brachii, 3 cun inferior to the anterior axillary fold. Needle perpendicularly 0.5 – 1 cun.

Asthma, dizziness, dyspnoea and upper arm antero-lateral pain.

LU4 • Xia Bai • Lung 4 Guarding White.

Location: On the upper arm, on the lateral border of muscle biceps brachii, 4 cun inferior to the anterior axillary fold. Needle perpendicularly 0.5 – 1 cun.

Cardiac pain, cough, dyspnoea and upper arm pain.

LU5 • Chi Ze • Lung 5 Cubit Marsh. He Sea Point on the Lung Channel. Water Point on Metal Meridian.

Location: At the elbow, in the cubital crease, in the depression lateral to biceps brachii tendon.
Needle perpendicularly 0.5 – 1 cun.

Arm pain, elbow problems, shoulder pain, thoracic discomfort and respiratory disorders.

LU6 • Kong Zui • Lung 6 Collection Hole. Xi Cleft Point on the Lung Channel

Location: On the radial side of the forearm, 5 cun inferior to LU 5, on a line from LU 5 at the cubital crease and LU 9 at the lateral side of the wrist crease. Needle perpendicularly 0.5 – 1 cun.

Arm pain, asthma, elbow problems and respiratory disorders.

LU7 • Lie Que • Lung 7 Broken Sequence. Luo Connecting Point on the Lung Channel to LI4

Location: On the radial side of the forearm, 1.5 cun superior to the tip of the radial styloid process.
Needle obliquely 0.3 – 0.5 cun.

Asthma, facial muscle paralysis, jaw disorders and wrist joints soft tissue disorders.

LU8 • Jing Qu • Lung 8 Channel Ditch. Jing River Point on the Lung Channel. Metal Point on Metal Meridian

Location: On the radial side of the forearm, 1 cun superior to the transverse wrist crease and in the depression between the radial artery and styloid process. Needle perpendicularly 0.1 – 0.3 cun.

Contraindication: Moxa is forbidden

Asthma, respiratory disorders and wrist pain.

LU9 • Tai Yuan • Lung 9 Great Abyss. Shu Stream Point on the Lung Channel. Yaun Source Point on the Lung Channel. Earth Point on Metal Meridian

Location: On the lateral side of the anterior wrist crease, in the depression on the radial side of the radial artery. Needle perpendicularly 0.2 – 0.3 cun.

Asthma, chest pain, medial forearm pain and wrist pain and associated local soft tissue disorders.

LU10 • Yu Ji • Lung 10 Fish Border. Ying Spring Point on the Lung Channel. Fire Point on Metal Meridian

Location: Midpoint on the thenar eminence, on the dorsal-palmar surface. Needle perpendicularly 0.5 – 0.8 cun.

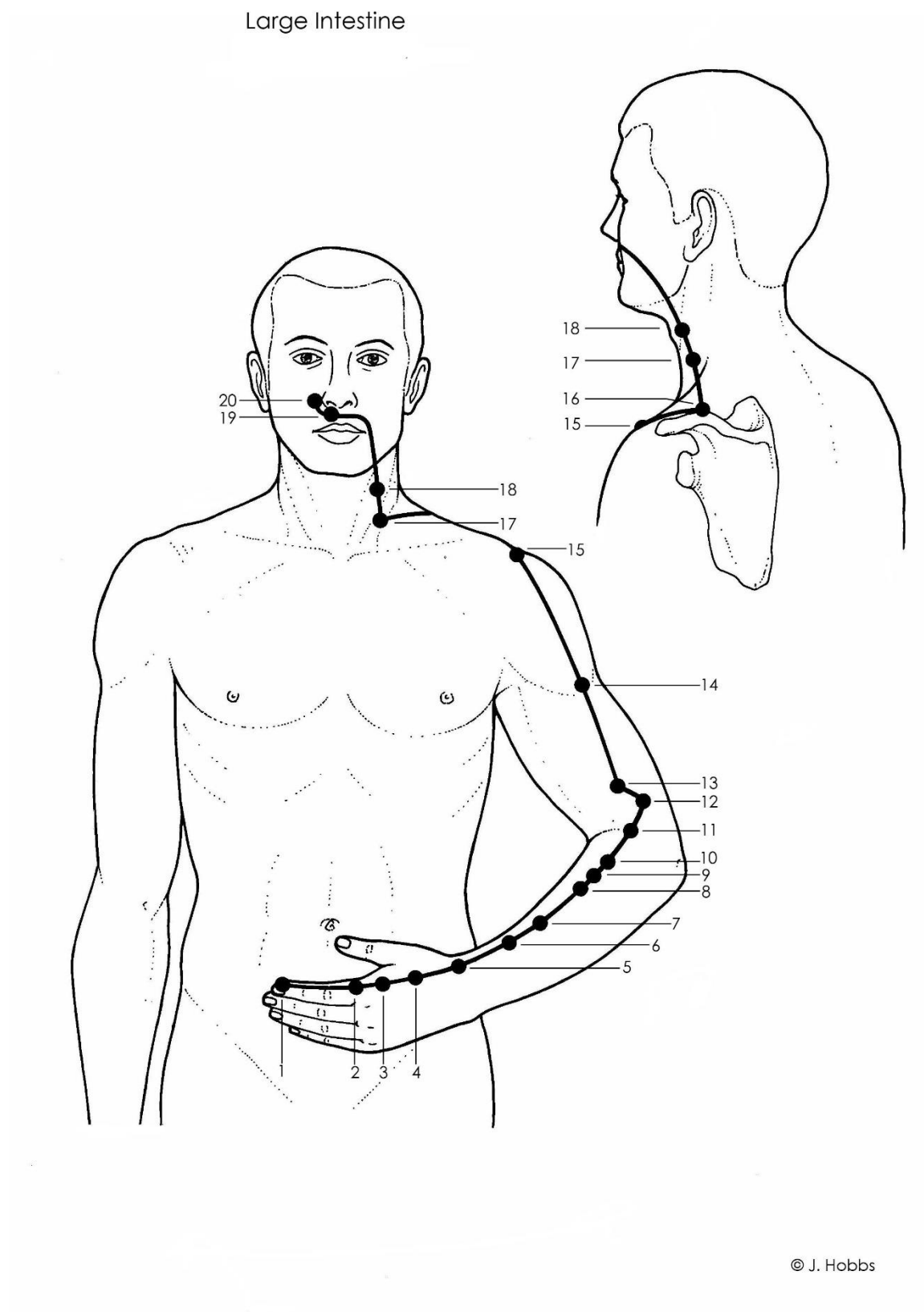
Abdominal pain, cardiac pain and chest pain.

LU11 • Shao Shang • Lung 11 Lesser Merchant. Jing Well Point on the Lung Channel. Wood Point on Metal Meridian

Location: On the radial side of the thenar eminence, 0.1 cun posterior to the nail bed. Needle subcutaneously 0.1 cun.

Cough, finger pain and throat soreness.

2. Large Intestine Channel (LI)



Large Intestine Channel (Arm Yang Ming Channel)

The Large Intestine Channel is a yang channel that consists of 20 points. It starts from the tip of the 2nd digit and runs between the 1st and 2nd digit and along the radial aspect of the forearm. It then proceeds along the lateral side of the forearm adjacent to the lateral epicondyle and along the anterolateral side of the upper arm, until it reaches the anterior eye of the shoulder. It then travels medially across the shoulder and neck and across the face and cheek where it then curves around the upper lip and crosses the midline to the opposite side of the face. Due to the Large Intestine channel's location it is also considered to be beneficial in the treatment of localised upper limb conditions concerning the hand, elbow and shoulder. In the treatment of musculoskeletal conditions the most commonly utilised points are generally LI 4 in the hand, LI 11 at the elbow and LI 15 at the shoulder.

LI1 • Shang Yang • Large Intestine 1 Metal Yang. Jing Well Point on the Large Intestine Channel. Metal Point on Metal Meridian.

Location: On the radial side of the second digit, 0.1 cun from the corner of the nail bed. Needle subcutaneously 0.1 cun.

Finger numbness, jaw disorders, throat soreness and toothache.

LI2 • Er Jian • Large Intestine 2 Second Space. Ying Spring Point on the Large Intestine Channel. Water Point on Metal Meridian.

Location: On the radial side of the second digit in slight flexion, in the depression anterior to the metacarpophalangeal joint. Needle perpendicularly 0.2 - 0.3 cun.

Facial muscle paralysis, throat soreness and trigeminal neuralgia.

LI3 • San Jian • Large Intestine 3 Third Space. Shu Stream Point on the Large Intestine Channel. Wood Point on Metal Meridian.

Location: On the dorsum of the hand, on the radial side of the second metacarpal bone, proximal to the metacarpophalangeal joint, at the dorsal-palmar skin junction. Needle perpendicularly 0.5 - 0.8 cun.

Finger Inflammation, dorsal hand inflammation and trigeminal neuralgia.

LI4 • He Gu • Large Intestine 4 Union Valley. Yuan Source Point on the Large Intestine Channel. Command Point of the Face and Mouth.

Location: On the dorsum of the hand, approximately at the midpoint of the second metacarpal bone, in the belly of the first interosseus dorsalis muscle. Needle perpendicularly 0.8 - 1 cun.

Contraindication: Do Not Needle if pregnancy is known or suspected

Abdominal pain, arm pain, facial muscle paralysis, headache, digestive disorders, dental pain, difficult labour and respiratory and skin disorders.

LI5 • Yang Xi • Large Intestine 5 Yang Ravine. Jing River Point on the Large Intestine Channel. Fire Point on Metal Meridian

Location: On the radial side of the wrist, distal to the tip of the radial styloid process, in the depression between the tendons of extensor pollicis longus and brevis, in the "anatomical snuff box. Needle perpendicularly 0.3 - 0.5 cun.

Impairment of arm motor function and wrist soft tissue conditions.

LI6 • Pian Li • Large Intestine 6 Veering Passageway. Luo Connecting Point on the Large Intestine Channel to LU9

Location: On the radial side of the posterior antebrachial region, 3 cun proximal to the dorsal wrist crease, on the line connecting LI 5 at the wrist and LI 11 at the lateral cubital crease. Needle perpendicularly or obliquely 0.5 - 0.8 cun.

Arm pain, elbow pain and wrist pain.

LI7 • Wen Liu • Large Intestine 7 Warm Flow. Xi Cleft Point on the Large Intestine Channel

Location: On the radial side of the posterior antebrachial region, 5 cun proximal to the dorsal wrist crease, on the line connecting LI 5 at the wrist and LI 11 at the lateral cubital crease. Needle perpendicularly 0.5 - 1 cun.

Abdominal pain and shoulder and arm pain.

LI8 • Xia Lian • Large Intestine 8 Lower Ridge

Location: On the radial side of the posterior antebrachial region, 4 cun distal cubital crease, on the line connecting LI 5 at the wrist and LI 11 at the lateral cubital crease.

Needle perpendicularly 0.5 - 1 cun.

Abdominal pain and dissention and arm and elbow pain.

LI9 • Shang Lian • Large Intestine 9 Upper Ridge.

Location: On the radial side of the posterior antebrachial region, 3 cun distal cubital crease, on the line connecting LI 5 at the wrist and LI 11 at the lateral cubital crease. Needle perpendicularly 0.5 - 1 cun.

Abdominal pain, hand and arm numbness and arm and shoulder pain.

LI10 • Shou San Li • Large Intestine 10 Arm Three Li.

Location: On the radial side of the posterior antebrachial region, 2 cun distal cubital crease, on the line connecting LI 5 at the wrist and LI 11 at the lateral cubital crease. Needle perpendicularly 0.8 – 1.2 cun.

Abdominal pain, arm pain and paralysis and shoulder pain.

LI11 • Qu Chi • Large Intestine 11 Pool at the Bend. He Sea Point on the Large Intestine Channel. Earth Point on Metal Meridian.

Location: On the lateral side of the cubital crease when the elbow is close to full flexion. Needle perpendicularly 1 – 1.5 cun.

Abdominal pain, arm pain and paralysis, shoulder pain and arthritis, elbow disorders,

LI12 • Zhou Liao • Large Intestine 12 Elbow Bone Hole.

Location: On the lateral side of the cubital crease, 1 cun superior to LI 11, at the junction of the lateral supracondylar ridge of the humerus with the epicondyle. Locate LI 12 with the elbow flexed. Needle perpendicularly 0.5 - 1 cun.

Arm pain and numbness and elbow problems.

LI13 • Shou Wu Li • Large Intestine 13 Arm Five Li.

Location: On the lateral brachial region, 3 cun superior to LI 11, on the line connecting LI 11 at the cubital crease and LI15 inferior to the acromion. Needle perpendicularly 0.5 - 1 cun.

Arm pain and elbow problems.

LI14 • Bi Nao • Large Intestine 14 Upper Arm. Meeting Point on the Large Intestine Channel with the Small Intestine and Bladder Channels

Location: On the lateral brachial region, on the anterior margin of the insertion of the deltoid muscle, on the line connecting LI 11 at the cubital crease and LI15 inferior to the acromion. Needle perpendicularly or obliquely 0.8 – 1.5 cun.

Arm pain and paralysis and shoulder pain.

LI15 • Jian Yu • Large Intestine 15 Shoulder Bone. Meeting Point on the Large Intestine Channel with the Small Intestine and Triple Energizer Channels.

Location: On the shoulder in the depression on the anterior border of the acromial part of the deltoid muscle when the arm is abducted. Needle perpendicularly or obliquely 0.8 – 1.5 cun.

Upper limb motor impairment, arm pain and paralysis and shoulder pain and soft tissue disorders.

LI16 • Ju Gu • Large Intestine 16 Great Bone. Meeting Point on the Large Intestine Channel with the Yang Heel Vessel.

Location: On the superior aspect of the scapular region, in the depression posterior to the acromial extremity of the clavicle and anterior to the scapular spine. Needle obliquely 0.5 – 0.7 cun.

Upper limb motor impairment, arm and shoulder pain with limited movement and soft tissue disorders.

LI17 • Tian Ding • Large Intestine 17 Celestial Tripod.

Location: At the anterior margin of the posterior triangle of the neck, on the posterior border of the sternocleidomastoid muscle, 1 cun inferior to LI 18 at the level of the laryngeal prominence. Needle perpendicularly 0.3 – 0.5 cun.

Skin disorders.

LI18 • Fu Tu • Large Intestine 18 Protuberance Assistant. Major Window of Sky Point.

Location: On the neck, on the sternocleidomastoid muscle, 3 cun lateral to the laryngeal prominence. Needle perpendicularly 0.3 – 0.5 cun.

Asthma, cough and sore throat.

LI19 • He Liao • Large Intestine 19 Grain Bone Hole.

Location: In the oral region, directly inferior to the lateral margin of the nostril, level with GV 26. Needle obliquely 0.2 – 0.3 cun.

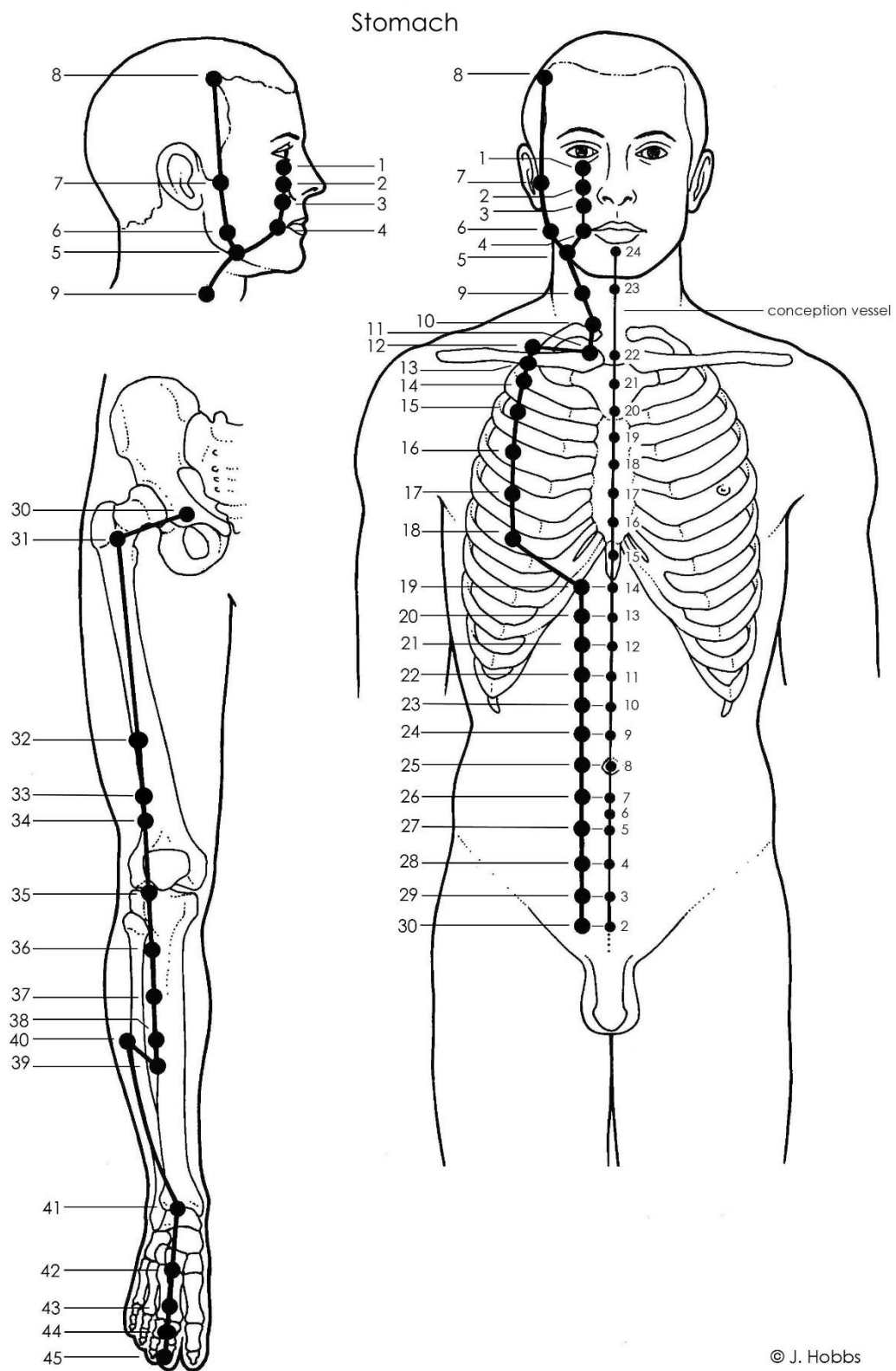
Facial muscle paralysis, jaw disorders and nasal congestion.

LI20 • Ying Xiang • Large Intestine 20 Welcome Fragrance. Meeting Point on the Large Intestine Channel with the Stomach Channel

Location: In the nasolabial groove, 0.5 cun lateral to the nostril. Needle obliquely or subcutaneously 0.3 – 0.5 cun.

Facial oedema, nasal congestion and respiratory disorders.

3. Stomach Channel (ST)



Stomach Channel (Leg Yang Ming Channel)

The Stomach Channel is a yang channel that consists of 45 points. It starts in the region of the end of the Large Intestine Meridian at the side of the nose below the eye and runs downwards to the lower jaw. There it then turns upwards, passing in front of the ear, until it reaches the corner of the forehead. It then runs back on itself to the lower jaw again and down the anterior aspect of the neck to the clavicle and subsequently the chest. It runs down the chest in line with the nipple then moves medially towards the midline where it runs parallel with the Conception Vessel to the groin. From there it moves laterally again to run down the anterior aspect on the thigh and lower leg and across the dorsum of the foot until it terminates at the lateral side of the tip of 2nd toe. Although the Stomach channel is an extensive one which runs the entire length of the body its main usage in a musculoskeletal setting tends to employ the points of the lower limb, mainly ST 35, ST 36 and ST 44.

ST1 • Cheng Qi • Stomach 1 Tear Container. Meeting Point on the Stomach Channel with the Yang Heel and Conception Vessels

Location: On the face, on the inferior border of the orbit, in the orbicularis oculi muscle, directly below the pupil when eyes are focused forward. Needle perpendicularly 0.5 - 1 cun.

Caution Do not manipulate the needle as bleeding occurs very easily.

Facial muscle paralysis and visual disturbances.

ST2 • Si Bai • Stomach 2 Four Whites

Location: On the face, on the infraorbital foramen, 0.5 cun inferior to ST 1 when eyes are focused forward. Needle perpendicularly 0.3 - 0.5 cun.

Caution Do not needle deeply as to puncture the eyeball

Eye disorders, facial oedema, facial muscle paralysis, facial pain and trigeminal neuralgia.

ST3 • Ju Liao • Stomach 3 Great Bone Hole. Meeting Point on the Stomach Channel with the Yang Heel Vessel

Location: On the face, level with the border of the ala nasi, in line with the pupil when the eyes are focused forward. Needle perpendicularly 0.3 - 0.5 cun.

Dental pain, facial muscle paralysis and sinus pain.

ST4 • Di Cang • Stomach 4 Earth Granary. Meeting Point on the Stomach Channel with the Large Intestine Channel and Yang Heel and Conception Vessels

Location: On the face, in the oral region, 0.5 cun lateral to the corner of the mouth, in line with the pupil when the eyes are focused forward. Needle subcutaneously 1 - 1.5 cun.

Facial muscle paralysis, toothache and trigeminal neuralgia.

ST5 • Da Ying • Stomach 5 Great Reception

Location: On the cheek, anterior to the angle of the mandible, on the anterior border of masseter muscle. Needle obliquely 0.3 - 0.5 cun.

Caution Avoid the Artery

Facial and lower cheek oedema and facial muscle paralysis.

ST6 • Jia Che • Stomach 6 Jaw Bone

Location: On the cheek, 1 cun anterior and superior to the angle of the mandible, in the belly of masseter muscle. Needle perpendicularly 0.3 - 0.5 cun.

Facial oedema, facial muscle paralysis and neck pain and stiffness.

ST7 • Xia Guan • Stomach 7 Below the Joint. Meeting Point on the Stomach Channel with the Gall Bladder Channel

Location: On the lateral face, in the depression at the lower border of the zygomatic arch, anterior to the condyloid process of the mandible. ST 7 is located with the mouth closed. Needle perpendicularly 0.3 - 0.5 cun.

Ear disorders, facial muscle paralysis and trigeminal neuralgia.

ST8 • Tou Wei • Stomach 8 Head Corner. Meeting Point on the Stomach Channel with the Gall Bladder Channel and Yang Linking Vessel

Location: At the corner of the forehead, 0.5 cun posterior to the anterior hairline, 4.5 cun lateral to the anterior midline. Needle subcutaneously 0.5 - 1 cun.

Ear disorders, facial muscle paralysis, headache and migraine.

ST9 • Ren Ying • Stomach 9 Man's Prognosis. Meeting Point on the Stomach Channel with the Gall Bladder Channel. Major Window of Sky Point

Location: On the neck, on the anterior border of sternocleidomastoid muscle, at the level of the laryngeal prominence. Needle perpendicularly 0.3 - 0.5 cun.

Caution Avoid underlying vasculature.

Headache, hypertension, hypotension and sore throat.

ST10 • Shui Tu • Stomach 10 Water Prominence

Location: On the neck, on the anterior border of sternocleidomastoid muscle, midway between ST 9 at the level of the laryngeal prominence and ST 11 at the upper clavicle border. Needle perpendicularly 0.3 - 0.5 cun.

Caution Avoid the Artery!

Shoulder pain and swelling and throat soreness and swelling.

ST11 • Qi She • Stomach 11 Qi Abode

Location: At the root of the neck, at the superior border of the sternal end of the clavicle, between the sternal and clavicular heads of sternocleidomastoid muscle. Needle perpendicularly 0.3 - 0.5 cun.

Neck stiffness, throat pain and swelling.

ST12 • Que Pen • Stomach 12 Empty Basin. Meeting Point on the Stomach Channel with the Large Intestine, Small Intestine, Triple Energiser, Lung and Gall Bladder Channels

Location: At the midpoint of the supraclavicular fossa, posterior to the clavicle, on the midclavicular line, 4 cun lateral to the anterior midline. Needle perpendicularly 0.3 - 0.5 cun.

Contraindication: Do not use if pregnancy is known or suspected

Limited shoulder movement and pain, supraclavicular fossa pain and throat pain and swelling.

ST13 • Qi Hu • Stomach 13 Qi Door. Meeting Point on the Stomach Channel with the Kidney, Gall Bladder, Large Intestine, Triple Energiser, Pericardium and Lung Channels

Location: In the infraclavicular fossa, on the midclavicular line, 4 cun lateral to the anterior midline. Needle obliquely 0.3 - 0.5 cun.

Asthma and respiratory disorders.

ST14 • Ku Fang • Stomach 14 Storeroom

Location: On the chest, on the midclavicular line, in the first intercostal space, 4 cun lateral to the anterior midline. Needle obliquely 0.3 - 0.5 cun.

Chest pain and respiratory disorders.

ST15 • Wu Yi • Stomach 15 Roof

Location: On the chest, on the midclavicular line, in the second intercostal space, 4 cun lateral to the anterior midline. Needle obliquely 0.3 - 0.5 cun.

Chest pain and respiratory disorders.

ST16 • Ying Chuang • Stomach 16 Breast Window

Location: On the chest, on the midclavicular line, in the third intercostal space, 4 cun lateral to the anterior midline. Needle obliquely 0.3 - 0.5 cun.

Chest pain and respiratory disorders.

ST17 • Ru Zhong • Stomach 17 Breast Centre

Location: At the centre of the nipple

Contraindication: Forbidden point. Do not needle or moxa - ST 17 serves as a landmark only

ST18 • Ru Gen • Stomach 18 Breast Root.

Location: On the chest, on the midclavicular line, in the fifth intercostal space, 4 cun lateral to the anterior midline. Needle obliquely 0.3 - 0.5 cun.

Chest pain and respiratory disorders.

ST19 • Bu Rong • Stomach 19 Not Contained

Location: On the upper abdomen, 2 cun lateral to the anterior midline and 6 cun superior to the umbilicus, at the level of CV 14. Needle perpendicularly or obliquely 0.3 - 0.5 cun.

Abdominal distension and digestive disturbances.

ST20 • Cheng Man • Stomach 20 Assuming Fullness.

Location: On the abdomen, 2 cun lateral to the anterior midline and 5 cun superior to the umbilicus, at the level of CV 13. Needle perpendicularly or obliquely 0.5 - 1 cun.

Abdominal distension and digestive disturbances.

ST21 • Liang Men • Stomach 21 Beam Gate

Location: On the abdomen, 2 cun lateral to the anterior midline, 4 cun superior to the umbilicus, at the level of CV 12. Caution: Right side is directly over the gall bladder. Needle perpendicularly 0.8 - 1 cun.

Abdominal distension and digestive disturbances.

ST22 • Guan Men • Stomach 22 Pass Gate

Location: On the abdomen, 2 cun lateral to the anterior midline, 3 cun superior to the umbilicus, at the level of CV 11. Needle perpendicularly 0.8 - 1 cun.

Abdominal distension and digestive disturbances.

ST23 • Tai Yi • Stomach 23 Supreme Unity.

Location: On the abdomen, 2 cun lateral to the anterior midline, 2 cun superior to the umbilicus, at the level of CV 10. Needle perpendicularly 0.7 - 1 cun.

Indigestion and stomach pain.

ST24 • Hua Rou Men • Stomach 24 Slippery Flesh Gate

Location: On the abdomen, 2 cun lateral to the anterior midline, 1 cun superior to the umbilicus, at the level of CV 9. Needle perpendicularly 0.7 - 1 cun.

Constipation and stomach pain.

ST25 • Tian Shu • Stomach 25 Celestial Pivot. Front Mu Point of the Large Intestine that connects with Back Shu BL25

Location: On the abdomen, 2 cun lateral to the umbilicus. Needle perpendicularly 0.7 – 1.2 cun.

Contraindication: Do Not Needle If Pregnancy is known or suspected

Abdominal distension and pain and digestive disturbances.

ST26 • Wai Ling • Stomach 26 Outer Mound

Location: On the lower abdomen, 1 cun inferior to the umbilicus and 2 cun lateral to the anterior midline, at the level of CV 7. Needle perpendicularly 0.7 – 1.2 cun.

Abdominal pain and lower abdominal disorders.

ST27 • Da Ju • Stomach 27 Great Gigantic

Location: On the lower abdomen, 2 cun inferior to the umbilicus and 2 cun lateral to the anterior midline, at the level of CV 5. Needle perpendicularly 0.7 – 1.2 cun.

Retention of urine.

ST28 • Shui Dao • Stomach 28 Waterway

Location: On the lower abdomen, 3 cun inferior to the umbilicus and 2 cun lateral to the anterior midline, at the level of CV 4. Needle perpendicularly 0.7 – 1.2 cun.

Abdominal distension and pain, infertility and urine retention.

ST29 • Gui Lai • Stomach 29 Return

Location: On the lower abdomen, 1 cun above the pubic symphysis and 2 cun lateral to the anterior midline, at the level of CV 3. Needle perpendicularly 0.7 – 1.2 cun.

Abdominal pain, infertility, endometriosis, uterine prolapse and urine retention.

ST30 • Qi Chong • Stomach 30 Surging Qi. Meeting Point on the Stomach Channel with the Penetrating Vessel

Location: At the superior border of the pubic symphysis, 2 cun lateral to the anterior midline, at the level of CV 2. Needle perpendicularly 0.5 – 1 cun.

Caution Avoid the femoral vein, spermatic cord in men and round ligament in women.

Abdominal pain, hernia and lumbar pain.

ST31 • Bi Guan • Stomach 31 Thigh Joint

Location: On the anterior thigh, directly inferior to the anterior superior iliac spine, in the depression lateral to the sartorius muscle. Needle perpendicularly 1 – 1.5 cun.

Leg numbness, paralysis and thigh pain.

ST32 • Fu Tu • Stomach 32 Crouching Rabbit

Location: On the anterior thigh, on a line between the anterior superior iliac spine and the superolateral patella, 6 cun superior to lateral patella. Needle perpendicularly 1 – 1.5 cun.

Pain in the iliac region, knee disorders and leg paralysis.

ST33 • Yin Shi • Stomach 33 Yin Market

Location: On the anterior thigh, on a line between the anterior superior iliac spine and the superolateral patella, 3 cun superior to lateral patella. Needle perpendicularly 0.7 – 1 cun.

Thigh and knee pain and associated lower limb disorders.

ST34 • Liang Qiu • Stomach 34 Beam Hill. Xi Cleft Point on the Stomach Channel.

Location: On the anterior thigh, on a line between the anterior superior iliac spine and the superolateral patella, 2 cun superior to lateral patella. Needle perpendicularly 0.5 – 1 cun.

Contraindication: Do Not Needle If Pregnancy is known/suspect

Knee disorders and leg paralysis.

ST35 • Du Bi • Stomach 35 Calf's Nose

Location: At the knee region, in the depression below the lateral side of the patella when the knee is flexed slightly. Needle perpendicularly 0.7 – 1 cun.

Knee disorders and leg weakness.

ST36 • Zu San Li • Stomach 36 Leg Three Li. He Sea Point on the Stomach Channel. Special Command Point for the Abdomen. Earth Point on the Earth Meridian.

Location: On the leg, one finger breadth lateral to the tibia's anterior crest, 3 cun inferior to ST 35 in the depression to the lateral side of the patella. Needle perpendicularly 0.5 – 1.2 cun.

Leg pain, digestive disorders, gastrointestinal disorders, chest pain, lower body oedema and general weakness.

ST37 • Shang Ju Xu • Stomach 37 Upper Great Hollow. Lower He Sea Point of the Large Intestine. Lower Body Sea of Blood Point with ST39

Location: On the leg, one finger breadth lateral to the tibia's anterior crest, 6 cun inferior to ST 35 in the depression to the lateral side of the patella. Needle perpendicularly 0.7 – 1.2 cun.

Abdominal distension and pain and digestive disturbances.

ST38 • Tiao Kou • Stomach 38 Ribbon Opening

Location: On the leg, one cun lateral to the tibia's anterior crest, at the midpoint of a line between ST 35 at the lateral patella and the lateral malleolus. Needle perpendicularly 0.5 – 1 cun.

Lower leg pain and paralysis, thigh and knee swelling and shoulder pain with stiffness.

ST39 • Xia Ju Xu • Stomach 39 Lower Great Hollow. Lower He Sea Point of the Small Intestine. Lower Body Sea of Blood Point with ST37

Location: On the leg, one cun inferior to ST 38 at the midpoint of a line between ST 35 at the lateral patella and the lateral malleolus. Needle perpendicularly 0.5 – 1 cun.

Abdominal pain and lower limb pain.

ST40 • Feng Long • Stomach 40 Bountiful Bulge. Luo Connecting Point on the Stomach Channel to SP3

Location: On the leg, one cun lateral to ST 38 at the midpoint of a line between ST 35 at the lateral patella and the lateral malleolus. Needle perpendicularly 0.5 – 1 cun.

Lower body oedema and leg pain and paralysis.

ST41 • Jie Xi • Stomach 41 Ravine Divide. Jing River Point on the Stomach Channel. Fire Point on Earth Meridian

Location: On the dorsum of the foot, between tendons of muscles extensor digitorum longus and extensor hallucis longus, level with the tip of the lateral malleolus. Needle perpendicularly 0.5 – 0.7 cun.

Ankle pain and swelling, dorsal foot pain and swelling and lower limb pain or paralysis.

ST42 • Chong Yang • Stomach 42 Surging Yang. Yuan Source Point on the Stomach Channel

Location: On the dorsum of the foot, 1.5 cun inferior to ST 41, in the depression between the second and third metatarsals and cuneiform bones. Needle perpendicularly 0.3 – 0.5 cun.

Caution Avoid the dorsal artery

Dorsal foot pain and swelling.

ST43 • Xian Gu • Stomach 43 Sunken Valley. Shu Stream Point on the Stomach Channel. Wood Point on Earth Meridian.

Location: On the dorsum of the foot, between the second and third metatarsal bones, 1.5 cun superior to the web margin, in line with the lateral side of the second digit. Needle perpendicularly 0.3 – 0.5 cun.

Dorsal foot pain and swelling.

ST44 • Nei Ting • Stomach 44 Inner Court. Ying Spring Point on the Stomach Channel. Water Point on Earth Meridian.

Location: On the dorsum of the foot, at the proximal end of the web between the second and third toes. Needle perpendicularly 0.3 – 0.5 cun.

Dorsal foot pain and swelling.

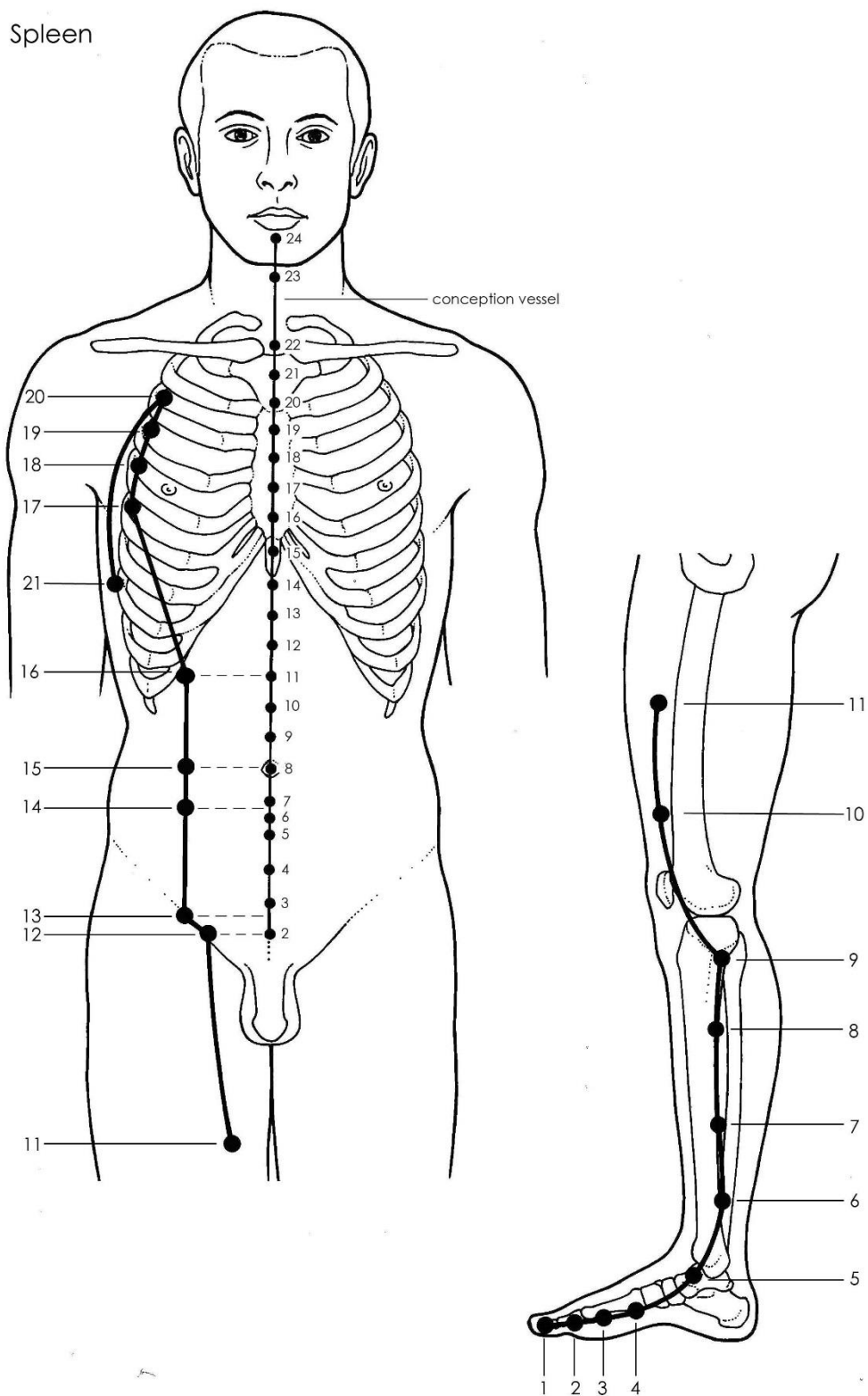
ST45 • Li Dui • Stomach 45 Severe Mouth. Jing Well Point on the Stomach Channel. Metal Point on Each Meridian

Location: On the lateral side of the second toe, 0.1 cun from the corner of the nail bed. Needle subcutaneously 0.1 cun.

Coldness of the lower limbs and feet.

4. Spleen Channel (SP)

Spleen



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Spleen Channel (Leg Tai Yin Channel)

The Spleen Channel is a yin channel that consists of 21 points. It begins at the 1st toe and runs along the medial aspect of the foot and travels upwards along the lower leg and thigh medially. Once reaching the abdomen it continues upwards toward the chest. As with the Stomach channel the Spleen is an extensive meridian which runs for most of the entire length of the body from the 1st toe to the upper chest but its main usage in a musculoskeletal setting is of the points of the lower limb, namely SP 6, SP 9 and SP 10.

SP1 • Yin Bai • Spleen 1 Hidden White. Jing Well Point on the Spleen Channel. Wood Point on Earth Meridian

Location: On the medial great toe, .01 cun from the corner of the nail bed. Needle subcutaneously 0.1 cun.

Abdominal distension and diarrhoea.

SP2 • Da Du • Spleen 2 Great Metropolis. Ying Spring Point on the Spleen Channel. Fire Point on Earth Meridian.

Location: On the great toe, in the depression distal to the metatarsophalangeal joint, at dorsal - plantar junction. Needle perpendicularly 0.1 - 0.3 cun.

Abdominal distension or pain, constipation, diarrhoea and oedema of the lower body.

SP3 • Tai Bai • Spleen 3 Supreme White. Shu Stream Point on the Spleen Channel. Yuan Source Point on the Spleen Channel. Earth Point on Earth Meridian

Location: On the medial foot, in the depression proximal to the first metatarsophalangeal joint, at the dorsal - plantar junction. Needle perpendicularly 0.3 - 0.5 cun.

Abdominal distension or pain, constipation, diarrhoea and oedema of the lower body.

SP4 • Gong Sun • Spleen 4 Yellow Emperor. Luo Connecting Point on the Spleen Channel ST42. Confluent point of the Penetrating Vessel

Location: On the medial foot, in the depression distal to the base of the first metatarsal bone. Needle perpendicularly 0.5 - 0.8 cun.

Abdominal distension or pain, vomiting, diarrhoea and oedema of the lower body.

SP5 • Shang Qui • Spleen 5 Shang Hill. Jing River Point on the Spleen Channel. Metal Point on Earth Meridian

Location: On the medial foot, in the depression midway between the navicular bone and the vertex of the medial malleolus. Needle perpendicularly 0.2 - 0.3 cun.

Abdominal distension or pain, constipation, diarrhoea and ankle and foot pain.

SP6 • San Yin Jiao • Spleen 6 Three Yin Intersection. Meeting Point on the Spleen Channel with the Liver and Kidney Channels

Location: On the medial leg, 3 cun superior to the medial malleolus, on the posterior border of the tibia. Needle perpendicularly 0.5 - 1 cun.

Contraindication: Do Not Needle if pregnancy is known or suspected

Leg pain and paralysis, abdominal distension or pain, constipation, diarrhoea, reproductive system disorders and urinary dysfunction.

SP7 • Lou Gu • Spleen 7 Leaking Valley

Location: On the medial leg, 6 cun superior to the medial malleolus, and posterior to the medial margin of the tibia. Needle perpendicularly 0.5 - 1 cun.

Knee and leg pain, abdominal distension or pain and urinary dysfunction.

SP8 • Di Ji • Spleen 8 Earth's Crux. Xi Cleft Point on the Spleen Channel

Location: On the medial leg, 3 cun inferior to the medial condyle of the tibia on the line connecting the medial malleolus at the ankle and SP 9 at the lower border of the medial condyle of the tibia. Needle perpendicularly 0.5 - 1 cun.

Abdominal distension or pain, oedema and low back pain.

SP9 • Yin Ling Quan • Spleen 9 Yin Mound Spring. He Sea Point on the Spleen Channel. Water Point on Earth Meridian

Location: On the medial leg, on the inferior border of the medial condyle of the tibia, in the depression between the posterior border of the tibia and gastrocnemius muscle. Needle perpendicularly 0.5 - 1 cun.

Abdominal distension or pain, oedema, knee and leg pain and low back pain.

SP10 • Xue Hai • Spleen 10 Sea of Blood.

Location: On the medial thigh, with the knee in flexion, 2 cun superior to the superomedial angle of the patella, on vastus medialis muscle. Needle perpendicularly 0.5 – 1.2 cun.

Medial thigh pain and reproductive system disorders.

SP11 • Ji Men • Spleen 11 Winnower Gate

Location: On the medial thigh, 6 cun superior to SP 10, on the line connecting SP 10 above the superomedial angle of the patella and SP 12, 3.5 cun lateral to the upper border of pubic symphysis. Needle perpendicularly 0.5 - 1 cun.

Inguinal region pain and swelling.

SP12 • Chong Men • Spleen 12 Surging Gate.

Location: In the inguinal region, on the lateral side of the femoral artery, 3.5 cun lateral to the anterior midline. Needle perpendicularly 0.5 - 1 cun.

Avoid the femoral artery!

Abdominal or hernia pain and inhibited hip movement.

SP13 • Fu She • Spleen 13 Bowel Abode. Meeting Point on the Spleen Channel with the Liver Channel and Yin Linking Vessel

Location: On the lower abdomen, 4 cun lateral to the anterior midline, at the level of CV 3, 1 cun above the superior border of the pubic symphysis. Needle perpendicularly 0.5 - 1 cun.

Abdominal pain or swelling and hernia pain.

SP14 • Fu Jie • Spleen 14 Abdominal Bind

Location: On the lower abdomen, 4 cun lateral to the anterior midline and 1 cun below the umbilicus at the level of CV 7. Needle perpendicularly 0.5 - 1 cun.

Abdominal or hernia pain.

SP15 • Da Heng • Spleen 15 Great Horizontal. Meeting Point on the Spleen Channel with the Yin Linking Vessel

Location: On the abdomen, at the level of the umbilicus, 4 cun lateral to the anterior midline. Needle perpendicularly 0.7 – 1.2 cun.

Abdominal pain and distension and intestinal disorders.

SP16 • Fu Ai • Spleen 16 Abdominal Lament. Meeting Point on the Spleen Channel with the Yin Linking Vessel

Location: On the upper abdomen, 4 cun lateral to the anterior midline, 3 cun above the umbilicus at the level of CV 11. Needle perpendicularly 0.5 - 1 cun.

Abdominal pain and constipation.

SP17 • Shi Dou • Spleen 17 Food Hole

Location: On the lateral chest, in the fifth intercostal space, 6 cun lateral to anterior midline. Needle obliquely 0.3 - 0.5 cun.

Diaphragm pain.

SP18 • Tian Xi • Spleen 18 Celestial Ravine

Location: On the lateral chest, in the fourth intercostal space, 6 cun lateral to the anterior midline, at the level of CV 17. Needle obliquely 0.3 - 0.5 cun.

Chest pain and mastitis.

SP19 • Xiong Xiang • Spleen 19 Chest Village

Location: On the lateral chest, in the third intercostal space, 6 cun lateral to the anterior midline. Needle obliquely 0.3 - 0.5 cun.

Chest and lateral costal region discomfort.

SP20 • Zhou Rong • Spleen 20 All Round Flourishing

Location: On the lateral chest, in the second intercostal space, 6 cun lateral to the anterior midline. Needle obliquely 0.3 - 0.5 cun.

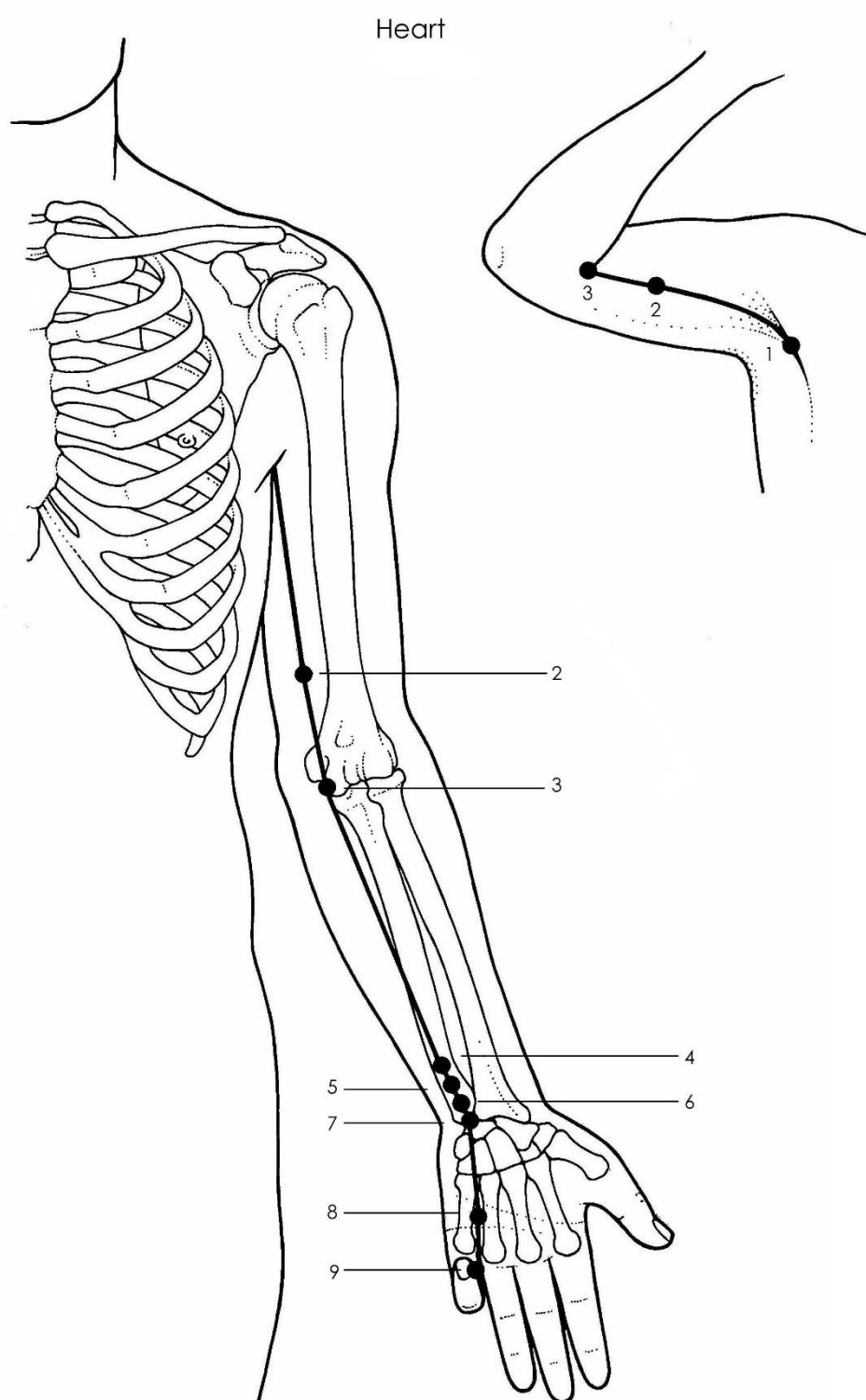
Chest and lateral costal region discomfort.

SP21 • Da Bao • Spleen 21 Great Embrace. Great Luo Connecting Point on the Spleen Channel

Location: On the lateral chest wall, on the mid axillary line, 6 cun inferior to the anterior axillary crease. Needle obliquely 0.3 - 0.5 cun.

Chest and lateral costal region pain.

5. Heart Channel (HT)



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Heart Channel (Arm Shao Yin Channel)

The Heart Channel is a yin channel that consists of 9 points. It starts under the arm in the axilla and runs along the inner side of the upper arm, past the elbow and down the forearm where it then crosses the inner side of the wrist and palm and ends at the inside tip of the little finger. From here it then connects with the yang Small Intestine Meridian. The Heart meridian is relatively short, only running the length of the upper limb and in the treatment of musculoskeletal conditions the main points utilised are HT 3 at the elbow and HT 7 at the wrist.

HT1 • Ji Quan • Heart 1 Highest Spring

Location: In the axillary fossa when the arm is abducted, medial to the axillary artery. Needle perpendicularly 0.5 – 1 cun.

Caution. Considered a forbidden point for needling due to the proximity of the axillary artery.

HT2 • Qing Ling • Heart 2 Cyan Spirit

Location: On the medial arm when the elbow is flexed, 3 cun proximal to the transverse cubital crease. Needle perpendicularly 0.3 – 0.5 cun.

Shoulder and arm pain.

HT3 • Shao Hai • Heart 3 Lesser Sea. He Sea Point on the Heart Channel. Water Point on Fire Meridian

Location: With the elbow flexed, at the medial end of the transverse cubital crease. Needle perpendicularly 0.5 – 1 cun.

Arm numbness and pain, axillary pain, elbow problems, forearm numbness, hand numbness, tremor and pain, intercostal neuralgia and neck stiffness.

HT4 • Ling Dao • Heart 4 Spirit Pathway. Jing River Point on the Heart Channel. Metal Point on Fire Meridian

Location: On the palmar surface of the forearm, 1.5 cun proximal to the transverse wrist crease, on the radial side of flexor carpi ulnaris tendon. Needle perpendicularly 0.3 – 0.5 cun.

Elbow problems.

HT5 • Tong Li • Heart 5 Connecting Li. Luo Connecting Point on the Heart Channel to SI4.

Location: On the palmar surface of the forearm, 1 cun proximal to the transverse wrist crease, on the radial side of flexor carpi ulnaris tendon. Needle perpendicularly 0.3 – 0.5 cun.

Arm and wrist pain.

HT6 • Yin Xi • Heart 6 Yin Cleft. Xi Cleft Point on the Heart Channel.

Location: On the palmar surface of the forearm, 0.5 cun proximal to the transverse wrist crease, on the radial side of flexor carpi ulnaris tendon. Needle perpendicularly 0.3 – 0.5 cun.

Cardiac pain and chest discomfort.

HT7 • Shen Men • Heart 7 Spirit Gate. Shu Stream Point on the Heart Channel. Yuan Source Point on the Heart Channel. Earth Point on Fire Meridian

Location: On the transverse wrist crease, in the small depression between the pisiform and ulna bones. Needle perpendicularly 0.3 – 0.5 cun.

Insomnia, wrist pain, cardiac pain and hypochondriac region pain.

HT8 • Shao Fu • Heart 8 Lesser Mansion. Ying Spring Point on the Heart Channel. Fire Point on Fire Meridian.

Location: On the palmar surface of the hand, between the fourth and fifth metacarpal bones. When a tight fist is made, HE 8 is where the fifth digit rests. Needle perpendicularly 0.3 – 0.5 cun.

Cardiac and chest pain, and fifth digit disorders.

HT9 • Shao Chong • Heart 9 Lesser Surge. Jing Well Point on the Heart Channel. Wood Point on Fire Meridian

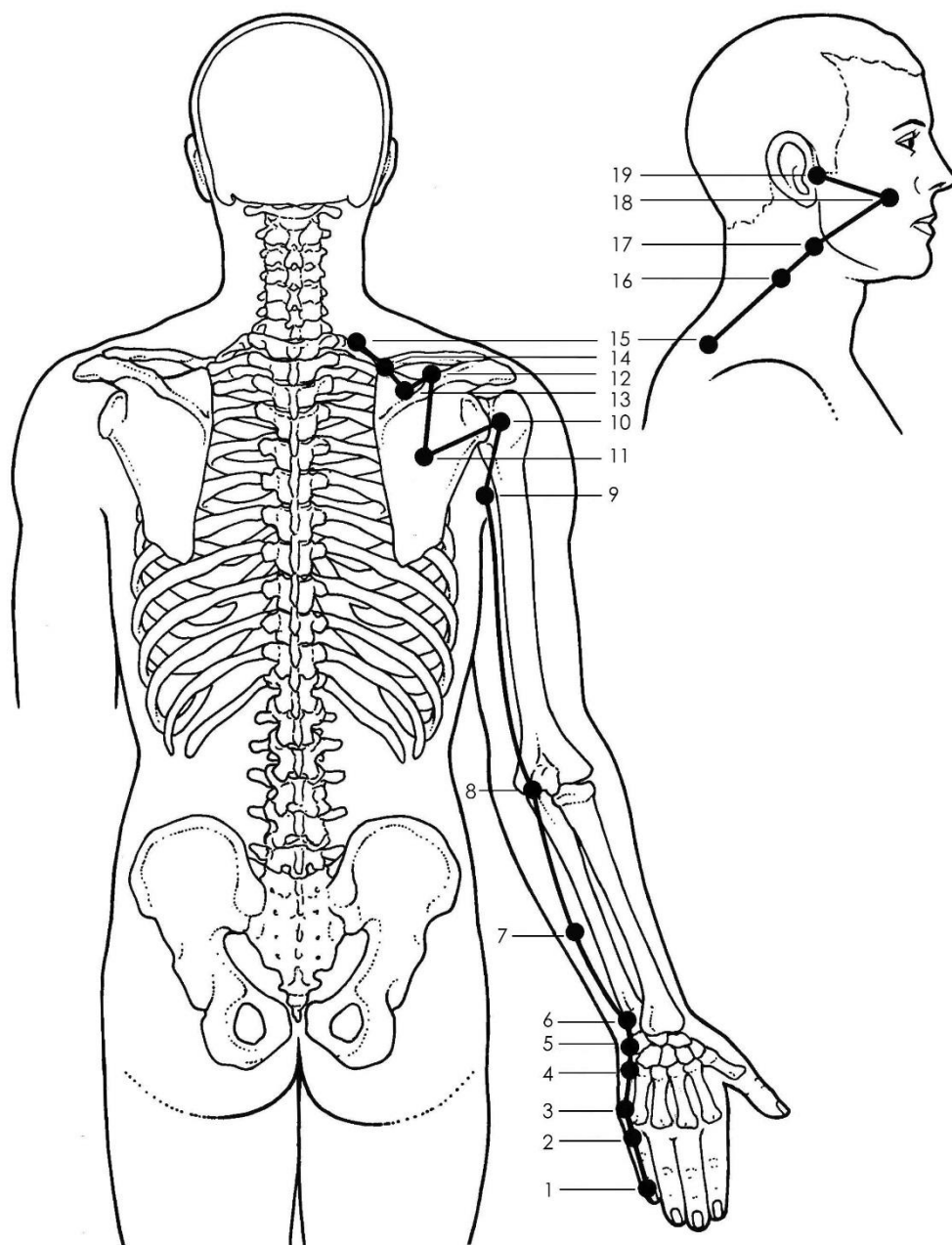
Location: On the radial side of the fifth digit, 0.1 cun from the corner of the nail bed. Needle subcutaneously 0.1 cun.

Caution In TCM practice HE 9 is reserved for use with clients who suffer unconsciousness or Shock.

Cardiac pain and palpitations.

6. Small Intestine Channel (SI)

Small Intestine



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Small Intestine Channel (Arm Tai Yang Channel)

The Small Intestine Channel is a yang channel that consists of 19 points. It starts from the tip of the 5th digit and runs proximally along the ulnar border passing adjacent to the medial epicondyle and upward until it reaches the back of shoulder. Here it zig zags across the scapula and across the neck and cheek until it reaches the anterior aspect of the ear. Due to the passage of the Small Intestine channel over the upper limb from the tip of the 5th digit to the ear there are a variety of points along its length that can be employed in the treatment of musculoskeletal conditions. These include SI 3 on the hand, SI 8 at the elbow to SI 11 across the dorsal shoulder region and SI 19.

SI1 • Shao Ze • Small Intestine 1 Lesser Marsh. Jing Well Point on the Small Intestine Channel. Metal Point on Fire Meridian.

Location: On the ulnar side of the fifth digit, 0.1 cun from the corner of the nail bed. Needle subcutaneously 0.1 cun.

Mastitis and sore throat.

SI2 • Qian Gu • Small Intestine 2 Front Valley. Ying Spring Point on the Small Intestine channel. Water Point on Fire Meridian.

Location: On the ulnar side of the fifth digit, in the depression distal to the metacarpophalangeal joint, at the junction of the dorsal and palmar surfaces. Needle perpendicularly 0.3 - 0.5 cun.

Finger numbness and sore throat.

SI3 • Hou Xi • Small Intestine 3 Back Ravine. Shu Stream Point on the Small Intestine Channel. Wood Point on Fire Meridian.

Location: In the depression proximal to the head of the fifth metacarpal bone, at the junction of the dorsal and palmar surfaces. Needle perpendicularly 0.5 - 0.7 cun.

Arm pain, headache, lumbar pain, neck pain and stiffness and shoulder pain.

SI4 • Wan Gu • Small Intestine 4 Wrist Bone. Yuan Source Point on the Small Intestine Channel

Location: On the ulna side of the wrist, in the depression between the fifth metacarpal bone and the hamate and pisiform bones, at the junction of the dorsal and palmar surfaces. Needle perpendicularly 0.3 - 0.5 cun.

Inhibition of finger movement, wrist pain and neck stiffness.

SI5 • Yang Gu • Small Intestine 5 Yang Valley. Jing River Point on the Small Intestine Channel. Fire Point on Fire Meridian.

Location: On the ulna side of the wrist, in a depression between the styloid process of the ulna and the triquetral and pisiform bones. Needle perpendicularly 0.3 - 0.5 cun.

Arm, wrist and hand pain and neck swelling.

SI6 • Yang Lao • Small Intestine 6 Nursing the Aged. Xi Cleft Point on the Small Intestine Channel.

Location: On the ulnar side of the wrist, in the depression between the ulnar styloid process and the triquetrum and pisiform bones. SI 6 can be located when patient's wrist is in flexion with the index finger pointing to the sternum. Needle perpendicularly 0.3 - 0.5 cun.

Arm, elbow, shoulder, neck and lumbar pain and stiffness.

SI7 • Zhi Zheng • Small Intestine 7 Branch to the Correct. Luo Connecting Point on the Small Intestine Channel to HE7.

Location: On the ulnar side of the forearm, between the anterior border of the ulna and flexor carpi ulnaris muscle, 5 cun superior to the wrist crease, on the line connecting SI 5 at the wrist and SI 8 at the medial epicondyle of the humerus at the elbow. Needle perpendicularly 0.5 - 0.8 cun.

Aching fingers, hand and forearm pain and neck pain and stiffness.

SI8 • Xiao Hai • Small Intestine 8 Small Sea. He Sea Point on the Small Intestine Channel. Earth Point on Fire Meridian

Location: With the elbow in flexion, in the depression between the olecranon and the medial epicondyle of the humerus. Needle perpendicularly 0.3 - 0.5 cun.

Arm, elbow, shoulder, scapular pain and neck pain and stiffness.

SI9 • Jian Zhen • Small Intestine 9 True Shoulder

Location: On the upper back, with the arm in abduction, 1 cun superior to the posterior end of the axillary fold. Needle perpendicularly 0.5 - 1 cun.

Impairment of arm motor function, arm pain, shoulder and scapular pain and disorders.

SI10 • Nao Shu • Small Intestine 10 Upper Arm Shu. Meeting Point on the Small Intestine Channel with the Bladder Channel

Location: On the posterior shoulder, with the arm in abduction, in the depression inferior and lateral to the scapular spine, 1 cun superior to SI 9 . Needle perpendicularly 0.5 - 1 cun.

Impairment of arm motor function, arm pain and weakness, shoulder and scapular pain and disorders.

SI11 • Tian Zong • Small Intestine 11 Celestial Gathering

Location: On the scapula, in the depression of the infrascapular fossa, one-third the distance between the lower border of the scapular spine and the inferior angle of the scapula. Needle perpendicularly 0.5 - 1 cun.

Arm, elbow, shoulder and scapular pain.

SI12 • Bing Feng • Small Intestine 12 Grasping the Wind. Meeting Point on the Small Intestine Channel with the Large Intestine, Triple Energizer and Gall Bladder Channels.

Location: On the upper back, with the arm in slight abduction, in the middle of the supraspinous fossa. Needle perpendicularly 0.5 – 0.7 cun.

Scapular and shoulder pain.

SI13 • Qu Yaun • Small Intestine 13 Crooked Wall.

Location: On the upper back, in the depression on the medial end of the supraspinous fossa. Needle perpendicularly 0.3 - 0.5 cun.

Scapular and shoulder pain.

SI14 • Jian Wai Shu • Small Intestine 14 Outer Shoulder Shu

Location: On the upper back, 3 cun lateral to the lower border of the spinous process of the first thoracic vertebra (T1). Needle obliquely 0.3 - 0.7 cun.

Restricted neck movement, shoulder, upper arm and thoracic pain.

SI15 • Jian Zhong Zhu • Small Intestine 15 Central Shoulder Shu

Location: On the upper back, 2 cun lateral to the lower border of the spinous process of the seventh cervical vertebra (C7). Needle obliquely 0.3 - 0.6 cun.

Back pain and cough.

SI16 • Tian Chuang • Small Intestine 16 Celestial Window

Location: On the neck, on the posterior margin of the sternocleidomastoid muscle, at the level of the laryngeal prominence and the transverse process of the fourth cervical transverse process (C4).

Needle perpendicularly 0.3 - 0.7 cun.

Shoulder pain and respiratory disorders.

SI17 • Tian Rong • Small Intestine 17 Celestial Countenance. Minor Window of the Sky Point

Location: On the neck, In the depression between the angle of the mandible and the anterior margin of the sternocleidomastoid muscle. Needle perpendicularly 0.5 - 0.7 cun.

Facial oedema and throat pain.

SI18 • Quan Liao • Small Intestine 18 Cheek Bone Hole. Meeting Point on the Small Intestine Channel with the Triple Energizer Channel

Location: On the face, on the lower border of the zygomatic bone, inferior to the outer canthus of the eye. Needle perpendicularly 0.5 - 0.8 cun.

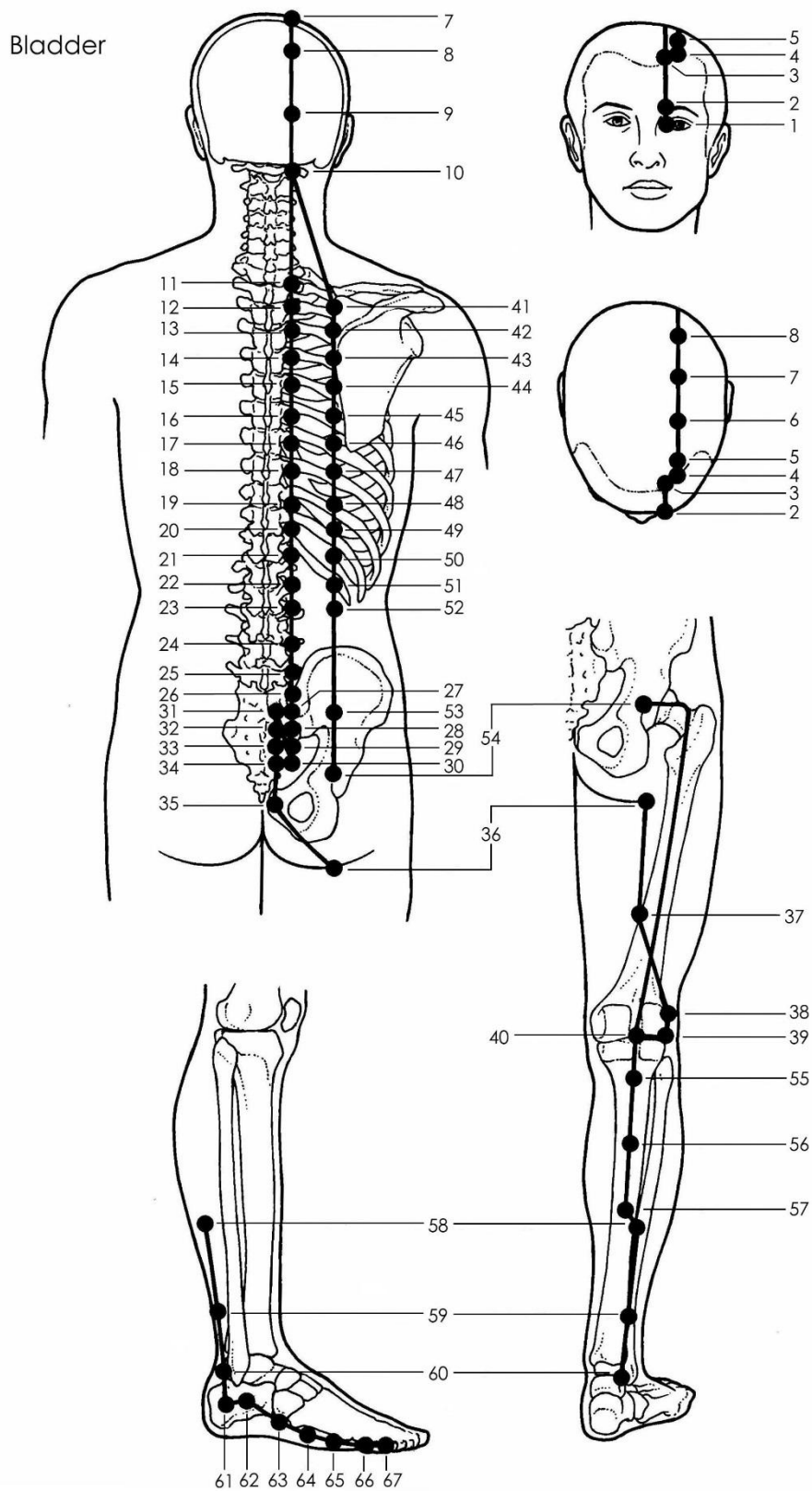
Facial pain and toothache.

SI19 • Ting Gong • Small Intestine 19 Auditory Palace. Meeting Point on the Small Intestine Channel with the Triple Energizer and Gall Bladder Channels

Location: Anterior to the tragus of the ear, in the depression between the tragus and the mandibular joint when the mouth is open slightly. Needle perpendicularly 0.5 - 1 cun.

Ear Disorders and toothache.

7. Bladder Channel (BL)



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Bladder Channel (Leg Tai Yang Channel)

The Bladder channel is a yang channel that consists of 67 points. It originates at the medial aspect of the eye and runs over the forehead across the top of the head then goes across the back of the head to the neck where it divides into two branches. One branch extends caudad down the back at a distance of 1.5 cun parallel to the midline of the spine until it reaches the level of the 4th sacral foramen. The other branch crosses the back of the shoulder and runs downward 3 cun from the midline parallel to the inner branch. It continues down until it reaches the buttocks where two branches run across the back of thigh along different pathways that join at the back of the knee. The joint meridian then continues along the back of the lower leg, circles behind the outer ankle, runs along the outside of the foot and terminates on the lateral side of the tip of the 5th toe, where it connects with the Kidney Meridian. The Bladder channel is another extensive meridian which runs the entire length of the body but it however utilises various points along its length to aid in the treatment of musculoskeletal conditions. The Bladder points commonly used in the management of musculoskeletal pain and dysfunction are BL 10, BL 11 in the cervical region, BL 23, BL 25 in the lumbar region, BL 40 at the knee and BL 60 and BL 62 at the ankle.

BL1 • Jing Ming • Bladder 1 Bright Eyes. Meeting Point on Bladder Channel with Small Intestine, Stomach, Gall Bladder, Triple Energizer Channels Governing, Conception, and Yin and Yang Heel Vessels

Location: On the face, 0.1 cun superior to the inner canthus when the eye is closed. Needle perpendicularly 0.3 - 0.7 cun.

Contraindication: Moxa

Headache and visual disturbances.

BL2 • Zan Zhu • Bladder 2 Bamboo Gathering

Location: On the face, at the medial end of the eyebrow, on the supraorbital notch. Needle subcutaneously 0.3 - 0.5 cun.

Facial pain, frontal headache and visual disturbances.

BL3 • Mei Chong • Bladder 3 Eyebrow Ascension

Location: In the frontal region of the head, 0.5 cun within the anterior hairline and 0.5 cun lateral to GV 24 at the midline. Needle subcutaneously 0.3 - 0.5 cun.

Headaches.

BL4 • Qu Chai • Bladder 4 Deviating Turn

Location: In the frontal region of the head, 0.5 cun within the anterior hairline, and 1.5 cun lateral to GV 24 at the midline. Needle subcutaneously 0.3 - 0.5 cun.

Frontal headache and visual disturbances.

BL5 • Wu Chu • Bladder 5 Fifth Place

Location: On the head, 1 cun posterior to anterior hairline, 1.5 cun lateral to GV 23 at the midline. Needle subcutaneously 0.3 - 0.5 cun.

Headaches.

BL6 • Cheng Guang • Bladder 6 Light Guard

Location: On the head, 2.5 cun posterior to anterior hairline, and 1.5 cun lateral to the midline. Needle subcutaneously 0.3 - 0.5 cun.

Headaches.

BL7 • Tong Tian • Bladder 7 Celestial Connection

Location: On the head, 4 cun posterior to anterior hairline, and 1.5 cun lateral to the midline. Needle subcutaneously 0.3 - 0.5 cun.

Headaches.

BL8 • Luo Que • Bladder 8 Declining Connection

Location: On the head, 5.5 cun posterior to anterior hairline, and 1.5 cun lateral to the midline. Needle subcutaneously 0.3 - 0.5 cun.

Tinnitus and vertigo.

BL9 • Yu Zhen • Bladder 9 Jade Pillow

Location: In the occipital region, in a depression 1.5 cun lateral to the superior aspect of the external occipital protuberance. Needle subcutaneously 0.3 - 0.5 cun.

Tension headache, vertigo and visual disturbances.

BL10 • Tian Zhu • Bladder 10 Celestial Pillar. Major Window of the Sky Point

Location: In the nuchal region, on the lateral border of the trapezius muscle, 1.3 cun lateral to GV 15 at the level between cervical vertebrae C1 and C2. Needle perpendicularly 0.5 - 0.8 cun.

Caution do not needle upward toward medulla oblongata

Neck muscle stiffness and tension, headache, occipital headache, shoulder and back pain.

BL11 • Da Zhu • Bladder 11 Great Shuttle. Meeting Point on Bladder Channel with Small Intestine, Triple Energizer, Gall Bladder, Spleen and Lung Channels. Meeting Point of Bones

Location: On the upper back, 1.5 cun lateral to the lower border of the spinous process of the first thoracic vertebra (T1). Needle obliquely 0.5 - 0.7 cun.

Arthritis, neck, back and scapular pain, headache and bone disorders.

BL12 • Feng Men • Bladder 12 Wind Gate. Meeting Point on the Bladder Channel with the Governing Vessel

Location: On the upper back, 1.5 cun lateral to the lower border of the spinous process of the second thoracic vertebra (T2). Needle subcutaneously 0.3 - 0.5 cun.

Neck, back and shoulder pain and headache.

BL13 • Fei Shu • Bladder 13 Lung Shu. Back Shu of the Lung that connects with Front Mu LU1

Location: On the upper back, 1.5 cun lateral to the lower border of the spinous process of the third thoracic vertebra (T3). Needle subcutaneously 0.5 - 0.7 cun.

Back pain, bone disorders and respiratory disorders.

BL14 • Jue Yin Shu • Bladder 14 Pericardium Shu. Back Shu of the Pericardium that connects with Front Mu CV17

Location: On the upper back, 1.5 cun lateral to the lower border of the spinous process of the fourth thoracic vertebra (T4). Needle obliquely 0.5 - 0.7 cun.

Cardiac pain and thoracic discomfort.

BL15 • Xin Shu • Bladder 15 Heart Shu. Back Shu of the Heart that connects with Front Mu CV14

Location: On the upper back, 1.5 cun lateral to the lower border of the spinous process of the fifth thoracic vertebra (T5). Needle obliquely 0.5 - 0.7 cun.

Cardiac conditions and palpitations.

BL16 • Du Shu • Bladder 16 Governor vessel Shu

Location: On the upper back, 1.5 cun lateral to the lower border of the spinous process of the sixth thoracic vertebra (T6). Needle obliquely 0.5 - 0.7 cun.

Abdominal and cardiac pain.

BL17 • Ge Shu • Bladder 17 Diaphragm Shu

Location: On the middle back, 1.5 cun lateral to the lower border of the spinous process of the seventh thoracic vertebra (T7). Needle obliquely 0.5 - 0.7 cun.

Abdominal distension, bone disorders and coughing.

BL18 • Gan Shu • Bladder 18 Liver Shu. Back Shu of the Liver that connects with Front Mu LR14

Location: On the middle back, 1.5 cun lateral to the lower border of the spinous process of the ninth thoracic vertebra (T9). Needle obliquely 0.5 - 0.7 cun.

Back pain and hypochondriac region pain.

BL19 • Dan Shu • Bladder 19 Gall Bladder Shu. Back Shu of the Gall Bladder that connects with Front Mu GB24.

Location: On the middle back, 1.5 cun lateral to the lower border of the spinous process of the tenth thoracic vertebra (T10). Needle obliquely 0.5 - 0.7 cun.

Bone disorders, headache and hypochondriac region pain.

BL20 • Pi Shu • Bladder 20 Spleen Shu. Back Shu of the Spleen that connects with Front Mu LR13

Location: On the middle back, 1.5 cun lateral to the lower border of the spinous process of the eleventh thoracic vertebra (T11). Needle obliquely 0.5 - 0.7 cun.

Abdominal pain, back pain and oedema.

BL21 • Wei Shu • Bladder 21 Stomach Shu. Back Shu of the Stomach that connects with Front Mu CV12

Location: On the middle back, 1.5 cun lateral to the lower border of the spinous process of the twelfth thoracic vertebra (T12). Needle obliquely 0.5 - 0.7 cun.

Abdominal pain, oedema and gastrointestinal disorders.

BL22 • San Jiao Shu • Bladder 22 Triple Burner Shu. Back Shu of the Triple Energizer that connects with Front Mu CV5.

Location: On the lower back, 1.5 cun lateral to the lower border of the spinous process of the first lumbar vertebra (L1). Needle obliquely 0.5 - 1 cun.

Caution avoid the Kidneys

Digestive disturbances, gastrointestinal disorders and lumbar pain and stiffness.

BL23 • Shen Shu • Bladder 23 Kidney Shu. Back Shu of the Kidney that connects with Front Mu GB25

Location: On the lower back, 1.5 cun lateral to the lower border of the spinous process of the second lumbar vertebra (L2). Needle perpendicularly 1 – 1.2 cun.

Caution avoid the Kidneys

Bone disorders, knee disorders, lumbar pain and urinary dysfunction.

BL24 • Qi Hai Shu • Bladder 24 Sea of Qi Shu. Back Shu for Sea of Qi that connects with Front Mu CV6

Location: On the lower back, 1.5 cun lateral to the lower border of the spinous process of the third lumbar vertebra (L3). Needle perpendicularly 0.8 – 1.2 cun.

Lumbar spinal pain.

BL25 • Da Chang Shu • Bladder 25 Large Intestine Shu. Back Shu of the Large Intestine that connects with Front Mu ST25.

Location: On the lower back, 1.5 cun lateral to the lower border of the spinous process of the fourth lumbar vertebra (L4). Needle perpendicularly 0.8 – 1.2 cun.

Lumbar pain, soft tissue injuries of the lumbar spine, sacral pain, leg pain and numbness and digestive disorders.

BL26 • Guan Yuan Shu • Bladder 26 Origin Pass Shu. Back Shu Point for Energy and Blood that connects with CV4

Location: On the lower back, 1.5 cun lateral to the lower border of the spinous process of the fifth lumbar vertebra (L5). Needle perpendicularly 0.8 – 1.2 cun.

Lumbar pain and sciatica.

BL27 • Xiao Chang Shu • Bladder 27 Small Intestine Shu. Back Shu of the Small Intestine that connects with Front Mu CV4

Location: In the sacral region, 1.5 cun lateral to the posterior midline, at the level of the first posterior sacral foramen. Needle perpendicularly 0.8 – 1.2 cun.

Lumbar pain and sciatica.

BL28 • Pang Guang Shu • Bladder 28 Bladder Shu. Back Shu of the Bladder that connects with Front Mu CV3

Location: In the sacral region, 1.5 cun lateral to the posterior midline, at the level of the second posterior sacral foramen. Needle perpendicularly 0.8 – 1.2 cun.

Lumbar and sacral pain and sciatica.

BL29 • Zhong Lu Shu • Bladder 29 Central Backbone Shu

Location: In the sacral region, 1.5 cun lateral to the posterior midline, at the level of the third posterior sacral foramen. Needle perpendicularly 0.8 – 1.2 cun.

Lumbar pain and sciatica.

BL30 • Bai Huan Shu • Bladder 30 White Ring Shu

Location: In the sacral region, 1.5 cun lateral to the posterior midline, at the level of the fourth posterior sacral foramen. Needle perpendicularly 0.8 – 1.2 cun.

Lumbar, sacral and hip pain and sciatica.

BL31 • Shang Liao • Bladder 31 Upper Bone Hole

Location: In the sacral region, in the first posterior sacral foramen. Needle perpendicularly 0.8 – 1.2 cun.

Lumbar and sacral pain and sciatica.

BL32 • Ci Liao • Bladder 32 Second Bone Hole

Location: In the sacral region, in the second posterior sacral foramen. Needle perpendicularly 0.8 – 1.2 cun.

Lumbar, sacral and leg pain.

BL33 • Zhong Liao • Bladder 33 Central Bone Hole

Location: In the sacral region, in the third posterior sacral foramen. Needle perpendicularly 0.8 – 1.2 cun.

Lumbar and sacral pain and joint disease and leg pain.

BL34 • Xia Liao • Bladder 34 Lower Bone Hole.

Location: In the sacral region, in the fourth posterior sacral foramen. Needle perpendicularly 0.8 – 1.2 cun.

Lumbar and sacral pain and joint disease and sciatica.

BL35 • Hui Yang • Bladder 35 Meeting of the Yang

Location: On either side of the tip of the coccyx, 0.5 cun lateral to the posterior midline. Needle perpendicularly 0.5 – 1 cun.

Lumbar, coccyx and leg pain.

BL36 • Cheng Fu • Bladder 36 Support

Location: In the glutei region, In the middle of the transverse glutei fold. Needle perpendicularly 0.5 – 1 cun.

Lumbar and sacral pain and sciatica.

BL37 • Yin Men • Bladder 37 Gate of Abundance

Location: On the posterior thigh, 6 cun inferior to BL 36 at the transverse glutei fold, on a line joining BL 36 and BL 40 at the popliteal fossa. Needle perpendicularly 0.5 – 1 cun.

Lumbar and leg pain and sciatica.

BL38 • Fu Xi • Bladder 38 Superficial Cleft.

Location: In the popliteal fossa, with the knee in slight flexion, 1 cun superior to BL 39, on the medial side of biceps femoris tendon. Needle perpendicularly 0.5 – 1 cun.

Thigh pain.

BL39 • Wei Yang • Bladder 39 Bend Yang. Lower He Sea Point on the Triple Energizer Channel

Location: In the popliteal fossa, at the lateral crease, medial to the biceps femoris tendon. Needle perpendicularly 0.5 – 1 cun.

Lumbar and leg pain.

BL40 • Wei Zhong • Bladder 40 Bend Middle. He Sea Point on the Bladder Channel. Command Point for the Upper and Lower Back. Earth Point on Water Meridian

Location: At the midpoint of the popliteal fossa. Needle perpendicularly 0.5 – 1 cun.

Lumbar, hip, knee and leg pain and disorders.

BL41 • Fu Fen • Bladder 41 Attached Branch. Meeting Point on the Bladder Channel with the Small Intestine Channel

Location: On the upper back, 3 cun lateral to the lower border of the spinous process of the second thoracic vertebra (T2), at the level of BL 12. Needle perpendicularly 0.3 – 0.5 cun.

Upper arm and elbow numbness, neck and shoulder pain and stiffness.

BL42 • Po Hu • Bladder 42 Door of the Corporeal Soul

Location: On the upper back, 3 cun lateral to the lower border of the spinous process of the third thoracic vertebra (T3), at the level of BL 13. Needle obliquely 0.3 - 0.5 cun.

Back, neck, shoulder and scapular pain and stiffness.

BL43 • Gao Huan Shu • Bladder 43 Vital Centre Shu

Location: On the upper back, 3 cun lateral to the lower border of the spinous process of the fourth thoracic vertebra (T4), at the level of BL 14. Needle perpendicularly 0.3 – 0.5 cun.

Respiratory disorders.

BL44 • Shen Tang • Bladder 44 Spirit Hall

Location: On the upper back, 3 cun lateral to the lower border of the spinous process of the fifth thoracic vertebra (T5), at the level of BL 15. Needle obliquely 0.3 - 0.5 cun.

Back pain and stiffness and respiratory disorders

BL45 • Yi Xi • Bladder 45 Yi Xi.

Location: On the upper back, 3 cun lateral to the lower border of the spinous process of the sixth thoracic vertebra (T6), at the level of BL 16. Needle obliquely 0.3 - 0.5 cun.

Shoulder and back pain.

BL46 • Ge Guan • Bladder 46 Diaphragm Pass

Location: On the middle back, 3 cun lateral to the lower border of the spinous process of the seventh thoracic vertebra (T7), at the level of BL 17. Needle obliquely 0.3 - 0.5 cun.

Back pain and stiffness.

BL47 • Hun Men • Bladder 47 Hun Gate

Location: On the middle back, 3 cun lateral to the lower border of the spinous process of the ninth thoracic vertebra (T9), at the level of BL 18. Needle obliquely 0.3 - 0.5 cun.

Back Pain and chest and lateral costal region discomfort.

BL48 • Yang Gang • Bladder 48 Yang Head rope

Location: On the middle back, 3 cun lateral to the lower border of the spinous process of the tenth thoracic vertebra (T10), at the level of BL 19. Needle obliquely 0.3 - 0.5 cun.

Abdominal pain.

BL49 • Yi She • Bladder 49 Reflexion Abode.

Location: On the middle back, 3 cun lateral to the lower border of the spinous process of the eleventh thoracic vertebra (T11), at the level of BL 20. Needle obliquely 0.3 - 0.5 cun.

Abdominal and back pain.

BL50 • Wei Cang • Bladder 50 Stomach Granary

Location: On the middle back, 3 cun lateral to the lower border of the spinous process of the twelfth thoracic vertebra (T12), at the level of BL 21. Needle obliquely 0.3 - 0.5 cun.

Abdominal distension and digestive disturbances and back pain.

BL51 • Huang Men • Bladder 51 Huang Gate

Location: On the lower back, 3 cun lateral to the lower border of the spinous process of the first lumbar vertebra (L1), at the level of BL 22. Needle obliquely 0.3 - 0.5 cun.

Constipation and epigastric pain.

BL52 • Zhi Shi • Bladder 52 Will Chamber

Location: On the lower back, 3 cun lateral to the lower border of the spinous process of the second lumbar vertebra (L2), at the level of BL 23. Needle perpendicularly 0.5 – 1 cun.

Dysuria, genital pain, impotence, irregular menses, urinary dysfunction, nocturnal emissions and low back pain.

BL53 • Bao Huang • Bladder 53 Bladder Huang.

Location: In the sacral region, 3 cun lateral to the posterior midline, at the level of the second sacral foramen. Needle perpendicularly 0.8 – 1.2 cun.

Decreased hip movement and sciatica.

BL54 • Zhi Bian • Bladder 54 Sequential Limit.

Location: In the sacral region, 3 cun lateral to the posterior midline, at the level of the fourth sacral foramen. Needle perpendicularly 1.5 – 2 cun.

Lumbrosacral pain, gluteal muscle pain, leg pain and sciatica.

BL55 • Hey Yang • Bladder 55 Yang Union

Location: On the posterior leg, 2 cun inferior to BL 40 at the popliteal crease, between the medial and lateral heads of the gastrocnemius muscle. Needle perpendicularly 0.7 – 1 cun.

Lumbar pain and leg cramps and pain.

BL56 • Cheng Jin • Bladder 56 Sinew Support

Location: On the posterior leg, 5 cun inferior to BL 40, in the centre of the gastrocnemius muscle. Needle perpendicularly 0.8 – 1.2 cun.

Lumbar and leg pain and headaches.

BL57 • Cheng Shan • Bladder 57 Mountain Support

Location: On the posterior leg, 8 cun inferior to BL 40, along the line connecting BL 40 at the popliteal crease and BL 60 posterior to the lateral malleolus. Needle perpendicularly 0.8 – 1.2 cun.

Lumbar pain and leg muscle cramps and heel pain.

BL58 • Fei Yang • Bladder 58 Taking Flight. Luo Connecting Point on the Bladder Channel to KI3

Location: On the posterior leg, 7 cun superior to BL 60 posterior to the lateral malleolus, and 1 cun inferior to BL 57, 8 cun inferior to BL 40 at the popliteal crease. Needle perpendicularly 0.7 – 1 cun.

Lumbar pain and leg muscle weakness and pain.

BL59 • Fu Yang • Bladder 59 Instep Yang. Xi Cleft Point on Yang Motility Vessel

Location: On the posterior surface of the leg, 3 cun superior to BL 60 posterior to the lateral malleolus. Needle perpendicularly 0.5 – 1 cun.

Lumbar pain and lateral malleolus oedema and headache.

BL60 • Kun Lun • Bladder 60 Kun Lun Mountains. Jing River Point on the Bladder Channel. Fire Point on Water Meridian

Location: On the lateral ankle, in the depression midway between the external malleolus and the tendon calcaneus. Needle perpendicularly 0.5 – 1 cun.

Contraindication: Do Not needle if pregnancy is known or suspected

Lumbar, thoracic and cervical pain and stiffness and headaches and ankle, foot and heel pain.

BL61 • Pu Can • Bladder 61 Subservient Visitor. Meeting Point on the Bladder Channel with the Yang Motility Vessel

Location: On the lateral foot, in a depression on the lateral calcaneus, 1.5 cun inferior and posterior to the lateral malleolus, directly below BL60 which is posterior to the lateral malleolus. Needle perpendicularly 0.3 – 0.5 cun.

Knee, leg and heel pain.

BL62 • Shen Mai • Bladder 62 Extending Vessel

Location: On the lateral foot, in the depression directly inferior to the lateral malleolus, at the dorsal-plantar skin junction. Needle perpendicularly 0.5 – 1 cun.

Lumbar pain, leg and ankle pain and headaches.

BL63 • Jin Men • Bladder 63 Metal Gate. Xi Cleft Point on the Bladder Channel. Meeting Point of the Bladder Channel with the Yang Linking Vessel

Location: On the lateral foot, in the depression posterior to the fifth metatarsal bone and lateral to the cuboid bone. Needle perpendicularly 0.5 – 1 cun.

Lumbar and lateral malleolus pain.

BL64 • Jing Gu • Bladder 64 Capital Bone. Yuan Source Point on the Bladder Channel

Location: On the lateral foot, in the depression anterior and inferior to the tuberosity of the fifth metatarsal bone. Needle perpendicularly 0.5 – 1 cun.

Lumbar, leg and thigh pain and neck pain and stiffness.

BL65 • Shu Gu • Bladder 65 Bundle Bone. Shu Stream Point on the Bladder Channel. Wood Point on Water Meridian

Location: On the lateral foot, in the depression posterior and inferior to the fifth metatarsophalangeal joint. Needle perpendicularly 0.3 – 0.5 cun.

Lumbar pain, neck stiffness and headaches.

BL66 • Tong Gu • Bladder 66 Valley Passage. Ying Spring Point on the Bladder Channel. Water Point on Water Meridian

Location: On the lateral foot, in the depression anterior and inferior to the fifth metatarsophalangeal joint. Needle perpendicularly 0.2 – 0.3 cun.

Headache and neck pain.

BL67 • Zhi Yin • Bladder 67 Reaching Yin. Jing Well Point on the Bladder Channel. Metal Point on Water Meridian

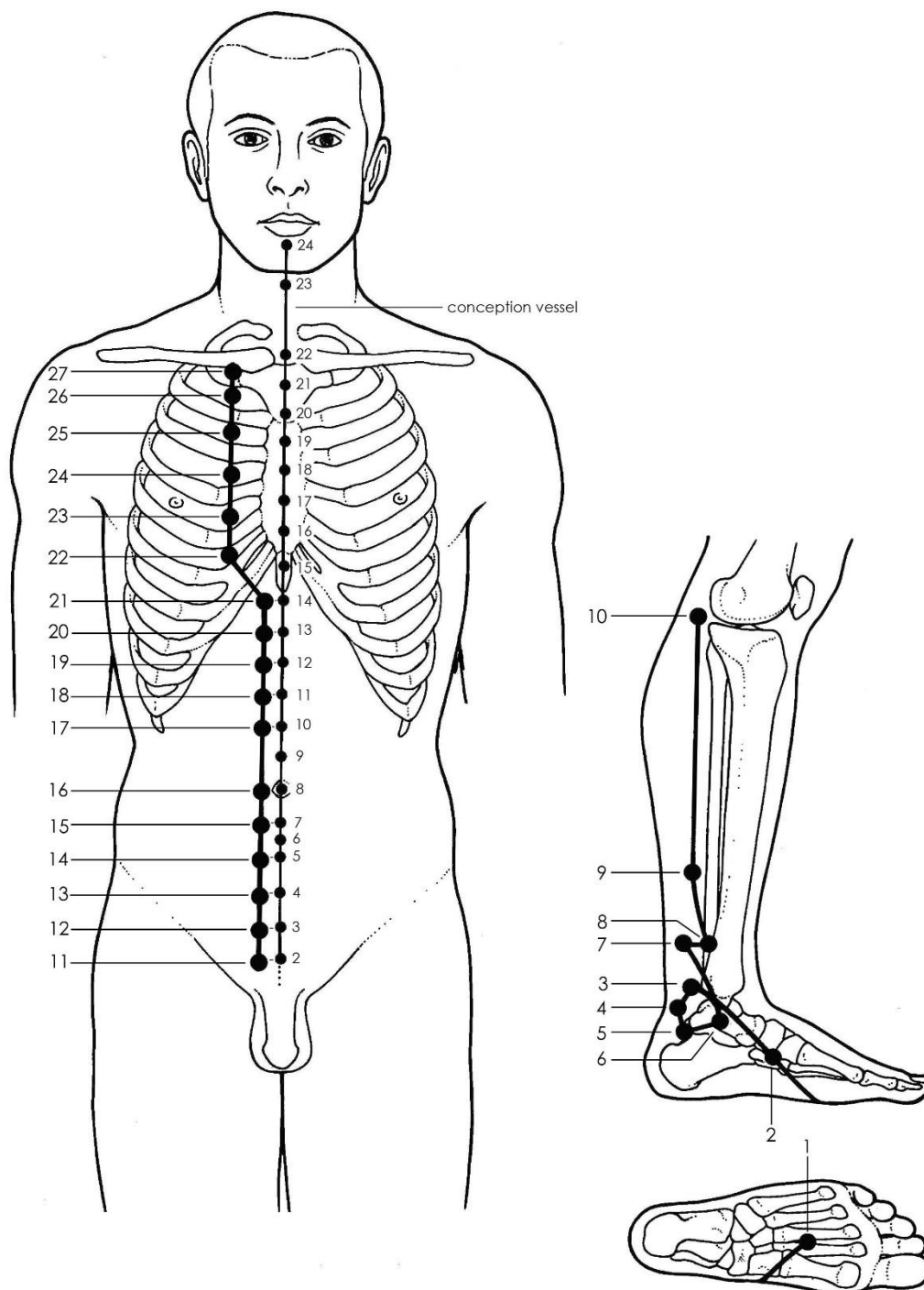
Location: On the lateral foot, at the lateral fifth digit, 0.1 cun from the corner of the nail bed. Needle perpendicularly 0.1 cun.

Contraindication: Do Not Needle If Pregnancy is known or suspected

Headaches.

8. Kidney Channel (KI)

Kidney



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Kidney Channel (Leg Shao Yin Channel)

The Kidney Channel is a yin channel that consists of 27 points. It starts on the sole of the foot and runs medially towards the arch of the foot, where it travels medially and proximally along the lower leg. It circles behind the medial malleolus and then travels along the medial aspect of the lower leg and along the thigh. From the groin it then moves over the abdomen and upwards until it reaches the upper part of the chest. The Kidney Meridian is another relatively long channel but has a limited application in a musculoskeletal setting. The main points employed in the management of musculoskeletal pain are KI 3 and KI 6 at the ankle and KI 10 at the knee.

KI1 • Yong Quan • Kidney 1 Gushing Spring. Jing Well Point on the Kidney Channel. Wood Point on Water Meridian

Location: On the sole of the foot, between the second and third metatarsal bones, one-third the distance from the webs of the toes to the heel. Needle perpendicularly 0.3 - 0.5 cun.

Toe and foot pain, oedema and vertex headache.

KI2 • Ran Gu • Kidney 2 Blazing Valley. Ying Spring Point on the Kidney Channel. Fire Point on Water Meridian

Location: On the medial surface of the foot, in the depression inferior to the lower border of the tuberosity of the navicular bone. Needle perpendicularly 0.3 - 0.5 cun.

Dorsal foot pain and swelling.

KI3 • Tai Xi • Kidney 3 Great Ravine. Shu Stream Point on the Kidney Channel. Yuan Source on the Kidney Channel. Earth Point on Water Meridian

Location: On the medial ankle, at the midpoint between the prominence of the medial malleolus and Achilles' Tendon. Needle perpendicularly 0.3 - 0.5 cun.

Ankle and lumbar pain.

KI4 • Da Zhong • Kidney 4 Large Goblet. Luo Connecting point on the Kidney Channel to BL64

Location: On the medial ankle, posterior and inferior to the medial malleolus, in the depression anterior to the medial side of the attachment of Achilles' tendon. Needle perpendicularly 0.3 - 0.5 cun.

Heel pain and lumbar spine pain and stiffness.

KI5 • Shui quan • Kidney 5 Water Spring. Xi Cleft Point on the Kidney Channel

Location: On the medial ankle, 1 cun below KI 3, in the depression anterior and superior to the medial side of the tuberosity of the calcaneus. Needle perpendicularly 0.3 - 0.5 cun.

Menstrual issues.

KI6 • Zhao Hai • Kidney 6 Shining Sea. Intersecting Point on Kidney Channel with the Yin Heel Vessel

Location: On the medial ankle, in the depression 1 cun inferior to the medial malleolus. Needle perpendicularly 0.3 - 0.5 cun.

Oedema, hemiplegia and ankle pain.

KI7 • Fu Liu • Kidney 7 Recover Flow. Jing River Point on the Kidney Channel. Metal Point on Water Meridian

Location: On the medial leg, 2 cun superior to KI 3 on the anterior border of the Achilles' tendon. Needle perpendicularly 0.5 - 0.7 cun.

Oedema, leg muscle atrophy, lumbar spinal pain and swelling of the thigh.

KI8 • Jiao Xin • Kidney 8 Intersecting Reach. Xi Cleft Point on the Yin Heel Vessel

Location: On the medial leg, 2 cun superior to KI 3 and 0.5 cun anterior to KI 7. Needle perpendicularly 0.5 - 0.7 cun.

Heel and ankle pain and sprains.

KI9 • Zhu Bin • Kidney 9 Guest House. Xi Cleft Point on the Yin Linking Vessel

Location: On the medial leg, 5 cun superior to KI 3, at the lower end of the gastrocnemius muscle. Needle perpendicularly 0.5 - 0.7 cun.

Medial leg pain.

KI10 • Yin Gu • Kidney 10 Yin Valley. He Sea Point on the Kidney Channel. Water Point on Water Meridian

Location: On the medial side of the popliteal fossa, in the depression between tendons of semitendinosus and semimembranosus muscles when the knee is flexed. Needle perpendicularly 0.8 - 1 cun.

Knee disorders and medial thigh pain.

KI11 • Heng Gu • Kidney 11 Pubic Bone. Meeting Point on the Kidney Channel with the Penetrating Vessel

Location: In the pubic region, immediately superior to the symphysis pubis, 0.5 cun lateral to the anterior midline, at the level of CV 2. Needle perpendicularly 0.5 - 1 cun.

Pelvic and reproductive conditions.

KI12 • Da He • Kidney 12 Great Manifestation. Meeting Point on the Kidney Channel with the Penetrating Vessel

Location: In the pubic region, 1 cun superior to the symphysis pubis, 0.5 cun lateral to the anterior midline, at the level of CV 3. Needle perpendicularly 0.5 - 1 cun.

Genital pain and urogenital disorders.

KI13 • Qi Xue • Kidney 13 Qi Hole. Meeting Point on the Kidney Channel with the Penetrating Vessel

Location: In the pubic region, 2 cun superior to the symphysis pubis, 0.5 cun lateral to the anterior midline, at the level of CV 4. Needle perpendicularly 0.5 - 1 cun.

Lumbar pain, infertility and menstrual issues.

KI14 • Si Man • Kidney 14 Fourfold Fullness. Meeting Point on the Kidney Channel with the Penetrating Vessel

Location: In the pubic region, 3 cun superior to the symphysis pubis, 0.5 cun lateral to the anterior midline, at the level of CV 5. Needle perpendicularly 0.5 - 1 cun.

Abdominal pain and menstrual issues.

KI15 • Zhong Zhu • Kidney 15 Central Flow. Meeting Point on the Kidney Channel with the Penetrating Vessel

Location: In the umbilical region, 1 cun inferior to the level of the umbilicus, 0.5 cun lateral to the midline, at the level of CV 7. Needle perpendicularly 0.5 - 1 cun.

Lower abdominal pain and menstrual issues.

KI16 • Huan Shu • Kidney 16 Shu of Abdominal Fu. Meeting Point on the Kidney Channel with the Penetrating Vessel

Location: At the umbilicus, 0.5 cun lateral to the midline, at the level of CV 8. Needle perpendicularly 0.5 - 1 cun.

Abdominal pain.

KI17 • Shang Qu • Kidney 17 Shang Bend. Meeting Point on the Kidney Channel with the Penetrating Vessel

Location: In the umbilical region, 2 cun superior to the umbilicus and 0.5 cun lateral to the midline at the level of CV 10. Needle perpendicularly 0.5 - 1 cun.

Abdominal pain.

KI18 • Shi Guan • Kidney 18 Stone Pass. Meeting Point on the Kidney Channel with the Penetrating Vessel

Location: In the umbilical region, 3 cun superior to the umbilicus and 0.5 cun lateral to the midline at the level of CV 11. Needle perpendicularly 0.5 - 1 cun.

Abdominal pain and postpartum abdominal pain.

KI19 • Yin Du • Kidney 19 Yin Metropolis. Meeting Point on the Kidney Channel with the Penetrating Vessel

Location: In the epigastric region, 4 cun superior to the umbilicus and 0.5 cun lateral to the midline at the level of CV 12. Needle perpendicularly 0.5 - 1 cun.

Lateral leg pain and cramping.

KI20 • Tong Gu • Kidney 20 Open Valley. Meeting Point on the Kidney Channel with the Penetrating Vessel

Location: In the epigastric region, 5 cun superior to the umbilicus and 0.5 cun lateral to the midline at the level of CV 13. Needle perpendicularly 0.5 - 1 cun.

Abdominal distension and pain.

KI21 • You Men • Kidney 21 Dark Gate. Meeting Point on the Kidney Channel with the Penetrating Vessel

Location: In the epigastric region, 6 cun superior to the umbilicus and 0.5 cun lateral to the midline at the level of CV 14. Needle perpendicularly 0.3 – 0.7 cun.

Caution Avoid the Liver

Abdominal pain and chest pain.

KI22 • Bu Lang • Kidney 22 Corridor Walk.

Location: In the pectoral region, in the fifth intercostal space, 2 cun lateral to the anterior midline at the level of CV 16. Needle obliquely 0.3 - 0.5 cun.

Chest and lateral costal region pain.

KI23 • Shen Feng • Kidney 23 Spirit Seal

Location: In the pectoral region, in the fourth intercostal space, 2 cun lateral to the anterior midline at the level of CV 17. Needle obliquely 0.3 - 0.5 cun.

Chest and lateral costal region pain.

KI24 • Ling Xu • Kidney 24 Spirit Ruins

Location: In the pectoral region, in the third intercostal space, 2 cun lateral to the anterior midline at the level of CV 18. Needle obliquely 0.3 - 0.5 cun.

Chest and lateral costal region pain.

KI25 • Shen Cang • Kidney 25 Spirit Storehouse

Location: In the pectoral region, in the second intercostal space, 2 cun lateral to the anterior midline at the level of CV 19. Needle obliquely 0.3 - 0.5 cun.

Chest and lateral costal region pain.

KI26 • Yu Zhong • Kidney 26 Lively Centre

Location: In the pectoral region, in the first intercostal space, 2 cun lateral to the anterior midline at the level of CV 20. Needle obliquely 0.3 - 0.5 cun.

Chest and lateral costal region pain.

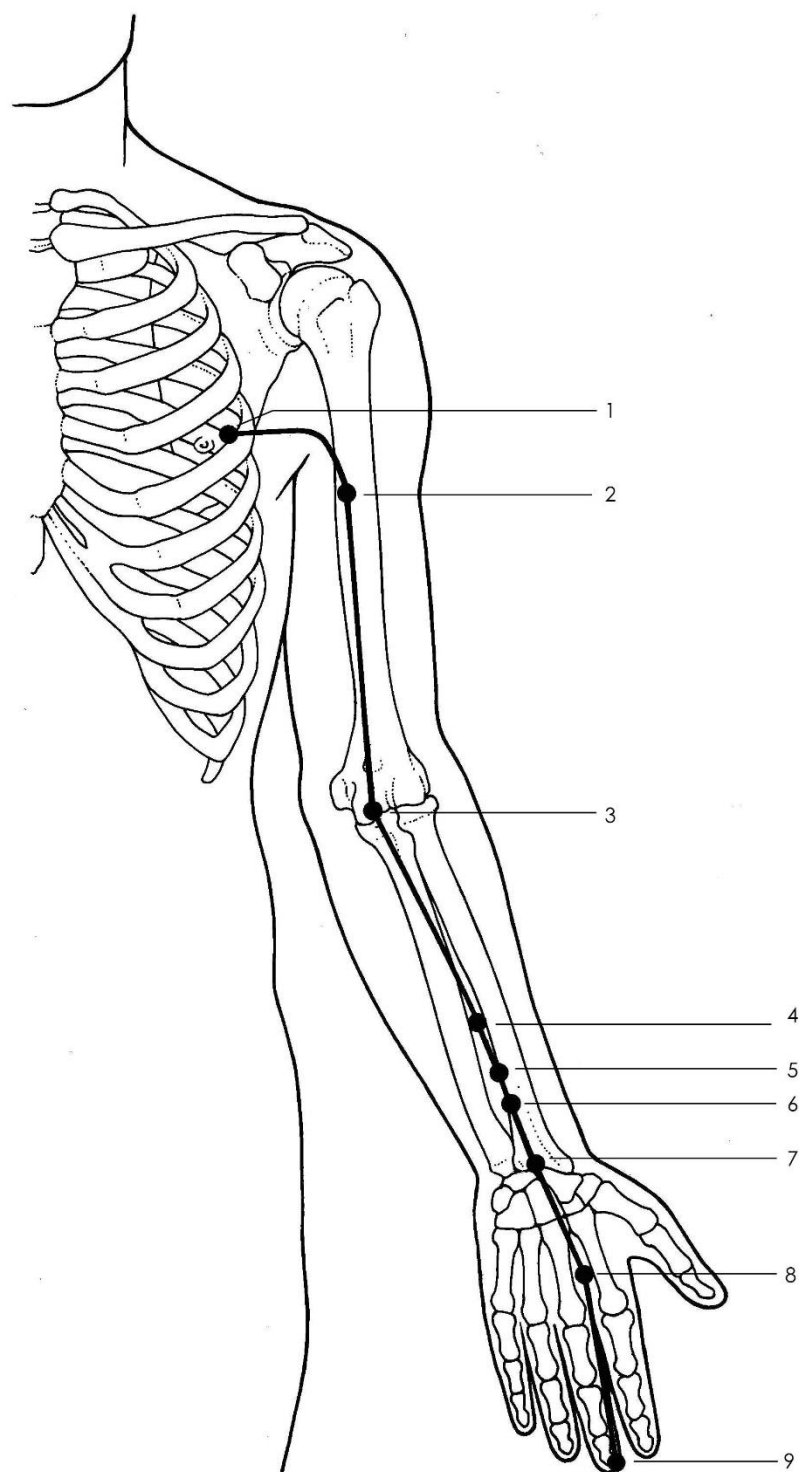
KI27 • Shu Fu • Kidney 27 Shu Mansion

Location: On the lower border of the clavicle, 2 cun lateral to the anterior midline. Needle obliquely 0.3 - 0.5 cun.

Chest pain.

9. Pericardium Channel (PC)

Pericardium



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Pericardium Channel (Arm Jue Yin Channel)

The Pericardium Meridian is a yang channel that consists of 9 points. It starts from the chest, and travels upwards to the axilla then down the arm. It runs along the medial aspect of the upper arm and continues on between the lung and heart channels until it reaches the cubital crease. It then runs down the forearm and enters the palm ending at the tip of the 3rd digit. A connecting branch also extends to join with the Triple Burner Meridian at the end of the ring finger. The notable acupuncture point on the Pericardium channel is PC6 located proximal to the wrist on the anterior aspect of each forearm. This point is considered to be an antiemetic point that has a marked effect on nausea, vomiting and post-operative pain.

PC1 • Tian Chi • Pericardium 1 Celestial Pool. Meeting Point on the Pericardium Channel with the Gall Bladder, Liver and Triple Energizer Channels. Minor Window of the Sky Point

Location: On the lateral chest, in the fourth intercostal space, 5 cun lateral to the anterior midline, approximately 1 cun lateral to the nipple. Needle obliquely 0.2 - 0.4 cun.

Axillary pain and swelling and lateral costal region pain.

PC2 • Tian Quan • Pericardium 2 Celestial Spring

Location: On the upper arm, 2 cun inferior to the axillary fold, between the two heads of muscle biceps brachii. Needle perpendicularly 0.5 - 0.7 cun.

Arm, posterior shoulder and chest pain, lateral costal region pain and limited shoulder movement.

PC3 • Qu Ze • Pericardium 3 Marsh at the Bend. He Sea Point on the Pericardium Channel. Water Point on Fire Meridian

Location: At the elbow, on the ulnar side of the biceps brachii tendon, medial to the brachial artery. Needle perpendicularly 0.5 - 0.7 cun.

Arm and elbow pain and disorders.

PC4 • Xi Men • Pericardium 4 Xi Gate. Xi Cleft Point on the Pericardium Channel

Location: On the anterior forearm, 5 cun superior to the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles. Needle perpendicularly 0.5 - 1 cun.

Chest pain and respiratory disorders.

PC5 • Jian Shi • Pericardium 5 Intermediary Courier. Jing River Point on the Pericardium Channel. Metal Point on Fire Meridian

Location: On the anterior forearm, 3 cun superior to the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles. Needle perpendicularly 0.5 - 1 cun.

Arm, elbow and chest pain.

PC6 • Nei Guan • Pericardium 6 Inner Pass. Luo Connecting Point on the Pericardium Channel to TE4. Special Command Point for the Thorax

Location: On the anterior forearm, 2 cun superior to the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles. Needle perpendicularly 0.5 - 0.8 cun.

Antiemetic point, nausea and vomiting. Arm, elbow and chest pain.

PC7 • Da Ling • Pericardium 7 Great Mound. Shu Stream Point on the Pericardium Channel. Yuan Source Point on the Pericardium Channel. Earth Point on Fire Meridian

Location: At the transverse wrist crease, between the tendons of palmaris longus and flexor carpi radialis muscles. Needle perpendicularly 0.3 - 0.5 cun.

Wrist and chest pain.

PC8 • Lao Gong • Pericardium 8 Palace of Toil. Ying Spring Point on the Pericardium Channel. Fire Point on Fire Meridian.

Location: On the palmar surface, between the second and third metacarpal bones, proximal to the metacarpophalangeal joint. Needle perpendicularly 0.3 - 0.5 cun.

Cardiac Pain.

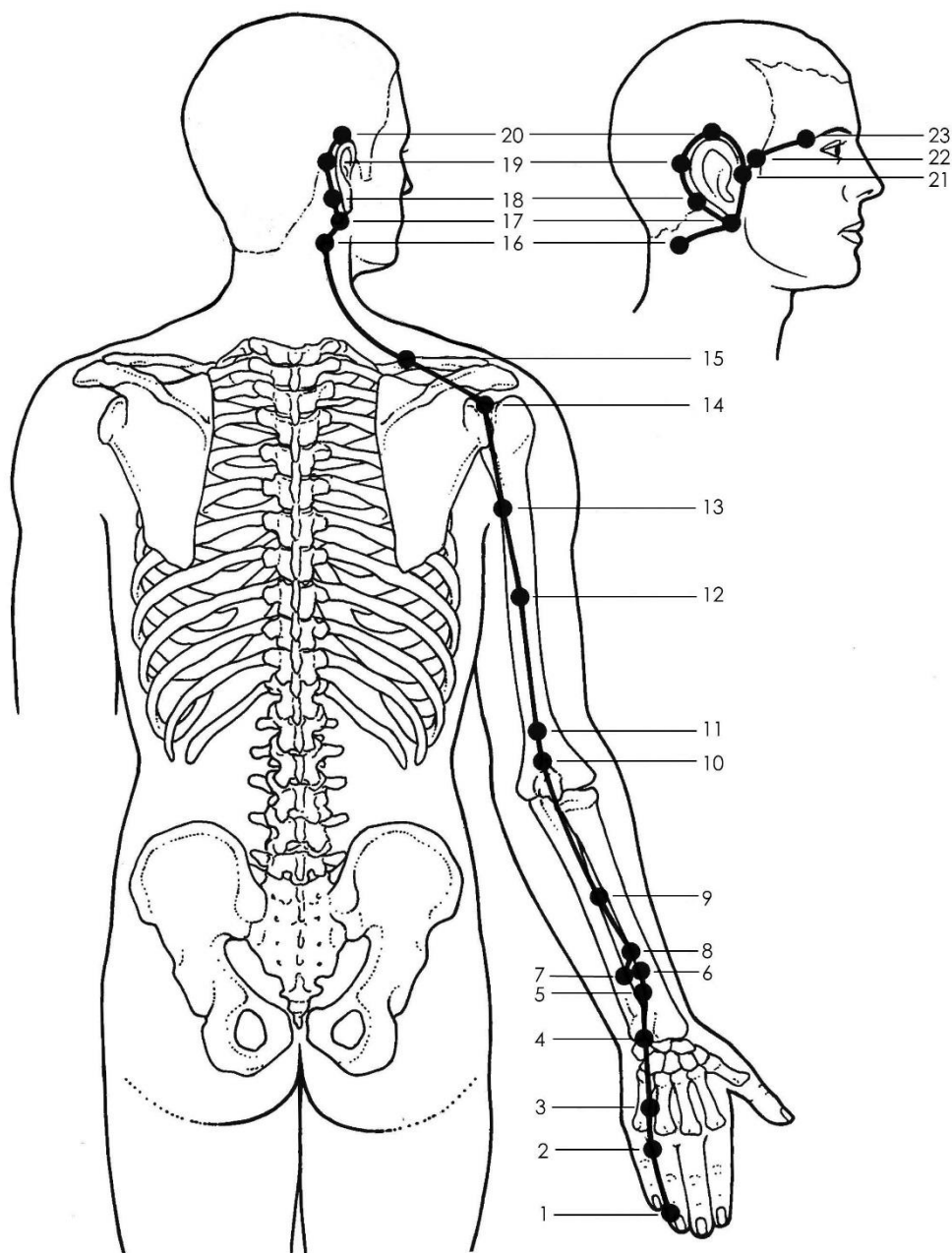
PC9 • Zhong Chong • Pericardium 9 Central Hub. Jing Well Point on the Pericardium Channel. Wood Point on Fire Meridian

Location: On the centre of the tip of the third digit. Needle subcutaneously 0.1 cun.

Cardiac pain, headache and tinnitus.

10. Triple Energiser Channel (TE)

Triple Energiser



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Triple Energiser Channel (Arm Shao Yang Channel)

The Triple Energiser (also referred to as San Jiao, Triple Burner, Triple Heater and Triple Warmer in some texts) Channel is a yang channel that consists of 23 points. It begins at the outer tip of the ring finger and goes along the back of the hand, wrist, forearm and upper arm, until it reaches the shoulder region. There it runs up the side of the neck, circles the ear and face, and finally ends at the outer end of the eyebrow where it connects with the Gall Bladder Meridian. The Triple Energiser channel has two main points most commonly used in the management of musculoskeletal pain, these are TE 5 proximal to the wrist on the poster aspect of the forearm and TE 14 which is located in the posterior “eye of the shoulder.”

TE1 • Guan Chong • Triple Energiser 1 Passage Hub. Jing Well Point on the Triple Energiser Channel.
Metal Point on Fire Meridian

Location: On the ulnar side of the fourth digit, 0.1 cun from the corner of the nail bed. Needle subcutaneously 0.1 cun.

Elbow problems and headache.

TE2 • Ye Men • Triple Energiser 2 Humour Gate. Ying Spring Point on the Triple Energiser Channel.
Water Point on Fire Meridian

Location: On the dorsum of the hand, 0.5 cun from the web margin between the fourth and fifth digits. Needle obliquely 0.3 – 0.5 cun.

Arm and hand pain.

TE3 • Zhong Zhu • Triple Energiser 3 Central Islet. Shu Stream Point on the Triple Energiser Channel.
Wood Point on Fire Meridian

Location: On the dorsum of the hand, in the depression proximal to the fourth and fifth metacarpophalangeal joints. Needle perpendicularly 0.3 – 0.5 cun.

Arm, elbow and shoulder pain.

TE4 • Yang Chi • Triple Energiser 4 Yang Pool. Yuan Source Point on the Triple Energiser Channel

Location: On the dorsal transverse wrist crease, between the tendons of muscles extensor digitorum and extensor digiti minimi. Needle perpendicularly 0.3 – 0.5 cun.

Wrist, arm and shoulder pain.

TE5 • Wai Guan • Triple Energiser 5 Outer Pass. Luo Connecting Point on Triple Energiser Channel to PC7. Confluent Point of the Yang Linking Vessel

Location: On the dorsal forearm, between the radius and ulna, 2 cun superior to TE 4 at the dorsal transverse wrist crease. Needle perpendicularly 0.5 – 1 cun.

Arm and elbow pain, arthritis of the shoulder, neck stiffness and facial pain.

TE6 • Zhi Gou • Triple Energiser 6 Branch Ditch. Jing River Point on Triple Energiser Channel. Fire Point on Fire Meridian

Location: On the dorsal forearm, between the radius and ulna, 3 cun superior to TE 4 at the dorsal transverse wrist crease. Needle perpendicularly 0.8 – 1.2 cun.

Arm, axillary and shoulder pain, intercostal neuralgia and lateral costal region pain.

TE7 • Hui Zong • Triple Energiser 7 Convergence and Gathering. Xi Cleft Point on Triple Energiser Channel

Location: On the dorsal forearm, 3 cun superior to the dorsal transverse wrist crease, on the radial border of the ulna, at the level of TE 6. Needle perpendicularly 0.5 – 1 cun.

Lateral epicondylitis and upper limb pain.

TE8 • San Yang Luo • Triple Energiser 8 Three Yang Connection. Intersection Point for the three Yang Channels of the arm

Location: On the dorsal forearm, between the radius and ulna, 4 cun superior to TE 4 at the dorsal transverse wrist crease. Needle perpendicularly 0.5 – 1 cun.

Arm, forearm and hand pain.

TE9 • Si Du • Triple Energiser 9 Four Rivers

Location: On the dorsal forearm, between the radius and ulna, 7 cun superior to TE 4 at the dorsal transverse wrist crease. Needle perpendicularly 0.5 – 1 cun.

Forearm pain.

TE10 • Tian Jing • Triple Energiser 10 Celestial Well. He Sea Point on the Triple Energiser Channel.
Earth Point on Fire Meridian

Location: In the posterior cubital region, in the depression 1 cun superior to the olecranon when the elbow is flexed. Needle perpendicularly 0.3 – 0.5 cun.

Arm, elbow, shoulder and neck pain.

TE11 • Qing Leng Yuan • Triple Energiser 11 Clear Cold Abyss

Location: In the posterior cubital region, 2 cun superior to the olecranon when the elbow is flexed.
Needle perpendicularly 0.3 – 0.5 cun.

Shoulder and arm pain.

TE12 • Xiao Luo • Triple Energiser 12 Dispersing Riverbed

Location: On the posterior upper arm, 5 cun superior to the olecranon, on a line joining TE 10 at the posterior elbow and TE 14 posterior and inferior to the acromion. Needle perpendicularly 0.5 – 0.7 cun.

Arm, shoulder and neck pain and headaches.

TE13 • Nao Hui • Triple Energiser 13 Upper Arm Convergence. Meeting Point on the Triple Energiser Channel with the Yang Linking Vessel

Location: On the posterior border of the deltoid muscle, 2 cun inferior to TE 14 at the posterior and inferior to the acromion. Needle perpendicularly 0.5 – 0.8 cun.

Scapular, shoulder and arm pain.

TE14 • Jian Liao • Triple Energiser 14 Shoulder Bone Hole. Meeting Point on the Triple Energiser Channel with the Yang Linking Vessel

Location: On the posterior deltoid region, in the posterior depression on the lateral border of the acromion when the arm is abducted 90 degrees (posterior “eye of the shoulder”).

Needle perpendicularly 0.7 – 1 cun.

Arm and shoulder pain, limited movement and soft tissue disorders.

TE15 • Tian Liao • Triple Energiser 15 Celestial Bone Hole. Meeting Point on the Triple Energiser Channel with the Gall Bladder Channel and Yang Linking Vessel

Location: In the scapular region, on the superior angle of the scapula, at the insertion of levator scapulae muscle. Needle perpendicularly 0.3 – 0.5 cun.

Arm, shoulder and neck pain and stiffness.

TE16 • Tian You • Triple Energiser 16 Celestial Oriole. Major Window of the Sky Point

Location: On the lateral neck, posterior and inferior to the mastoid process on the posterior border of sternocleidomastoid muscle. Needle perpendicularly 0.3 – 0.5 cun.

Dizziness and neck stiffness.

TE17 • Yi Feng • Triple Energiser 17 Wind Screen. Meeting Point on the Triple Energiser Channel with the Gall Bladder Channel

Location: At the ear, in the depression between the mastoid process and the mandible, behind the earlobe. Needle perpendicularly 0.5 – 1 cun.

Facial muscle and jaw disorders and toothache.

TE18 • Qi Mai • Triple Energiser 18 Spasm Vessel

Location: On the mastoid bone, posterior to the ear, at the junction of the lower and middle third of the curve that connects TE 17 at the earlobe and TE 20 at the apex of the ear. Needle subcutaneously 0.3 – 0.5 cun.

Headache and tinnitus.

TE19 • Lu Xi • Triple Energiser 19 Skull's Rest

Location: On the mastoid bone, posterior to the ear, at the junction of the middle and upper third of the curve that connects TE 17 at the earlobe and TE 20 at the apex of the ear. Needle obliquely 0.3 – 0.5 cun.

Ear disorders, headache and tinnitus.

TE20 • Jiao Sun • Triple Energiser 20 Angle Vertex. Meeting Point on the Triple Energiser Channel with the Small Intestine and Gall Bladder Channels

Location: In the temporal region, within the hairline, superior to the apex of the ear. Needle subcutaneously 0.3 – 0.5 cun.

Ear disorders and toothache.

TE21 • Er Men • Triple Energiser 21 Ear Gate

Location: Anterior to the ear, in the depression anterior to the supratragic notch and posterior to the mandibular condyloid process when the mouth is open. Needle perpendicularly 0.3 – 0.5 cun.

Ear disorders, headache, tinnitus and toothache.

TE22 • He Liao • Triple Energiser 22 Harmony Bone Hole. Meeting Point on the Triple Energiser Channel with the Small Intestine and Gall Bladder Channels

Location: Anterior to the ear, on the hairline, level with the lateral canthus of the eye. Needle obliquely 0.1 – 0.3 cun.

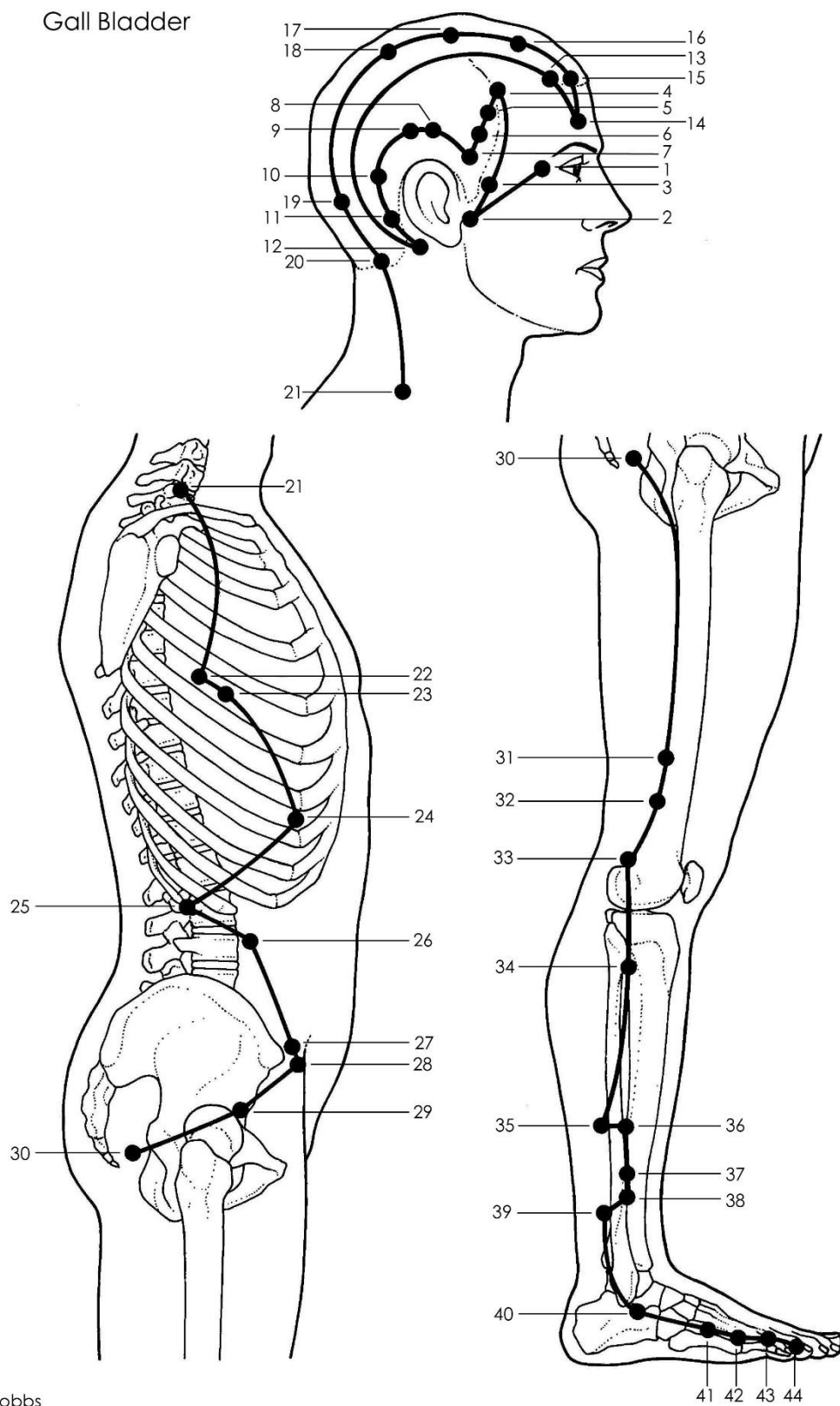
Facial neuralgia and headaches.

TE23 • Si Zhu Kong • Triple Energiser 23 Silk Bamboo Hole

Location: In the depression at the lateral end of the eyebrow. Needle subcutaneously 0.3 – 0.5 cun.

Facial muscle paralysis, headache and toothache.

11. Gall Bladder Channel (GB)



Gall Bladder Channel (Leg Shao Yang Channel)

The Gall Bladder Channel is a yang channel that consists of 44 points. It starts from the outer corner of the eye, runs laterally and backwards towards the ear where it then runs back and forth at the lateral side of the head before running forward above the eye then returning backwards and curving behind the ear. It then reaches the top of the shoulder and crosses the lateral side of rib cage and abdomen, until it ends up at the side of the hip. It then runs toward the lateral side of the thigh and lower leg. After crossing the ankle, it goes over the foot to reach to the tip of the 4th toe. A small connecting branch leaves the meridian and connects the Gall Bladder and Liver Meridians. The Gall Bladder Meridian is another long channel that runs the length of the entire body. It has an extensive distribution of points on the lateral aspects of the head that are often employed in the management of headaches. In a purely musculoskeletal setting however the most common Gall Bladder points needed are GB 20 and GB 21 at the neck and shoulder, GB 30 in the gluteal region and GB 34 distal to the lateral aspect of the knee.

GB1 • Tong Zi Liao • Gall Bladder 1 Pupil Bone Hole. Meeting Point on the Gall Bladder Channel with the Small Intestine and Triple Energiser Channels.

Location: On the lateral face, 0.5 cun lateral to the outer canthus of the eye. Needle subcutaneously 0.3 - 0.5 cun.

Headache and visual disturbances.

GB2 • Ting Hui • Gall Bladder 2 Auditory Convergence

Location: With the mouth open, in the depression anterior to the auricular intertragic notch. Needle perpendicularly 0.5 - 0.7 cun.

Ear and jaw disorders and toothache.

GB3 • Shang Guan • Gall Bladder 3 Upper Gate. Meeting Point on the Gall Bladder Channel with the Triple Energiser and Stomach Channels

Location: On the lateral face, anterior to the ear, on the upper border of the zygomatic arch. Needle perpendicularly 0.3 - 0.5 cun.

Facial pain, headache and toothache.

GB4 • Han Yan • Gall Bladder 4 Suspended Fullness. Meeting Point on the Gall Bladder Channel with the Triple Energiser, Large Intestine and Stomach Channels

Location: In the temporal region, posterior to the hairline, at the junction of the upper quarter and lower three-quarters of the distance between ST 8 and GB 7. Needle subcutaneously 0.3 - 0.5 cun.

Facial muscle paralysis, temporal and unilateral headache and wrist pain.

GB5 • Xuan Lu • Gall Bladder 5 Suspended Skull. Meeting Point on the Gall Bladder Channel with the Triple Energiser, Large Intestine and Stomach Channels

Location: In the temporal region, posterior to the hairline, midway between ST 8 and GB 7. Needle subcutaneously 0.3 - 0.5 cun.

Temporal and unilateral headache and toothache.

GB6 • Xuan Li • Gall Bladder 6 Suspended Tuft. Meeting Point on the Gall Bladder Channel with the Triple Energiser, Large Intestine and Stomach Channels

Location: In the temporal region, posterior to the hairline, 2 cun inferior to GB4 on the curved line connecting ST 8 and GB 7. Needle subcutaneously 0.3 - 0.5 cun.

Unilateral headache.

GB7 • Qu Bin • Gall Bladder 7 Temporal Hairline Curve. Meeting Point on the Gall Bladder Channel with the Bladder Channel.

Location: Within the hairline, anterior and superior to the auricle, about 1 cun anterior to TE 20. Needle subcutaneously 0.3 - 0.5 cun.

Cheek pain and swelling and headache.

GB8 • Shuai Gu • Gall Bladder 8 Valley Lead. Meeting Point on the Gall Bladder Channel with the Bladder Channel

Location: 1.5 cun superior to the auricular apex and directly above TE 20. Needle subcutaneously 0.3 - 0.5 cun.

Temporal and unilateral headache.

GB9 • Tian Chong • Gall Bladder 9 Celestial Hub. Meeting Point on the Gall Bladder Channel with the Bladder Channel

Location: Posterior and superior to the auricular border and 0.5 cun posterior to GB 8. Needle subcutaneously 0.3 - 0.5 cun.

Headache and toothache.

GB10 • Fu Bai • Gall Bladder 10 Floating White. Meeting Point on the Gall Bladder Channel with the Bladder Channel

Location: In the temporal region, posterior to the auricle and superior to the mastoid process, at the junction of the upper and middle thirds of a curved line connecting GB 9 and GB 12. Needle subcutaneously 0.3 - 0.5 cun.

Headache and neck pain and stiffness.

GB11 • Tou Qiao Yin • Gall Bladder 11 Head Portal Yin. Meeting Point on the Gall Bladder Channel with the Bladder Channel

Location: In the temporal region, posterior to the auricle and superior to the mastoid process, at the junction of the middle and lower thirds of a curved line connecting GB 9 and GB 12. Needle subcutaneously 0.3 - 0.5 cun.

Ear Pain, headache and neck pain and stiffness.

GB12 • Wan Gu • Gall Bladder 12 Completion Bone. Meeting Point on the Gall Bladder Channel with the Bladder Channel

Location: In the temporal region, in the depression posterior and inferior to the mastoid process, at the level of the inferior ridge of the auricle. Needle obliquely 0.3 - 0.5 cun.

Ear Pain, headache and neck pain and stiffness.

GB13 • Ben Shen • Gall Bladder 13 Root Spirit. Meeting point on the Gall Bladder Channel with the Yang Linking Vessel

Location: In the frontal region, 0.5 cun within the anterior hairline, on a sagittal line ascending from the lateral canthus of the eye. Needle subcutaneously 0.3 - 0.5 cun.

Headache and neck pain and stiffness.

GB14 • Yang Bai • Gall Bladder 14 Yang White. Meeting Point on the Gall Bladder Channel with the Stomach and Large Intestine Channels and Yang Linking Vessel

Location: In the frontal region, 1 cun superior to the eyebrow, aligned with the pupil when the eyes are focused forward. Needle subcutaneously 0.3 - 0.5 cun.

Facial muscle paralysis, frontal headache and supraorbital neuralgia.

GB15 • Tou Lin Qi • Gall Bladder 15 Head Overlooking Tears. Meeting point on the Gall Bladder Channel with the Bladder Channel and Yang Linking Vessel

Location: In the frontal region, 0.5 cun within the hairline, aligned with the pupil when the eyes are focused forward. Needle subcutaneously 0.3 - 0.5 cun.

Eye pain, headache and outer canthus pain.

GB16 • Mu Chuang • Gall Bladder 16 Eye Window. Meeting Point on the Gall Bladder Channel with the Yang Linking Vessel

Location: In the frontal region, 1.5 cun posterior to GB 15 and 3 cun lateral to the mid-sagittal line. Needle subcutaneously 0.3 - 0.5 cun.

Eye pain and headache.

GB17 • Zheng Ying • Gall Bladder 17 Upright Construction. Meeting Point on the Gall Bladder Channel with the Yang Linking Vessel

Location: In the frontal region, 1.5 cun posterior to GB 16, on the line connecting GB15 and GB20. Needle subcutaneously 0.3 - 0.5 cun.

One sided headache.

GB18 • Cheng Ling • Gall Bladder 18 Spirit Container. Meeting Point on the Gall Bladder Channel with the Yang Linking Vessel.

Location: In the parietal region, 1.5 cun posterior to GB 17 and 3 cun lateral to GV 20. Needle subcutaneously 0.3 - 0.5 cun.

Headache.

GB19 • Nao Kong • Gall Bladder 19 Brain Hollow. Meeting Point on the Gall Bladder Channel with the Yang Linking Vessel

Location: In the occipital region, 2.25 cun lateral to the posterior midline, at the level of the upper border of the external occipital protuberance. Needle subcutaneously 0.3 - 0.5 cun.

Headache and neck pain and stiffness.

GB20 • Feng Chi • Gall Bladder 20 Wind Pool. Meeting Point on Gall Bladder Channel with the Triple Energiser Channel, Yang Linking and Yang Heel Vessels

Location: At the posterior head, at the junction of the occipital and nuchal regions, in the depression between the origins of Sternocleidomastoid and Trapezius muscles. Needle obliquely 0.5 - 0.8 cun.

Neck and back pain, midline headache and shoulder pain.

GB21 • Jian Jing • Gall Bladder 21 Shoulder Well. Meeting Point on the Gall Bladder Channel with the Triple Energiser and Stomach Channels

Location: In the suprascapular region, midway between the tip of the acromion process and below the spinous process of the seventh cervical vertebra (C7). Needle obliquely 0.3 - 0.5 cun.

Contraindication: Do Not Needle if pregnancy or heart disease is known or suspected.

Neck, back and shoulder pain and stiffness.

GB22 • Yuan Ye • Gall Bladder 22 Armpit Abyss

Location: On the lateral chest wall, on the mid-axillary line, 3 cun inferior to the axillary fold. Needle obliquely 0.3 - 0.5 cun.

Axillary oedema and lateral costal region pain.

GB23 • Zhe Jin • Gall Bladder 23 Sinew Seat. Meeting Point on the Gall Bladder Channel with the Bladder Channel. Secondary Front Mu Point for the Gall Bladder

Location: On the lateral chest wall, on the 4th intercostal space, 1 cun anterior to GB22. Needle obliquely 0.3 - 0.5 cun.

Chest discomfort and gastroesophageal reflux.

GB24 • Ri Yue • Gall Bladder 24 Sun and Moon. Front Mu Point of the Gall Bladder that connects with Back Shu BL19

Location: On the anterior chest midclavicular line at the level of the seventh intercostal space. Needle obliquely 0.3 - 0.5 cun.

Digestive disorders and lateral costal region pain.

GB25 • Jing Men • Gall Bladder 25 Capital Gate. Front Mu Point of the Kidneys that connects with Back Shu BL23

Location: On the lateral abdomen at the lower border of the free end of the twelfth rib. Needle perpendicularly or obliquely 0.3 - 0.5 cun.

Abdominal distension, back pain and lateral costal region pain.

GB26 • Dai Mai • Gall Bladder 26 Girdling Vessel. Meeting Point on the Gall Bladder Channel with the Girdling Vessel

Location: On the midaxillary line, superior to the iliac crest, at the level of the umbilicus. Needle perpendicularly or obliquely 0.5 - 0.8 cun.

Abdominal and hypochondriac region pain and lumbar pain.

GB27 • Wu Shu • Gall Bladder 27 Fifth Pivot. Meeting Point on the Gall Bladder Channel with the Girdling Vessel

Location: In the inguinal region, medial to the anterior superior iliac spine, 3 cun inferior to the level of the umbilicus. Needle perpendicularly 0.5 - 1 cun.

Abdominal and lumbar pain.

GB28 • Wei Dao • Gall Bladder 28 Linking Path. Meeting Point on the Gall Bladder Channel with the Girdling Vessel

Location: In the inguinal region, 0.5 cun inferior to the anterior superior iliac spine, at the anterior margin of the ilium. Needle perpendicularly 0.5 - 1 cun.

Lower abdominal and lumbar pain.

GB29 • Ju Liao • Gall Bladder 29 Squatting Bone Hole. Meeting Point on the Gall Bladder Channel with the Yang Heel Vessel

Location: At the hip, midway between the anterior superior iliac spine and the greater trochanter. GB29 is located with patient in the lateral recumbent position with the thigh flexed slightly. Needle perpendicularly 0.5 - 1 cun.

Leg and lumbar pain and sciatica.

GB30 • Huan Tiao • Gall Bladder 30 Jumping Round. Meeting Point on the Gall Bladder Channel with the Bladder Channel

Location: In the gluteal region, one third the distance from the greater trochanter to the sacral hiatus. Locate GB30 with the patient in the lateral recumbent position with the thigh flexed slightly. Needle perpendicularly 1.5 – 2.5 cun.

Groin, hip, thigh and leg pain, lumbar pain and sciatica.

GB31 • Feng Shi • Gall Bladder 31 Wind Market

Location: On the midline of the lateral thigh, 7 cun superior to the popliteal crease. GB 31 can also be located directly inferior to the tip of the middle finger when patient is standing and the arm is extended along the thigh. Needle perpendicularly 0.7 – 1.2 cun.

Lumbar and leg pain and sciatica.

GB32 • Zhong Du • Gall Bladder 32 Central River

Location: On the midline of the lateral thigh, 5 cun superior to the popliteal crease. Needle perpendicularly 0.7 - 1 cun.

Lower limb atrophy and sciatica.

GB33 • Xi Yang Guan • Gall Bladder 33 Knee Yang Gate

Location: On the lateral side of the knee, superior to the joint line, in a depression between biceps femoris tendon and the lateral condyle of the femur. Needle perpendicularly 0.5 - 1 cun.

Knee disorders and leg numbness.

GB34 • Yang Ling Quan • Gall Bladder 34 Yang Mound Spring. Hui Point for Tendons and Muscles. He Sea Point on Gall Bladder Channel. Earth Point on Wood Meridian

Location: On the lateral side of the leg, in the depression anterior and inferior to the head of the fibula. Needle perpendicularly 0.8 – 1.2 cun.

Master point for tendons and muscles. Knee Disorders, leg pain, leg muscle atrophy and numbness and sciatica.

GB35 • Yang Jiao • Gall Bladder 35 Yang Intersection. Xi Cleft Point of the Yang Linking Vessel

Location: On the lateral side of the leg, on the posterior border of the fibula, 7 cun superior to the prominence of the lateral malleolus. Needle perpendicularly 0.5 – 0.8 cun.

Knee pain and swelling.

GB36 • Wai Qui • Gall Bladder 36 Outer Hill. Xi Cleft Point on the Gall Bladder Channel.

Location: On the lateral side of the leg, 7 cun superior to the prominence of the lateral malleolus. Needle perpendicularly 0.5 – 0.8 cun.

Leg pain and lower limb atrophy.

GB37 • Guang Ming • Gall Bladder 37 Bright Light. Luo Connecting Point on the Gall Bladder Channel to LR3

Location: On the lateral side of the leg, 5 cun superior to the prominence of the lateral malleolus. Needle perpendicularly 0.7 – 1 cun.

Knee disorders and lateral leg muscle pain.

GB38 • Yang Fu • Gall Bladder 38 Yang Assistance. Jing River on the Gall Bladder Channel. Fire Point on Wood Meridian

Location: On the lateral side of the leg, 4 cun superior to the prominence of the lateral malleolus. Needle perpendicularly 0.5 – 0.7 cun.

Ankle conditions and lateral leg pain.

GB39 • Xuan Zhong • Gall Bladder 39 Suspended Bell. Hui Meeting Point for Marrow. Intersection Point of the three Yang channels of the leg

Location: On the lateral side of the leg, 3 cun superior to the prominence of the lateral malleolus. Needle perpendicularly 0.3 – 0.5 cun.

Ankle conditions, knee disorders, leg pain and sciatica.

GB40 • Qiu Xu • Gall Bladder 40 Hill Ruins. Yuan Source point on the Gall Bladder Channel

Location: At the lateral ankle, In the depression anterior and inferior to the lateral malleolus. Needle perpendicularly 0.53 – 0.8 cun.

Ankle conditions, leg cramps and leg pain.

GB41 • Zu Lin Qi • Gall Bladder 41 Foot Overlooking Tears. Shu Stream Point on the Gall Bladder Channel. Wood Point on Wood Meridian

Location: On the dorsum of the foot, in the depression between the fourth and fifth metatarsals. Needle perpendicularly 0.3 – 0.5 cun.

Dorsal foot pain and swelling and leg pain.

GB42 • Di Wu Hui • Gall Bladder 42 Earth Fivefold Convergence

Location: On the dorsum of the foot, in a depression proximal to the heads of the fourth and fifth metatarsal bones. Needle perpendicularly 0.3 – 0.5 cun.

Dorsal foot pain and swelling.

GB43 • Jia Xi • Gall Bladder 43 Pinched Ravine. Ying Spring Point on the Gall Bladder Channel. Water Point on Wood Meridian.

Location: On the dorsum of the foot, distal to the fourth and fifth metatarsophalangeal joints, 0.5 cun proximal to the web margin. Needle perpendicularly 0.3 – 0.5 cun.

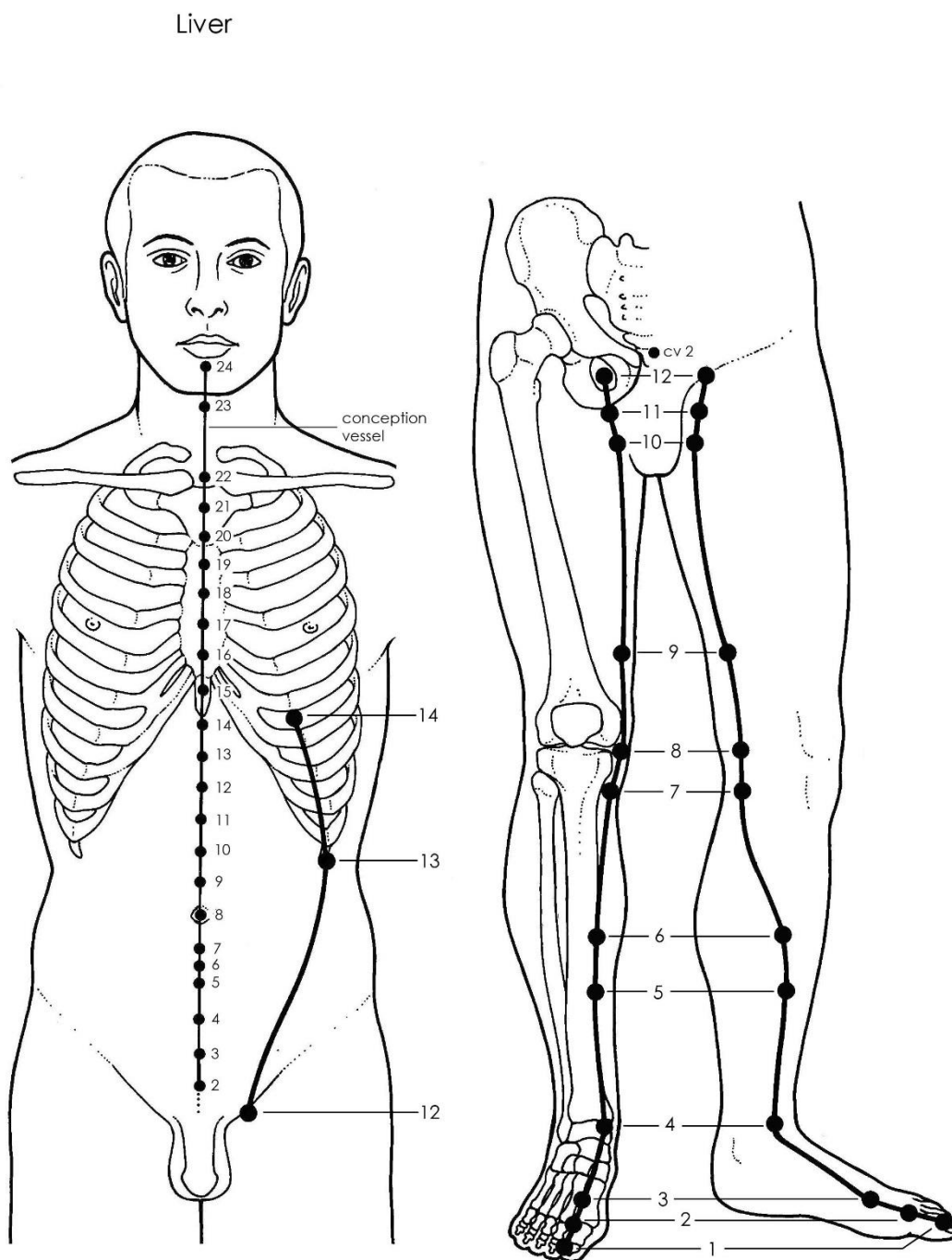
Headache and migraine.

GB44 • Zu Qiao Yin • Gall Bladder 44 Foot Portal Yin. Jing Well Point on the Gall Bladder Channel.
Metal Point on Wood Meridian

Location: On the lateral side of the fourth toe, 0.1 cun from the nail bed. Needle subcutaneously 0.1 cun.

Headaches.

12. Liver Channel (LR)



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Liver Channel (Leg Jue Yin Channel)

The Liver Channel is a yin channel that consists of 14 points. It starts from the 1st toe and goes across the top of the foot. After crossing the medial aspect of the ankle, it continues to go upwards along the lower leg and the thigh medially. It then extends upwards across the abdomen and reaches the lower chest laterally where it terminates. The Liver Meridian's main musculoskeletal points are LR 3 on the dorsum of the foot and LR 8 at the knee.

LR1 • Da Dun • Liver 1 Large Pile. Jing Well Point on the Liver Channel. Wood Point on Wood Meridian

Location: On the lateral side of the first digit, the great toe, 0.1 cun from the corner of the nail bed. Needle subcutaneously 0.1 - 0.2 cun.

Urinary dysfunction and pelvic pain.

LR2 • Xing Jian • Liver 2 Moving Between. Ying Spring Point on the Liver Channel. Fire Point on Wood Meridian

Location: On the dorsum of the foot, between the first and second metatarsophalangeal joints, 0.5 cun proximal to the web margin. Needle obliquely 0.3 - 0.5 cun.

Headaches.

LR3 • Tai Chong • Liver 3 Great Surge. Shu Stream Point on the Liver Channel. Yuan Source Point on the Liver Channel. Earth Point on Wood Meridian

Location: On the dorsum of the foot, between the first and second metatarsal bones, approximately 2 cun superior to the web margin. Needle perpendicularly 0.3 - 0.5 cun.

Ankle conditions, headaches and lumbar pain.

LR4 • Zhong Feng • Liver 4 Mound Centre. Jing River Point on the Liver Channel. Metal Point on Wood Meridian

Location: On the dorsum of the foot, 1 cun anterior to the medial malleolus, in the depression medial to the tibialis anterior tendon. Needle perpendicularly 0.3 - 0.5 cun.

Ankle conditions and lumbar pain.

LR5 • Li Gou • Liver 5 Woodworm Canal. Luo Connecting Point on the Liver Channel to GB40

Location: On the medial side of the leg, posterior to the tibial medial margin, 5 cun superior to the medial malleolus. Needle subcutaneously 0.3 - 0.5 cun.

Leg and lumbar pain.

LR6 • Zhong Du • Liver 6 Central Metropolis. Xi Cleft Point on the Liver Channel

Location: On the medial side of the leg, posterior to the tibial medial margin, 7 cun superior to the medial malleolus. Needle subcutaneously 0.5 - 0.8 cun.

Lower limb joint pain.

LR7 • Xi Guan • Liver 7 Knee Joint

Location: On the medial side of the leg, inferior to the medial condyle of the tibia, in the upper portion of the medial head of the gastrocnemius muscle, 1 cun posterior to SP 9. Needle perpendicularly 0.5 - 1 cun.

Medial knee pain, swelling and Inflammation.

LR8 • Qu Quan • Liver 8 Spring at the Bend. He Sea Point on the Liver Channel. Water Point on Wood Meridian.

Location: One the medial side of the knee, in the depression of the transverse popliteal crease between the upper border of the medial epicondyle of the femur and semitendinosus and semimembranosus tendons. Needle perpendicularly 0.5 - 0.8 cun.

Headaches, knee disorders and medial thigh pain.

LR9 • Yin Bao • Liver 9 Yin Bladder

Location: On the medial thigh, 4 cun superior to the medial epicondyle of the femur, between sartorius muscle anteriorly and vastus medialis posteriorly. Needle perpendicularly 0.5 – 0.7 cun.

Lumbosacral pain radiating to hypogastrium.

LR10 • Zu Wu Li • Liver 10 Foot Five Li

Location: On the medial thigh, on the lateral border of abductor longus muscle, 2 cun along the tendon/muscle from its attachment near the pubic symphysis and 3 cun inferior to ST 30. Needle perpendicularly 0.5 - 1 cun.

Decreased hip range of movement.

LR11 • Yin Lian • Liver 11 Yin Corner

Location: On the superior, medial thigh, on the lateral border of abductor longus muscle, 1 cun along the tendon/muscle from its attachment near the pubic symphysis and 2 cun inferior to ST 30. Needle perpendicularly 0.5 - 1 cun.

Decreased hip range of movement.

LR12 • Ji Mai • Liver 12 Urgent Pulse

Location: At the base of the femoral triangle, medial to the femoral artery, 2.5 cun lateral to the anterior midline.

Beware the Femoral Vein!

Hypogastric, genital and hernia pain.

LR13 • Zhang Men • Liver 13 Camphorwood Gate. Front Mu Point of the Spleen that connects with Back Shu BL20. Meeting Point on the Liver Channel with the Gall Bladder, Kidney, Heart, Spleen and Lung Channels

Location: On the lateral abdomen, slightly inferior and anterior to the tip of the free end of the eleventh rib. Needle perpendicularly or obliquely 0.5 – 0.8 cun.

Abdominal, hypochondriac region and chest pain.

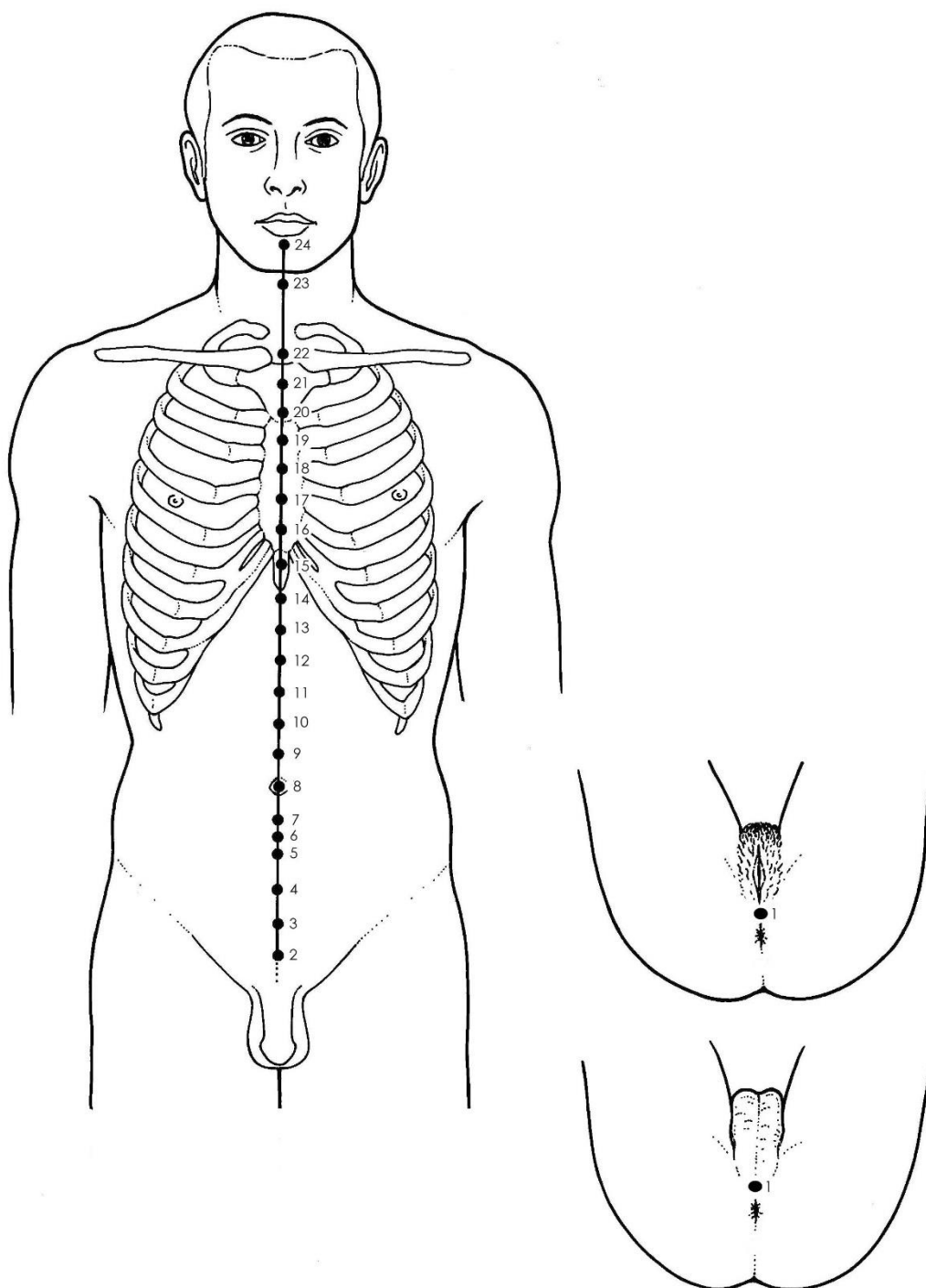
LR14 • Qi Men • Liver 14 Cycle Gate. Front Mu Point of the Liver that connects with Back Shu BL18. Meeting Point on the Liver Channel with the Spleen Channel

Location: On the chest, on the midclavicular line, in the sixth intercostal space, at the level of CV 14. Needle obliquely 0.3 – 0.5 cun.

Abdominal, hypochondriac region and chest pain.

13. Conception Vessel (CV)

Conception Vessel



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Conception Vessel (Ren Mai)

The Conception Vessel is considered to be one of the eight extra meridians. It is a yin meridian that consists of 24 points. It originates at the centre of the perineum and runs cephalad along the anterior midline of the torso until it reaches the head where it continues over the face terminating at the centre of the mentolabial groove directly below the lip. The Conception Vessel represents the convergence of all the yin meridians.

CV1 • Hui Yin • Conception Vessel 1 Meeting of Yin. Meeting Point on the Conception Vessel with the Governing and Penetrating Vessels

Location: In the perineal region, at the midpoint between the anus and the posterior border of the scrotum in males and the posterior labial commissure in females. Needle perpendicularly 0.5 - 1 cun.
Contraindication: Do Not Needle if pregnancy is known or suspected.

Pain of the anus and urethra.

CV2 • Qu Gu • Conception Vessel 2 Curved Bone. Meeting Point on the Conception Vessel with the Liver Channel

Location: In the pubic region, on the anterior midline, at the superior border of the symphysis pubis. Needle perpendicularly 0.5 - 1 cun.

Genital pain and gynaecological disorders.

CV3 • Zhong Ji • Conception Vessel 3 Central Pole. Front Mu Point of the Bladder that connects with Back Shu BL28. Meeting Point on the Conception Vessel with the Spleen, Liver and Kidney Channels

Location: In the pubic region, on the anterior midline, 1 cun superior to the upper border of the symphysis pubis. Needle perpendicularly 0.5 - 1 cun.

Abdominal and genital pain and Infertility.

CV4 • Guan Yuan • Conception Vessel 4 Origin Pass. Front Mu Point of the Small Intestine that connects with Back Shu BL27. Meeting Point on the Conception Vessel with the Spleen, Liver and Kidney Channels

Location: In the pubic region, on the anterior midline, 2 cun superior to the upper border of the symphysis pubis. Needle perpendicularly 0.8 – 1.2 cun.

Abdominal pain and infertility.

CV5 • Shi Men • Conception Vessel 5 Stone Gate. Front Mu Point of the Triple Energiser that connects with Back Shu BL22

Location: On the lower abdomen, on the anterior midline, 2 cun inferior to the umbilicus. Needle perpendicularly 0.5 - 1 cun.

Abdominal Pain.

CV6 • Qi Hai • Conception Vessel 6 Sea of Qi. Front Mu Point for Sea of Qi that connects with Back Shu BL24

Location: On the lower abdomen, on the anterior midline, 1.5 cun inferior to the umbilicus. Needle perpendicularly 0.8 – 1.2 cun.

Abdominal pain.

CV7 • Yin Jiao • Conception Vessel 7 Yin Intersection. Meeting Point on the Conception Vessel with the Penetrating Vessel. Command Point for the Lower Burner

Location: In the umbilical region, on the anterior midline, 1 cun inferior to the umbilicus. Needle perpendicularly 0.8 – 1.2 cun.

Periumbilical pain.

CV8 • Shen Que • Conception Vessel 8 Spirit Gate.

Location: At the umbilicus

Needling is contraindicated. Moxa is applicable

Abdominal pain and digestive disturbances.

CV9 • Shui Fen • Conception Vessel 9 Water Divide

Location: In the umbilical region, on the anterior midline, 1 cun superior to the umbilicus. Needle perpendicularly 0.5 - 1 cun.

Digestive disturbances and periumbilical pain.

CV10 • Xia Guan • Conception Vessel 10 Lower Stomach Cavity. Meeting Point on the Conception Vessel with the Spleen Channel

Location: In the umbilical region, on the anterior midline, 2 cun superior to the umbilicus. Needle perpendicularly 0.5 – 1.2 cun.

Digestive disturbances and stomach pain.

CV11 • Jian Li • Conception Vessel 11 Interior Strengthening

Location: In the upper umbilical region, on the anterior midline, 3 cun superior to the umbilicus. Needle perpendicularly 0.5 – 1.2 cun.

Abdominal distension and Intestinal pain.

CV12 • Zhon Guan • Conception Vessel 12 Central Venter. Front Mu Point of the Stomach that connects with Back Shu BL21. Meeting Point on the Conception Vessel with the Lung, Spleen, Stomach, and Triple Energiser Channels

Location: In the upper umbilical region, on the anterior midline, 4 cun superior to the umbilicus. Needle perpendicularly 0.5 – 1.2 cun.

Abdominal and stomach pain and gastrointestinal disorders.

CV13 • Shan Guan • Conception Vessel 13 Upper Venter. Meeting Point on the Conception Vessel with the Stomach and Small Intestine Channels

Location: In the upper umbilical region, on the anterior midline, 5 cun superior to the umbilicus. Needle perpendicularly 0.5 – 1.2 cun.

Gastrointestinal disorders and stomach pain.

CV14 • Ju Que • Conception Vessel 14 Great Tower Gate. Front Mu of the Heart that connects with Back Shu BL15

Location: In the epigastric region, on the anterior midline, 2 cun inferior to the xiphoid process and 6 cun superior to the umbilicus. Needle perpendicularly 0.3 – 0.8 cun.

Chest discomfort.

CV15 • Jiu Wei • Conception Vessel 15 Turtledove Tail. Luo Connecting Point on the Conception Vessel to the internal abdominal viscera

Location: In the epigastric region, on the anterior midline, 1 cun inferior to the xiphoid process and 7 cun superior to the umbilicus. Needle obliquely (downward) 0.4 – 0.6 cun.

Oesophageal disorders.

CV16 • Zhong Ting • Conception Vessel 16 Central Palace

Location: In the epigastric region, on the anterior midline, on the xiphoid process. Needle subcutaneously 0.3 - 0.5 cun.

Chest pain and lateral costal region discomfort.

CV17 • Shan Zhong • Conception Vessel 17 Chest Centre. Front Mu of the Pericardium that connects with Back Shu BL14. Meeting Point on Conception Vessel with Pericardium, Spleen, Kidney, Small Intestine and Triple Energizer Channels

Location: On the sternal midline, level with the fourth intercostal space, between the nipples. Needle subcutaneously 0.3 - 0.5 cun.

Chest pain and intercostal neuralgia.

CV18 • Yu Tang • Conception Vessel 18 Jade Hall

Location: On the sternal midline, level with the third intercostal space. Needle subcutaneously 0.3 - 0.5 cun.

Chest and sternal pain and lateral costal region pain.

CV19 • Zi Gong • Conception Vessel 19 Purple Palace

Location: On the sternal midline, level with the second intercostal space. Needle subcutaneously 0.3 - 0.5 cun.

Chest pain.

CV20 • Hua Gai • Conception Vessel 20 Florid Canopy

Location: On the sternal midline, level with the first intercostal space. Needle subcutaneously 0.3 - 0.5 cun.

Chest pain and respiratory disorders.

CV21 • Xuan Ji • Conception Vessel 21 Jade Pivot

Location: On the manubrium midline, midway between CV 20 and CV 22. Needle subcutaneously 0.3 - 0.5 cun.

Chest pain.

CV22 • Tian Tu • Conception Vessel 22 Celestial Chimney. Meeting Point on the Conception Vessel with the Yin Linking Vessel. Minor Window of the Sky Point

Location: In the suprasternal fossa, on the anterior midline, just above the jugular notch. Needle retrosternally 0.5 - 1 cun.

Chest discomfort.

CV23 • Lian Quan • Conception Vessel 23 Ridge Spring. Meeting Point on the Conception Vessel with the Yin Linking Vessel

Location: On the neck, on the anterior midline, in the depression superior to the hyoid bone. Needle obliquely (toward the tongue root) 0.5 – 1 cun.

Cough.

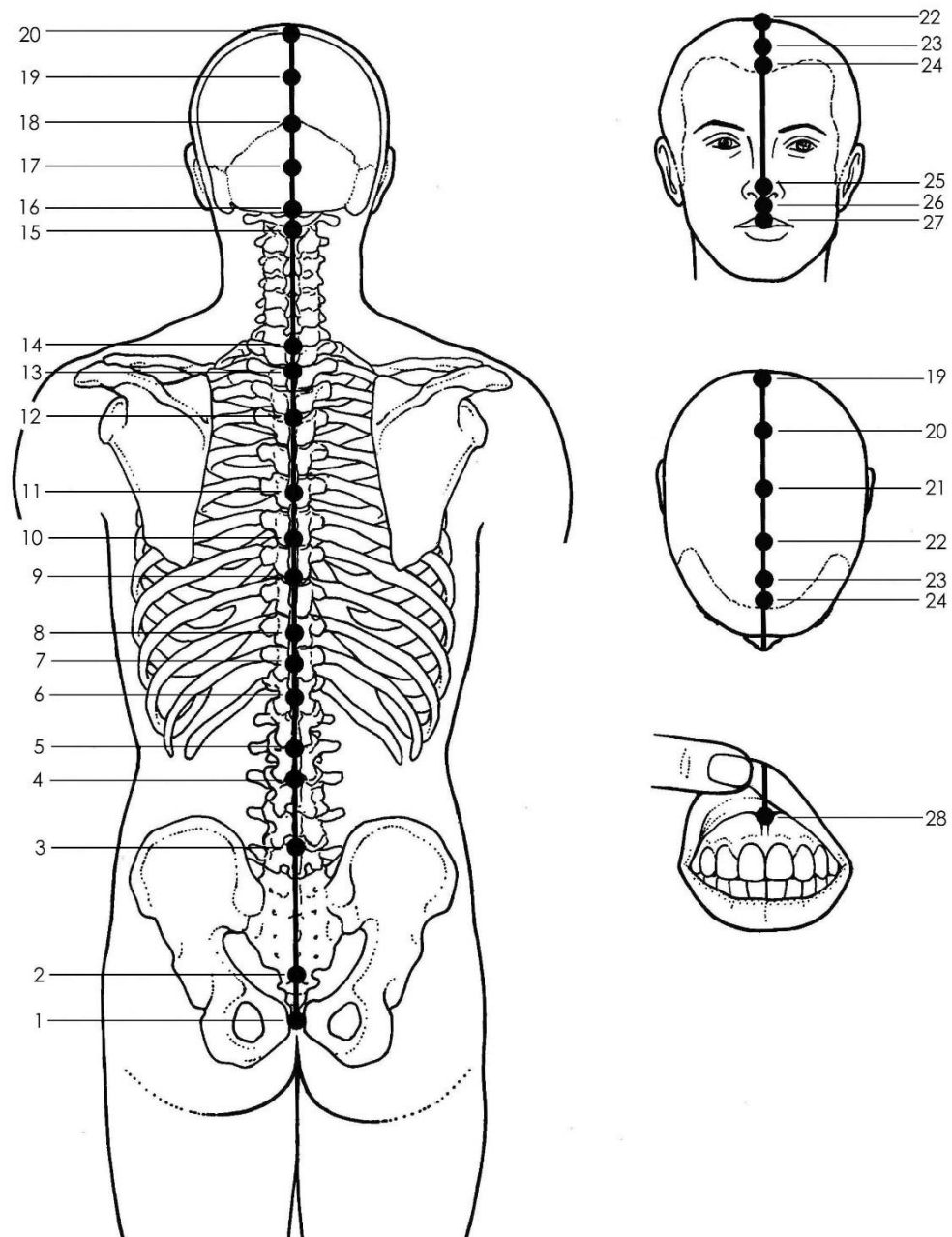
CV24 • Cheng Jiang • Conception Vessel 24 Sauce Receptacle. Meeting Point on the Conception Vessel with the Governing Vessel, Large Intestine and Stomach Channels

Location: On the chin, in the depression in the centre of the mentolabial groove, below the middle of the lower lip. Needle obliquely (upward) 0.2 – 0.3 cun.

Facial muscle paralysis and facial pain.

14. Governor Vessel (GV)

Governing Vessel



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The Governor Vessel (Du Mai)

The Governor Vessel is considered to be one of the eight extra meridians. It is a yang meridian that consists of 28 points. It originates at the base of the spine below the coccyx and runs cephalad along the spinal column until it reaches the apex of the skull where it continues its pathway downward over the face terminating at the junction of the gum and the fraenum of the upper lip. The Governor Vessel represents the convergence of all the yang meridians. The most commonly used Governor Vessel points for the management of musculoskeletal conditions are GV 4 in the lumbar region, GV 14 at the base of the neck and GV 20 at the vertex of the skull.

GV1 • Chang Qiang • Governing Vessel 1 Long Strong. Luo Connecting Point of the Governing Vessel to CV1. Meeting Point on the Governing Vessel with the Conception Vessel

Location: Midway between the anus and the tip of the coccyx. Needle perpendicularly 0.5 – 1 cun.

Lumbar spinal and sacral pain.

GV2 • Yao Shu • Governing Vessel 2 Lumbar Shu

Location: On the posterior midline at the sacral hiatus. Needle obliquely (upward) 0.5 – 1 cun.

Lumbar spinal and sacral pain.

GV3 • Yao Yang Guan • Governing Vessel 3 Lumbar Yang Pass

Location: On the lower back, below the spinous process of the fourth lumbar vertebra (L4). Needle perpendicularly 0.5 – 1 cun.

Lumbar pain, knee disorders and leg numbness.

GV4 • Ming Men • Governing Vessel 4 Life Gate. Reunion point on Curious Meridian Dai Mo

Location: On the lower back, below the spinous process of the second lumbar vertebra (L2).
Needle perpendicularly 0.5 – 1 cun.

Bone disorders, headache, lumbar pain, lumbar sprain and sciatica.

GV5 • Xuan Shu • Governing Vessel 5 Suspended Pivot

Location: On the lower back, below the spinous process of the first lumbar vertebra (L1). Needle perpendicularly 0.5 – 1 cun.

Lumbar spinal pain and stiffness.

GV6 • Ji Zhong • Governing Vessel 6 Spinal Centre

Location: On the middle back, below the spinous process of the eleventh thoracic vertebra (T11). Needle perpendicularly or obliquely 0.5 – 1 cun.

Lumbar spine stiffness.

GV7 • Zhong Shu • Governing Vessel 7 Central Pivot.

Location: On the middle back, below the spinous process of the tenth thoracic vertebra (T10). Needle perpendicularly or obliquely 0.5 – 1 cun.

Lumbar spine pain and stiffness.

GV8 • Jin Suo • Governing Vessel 8 Sinew Contraction

Location: On the middle back, below the spinous process of the ninth thoracic vertebra (T9). Needle perpendicularly or obliquely 0.5 – 1 cun.

Spinal stiffness and contraction.

GV9 • Zhi Yang • Governing Vessel 9 Extremity of Yang.

Location: On the middle back, below the spinous process of the seventh thoracic vertebra (T7), approximately level with the inferior angle of the scapula. Needle obliquely (upward) 0.5 – 1 cun.

Spinal pain and intercostal neuralgia.

GV10 • Ling Tai • Governing Vessel 10 Spirit Tower.

Location: Below the spinous process of the sixth thoracic vertebra (T6). Needle obliquely (upward) 0.5 – 1 cun.

Back pain and neck stiffness.

GV11 • Shen Dao • Governing Vessel 11 Spirit Path

Location: Below the spinous process of the fifth thoracic vertebra (T5). Needle obliquely (upward) 0.5 – 1 cun.

Back pain.

GV12 • Shen Zhu • Governing Vessel 12 Body Pillar.

Location: Below the spinous process of the third thoracic vertebra (T3). Needle obliquely (upward) 0.5 – 1 cun.

Back pain and stiffness.

GV13 • Tao Dao • Governing Vessel 13 Kiln Path. Meeting Point on the Governing Vessel with the Bladder Channel

Location: Below the spinous process of the first thoracic vertebra (T1). Needle obliquely (upward) 0.5 – 1 cun.

Bone disorders, headaches and spinal pain.

GV14 • Daz Hui • Governing Vessel 14 Great Hammer. Meeting Point on the Governing Vessel with the six yang channels. Sea of Qi Point

Location: Below the spinous process of the seventh cervical vertebra (C7). Needle obliquely (upward) 0.5 – 1 cun.

Bone disorders, back and neck pain and neck stiffness and shoulder pain.

GV15 • Ya Men • Governing Vessel 15 Mute's Gate. Meeting Point on the Governing Vessel with the Yang Linking Vessel.

Location: Below the spinous process of the first cervical vertebra (C1). Needle perpendicularly 0.5 – 0.8 cun. Dangerous Point

Headaches, occipital headaches and neck stiffness.

GV16 • Feng Fu • Governing Vessel 16 Wind Mansion. Meeting Point on the Governing Vessel with the Yang Linking Vessel. Sea of Marrow Point

Location: On the posterior head, 0.5 cun directly below the external occipital protuberance. Needle perpendicularly 0.5 – 0.8 cun. Dangerous Point

Headache, neck pain and stiffness.

GV17 • Nao Hu • Governing Vessel 17 Brain's Door. Meeting Point on the Governing Vessel with the Bladder Channel

Location: On the posterior head, 1.5 cun directly above the external occipital protuberance. Needle subcutaneously 0.3 – 0.5 cun.

Headache, neck pain and stiffness.

GV18 • Qiang Jian • Governing Vessel 18 Unyielding Space

Location: On the posterior head, 2.5 cun directly above the external occipital protuberance. Needle subcutaneously 0.3 – 0.5 cun.

Headache and neck stiffness.

GV19 • Hou Ding • Governing Vessel 19 Behind the Vertex

Location: On the posterior head, 4 cun directly above the external occipital protuberance. Needle subcutaneously 0.3 – 0.5 cun.

Headaches.

GV20 • Bai Hui • Governing Vessel 20 Hundred Meetings. Meeting Point on the Governing Vessel with the six yang channels.

Location: On the midsagittal line, on the intersection of the line connecting the right and left ear apices. Needle subcutaneously 0.3 – 0.5 cun.

Headaches and vertex headache.

GV21 • Qian Ding • Governing Vessel 21 Before the Vertex

Location: On the midsagittal line, 1.5 cun anterior to the intersection of the line connecting the right and left ear apices. Needle subcutaneously 0.3 – 0.5 cun.

Vertex headache.

GV22 • Xin Hui • Governing Vessel 22 Fontanel Meeting

Location: On the midline, 2 cun posterior to the anterior hairline. Needle subcutaneously 0.3 – 0.5 cun.

Headaches.

GV23 • Shang Xing • Governing Vessel 23 Upper Star

Location: On the midline, 1 cun posterior to the anterior hairline. Needle subcutaneously 0.3 – 0.5 cun.

Headaches.

GV24 • Shen Ting • Governing Vessel 24 Spirit Court. Meeting point on the Governing Vessel with the Bladder and Stomach Channels

Location: On the midline, 0.5 cun posterior to the anterior hairline. Needle subcutaneously 0.3 – 0.5 cun.

Frontal headaches.

GV25 • Su Liao • Governing Vessel 25 White Bone Hole

Location: At the tip of the nose. Needle perpendicularly 0.2 – 0.3 cun.

Hypotension.

GV26 • Shui Gou • Governing Vessel 26 Water Trough. Meeting Point on the Governing Vessel with the Large Intestine and Stomach Channels

Location: In the philtrum, 1/3 the distance from the nose and the top of the lip. Needle obliquely (upward) 0.3 – 0.5 cun.

Facial oedema, lumbar spine pain and stiffness .

GV27 • Dui Duan • Governing Vessel 27 Extremity of the Mouth. Reunion Point on the Governing with the Conception Vessels.

Location: At the junction of the philtrum with the upper lip. Needle obliquely (upward) 0.2 – 0.3 cun.

Painful gums and swelling lips.

GV28 • Yin Jiao • Governing Vessel 28 Gum Intersection. Meeting Point on the Governing Vessel with the Conception Vessel

Location: In the mouth, at the junction of the fraenulum of the upper lip with the upper gum. Needle obliquely (upward) 0.1 – 0.2 cun.

Gum pain and swelling.

15. Extra points

The following abbreviations are used for extra points:

- Extra Points (EX)
- Head and neck (HN)
- Back (B)
- Upper extremities (UE)
- Lower extremities (LE)

15.1 Head and Neck

EX-HN 3 Yintang Extra Head/neck 3 Hall of Seal

Location: Midway between the medial ends of the eyebrows. Needle horizontally downwards 0.5 cun.

Frontal headache. Sinus problems.

EX-HN 4 Yuyao Extra Head/neck 4 Fish Loin

Location: At the midpoint of the eyebrow in a depression directly above the pupil. Needle horizontally subcutaneously 0.5 cun.

Caution: No Moxa.

Frontal headaches.

EX-HN 5 Taiyang Extra Head/neck 5 Great Sun

Location: At temple, in a depression about 1 cun posterior to the midpoint between the lateral end of the eyebrow and the outer canthus of the eye. Needle perpendicularly 0.5 cun.

Caution: No Moxa.

Temporal, unilateral migraine headaches. Local point for toothache, facial paralysis and pain.

15.2 Back

EX-B 1 Dingchuan Extra back 1 Stop Wheezing

Location: 0.5 cun lateral to GV 14 (C7). Needle slightly caudal to spinal column 0.5 – 1 cun.

Local point for neck, shoulder and upper back pain.

EX-B 2 Huatuojiayi Extra back 2 Hair Clip

Location: A group of 34 points, 0.5 cun lateral to the lower border of the spinous processes of T1-L5. Needle obliquely to spinal column 0.3 – 0.5 cun.

T1-T3 Huatuo Points: disorders of the upper limbs.

T4-T6 Huatuo Points: disorders of the HT.

T7-T9 Huatuo Points: LV/GB issues.

T10-T12 Huatuo Points: ST/SP issues.

L1-L2 Huatuo Points: KD issues.

L3-L5 Huatuo Points: UB, LI, SI, Uterine & Lower Limb issues.

Herpes Zoster (shingles) - needle level of effected nerve segments.

Localised spinal pain.

15.3 Upper Extremity

EX-UE 7 Yaotongdian/Yaotongxue Upper extremity 7 Low Back Pain Point

Location: On the dorsum of the hand, midway between the transverse wrist crease and the metacarpalphalangeal joint, between both the 2nd and 3rd and the 4th and 5th metacarpals (2 points on each hand).

Acute low back pain, sprain and strains.

EX-UE 9 Baxie Upper extremity 9 Eight Ghosts

Location: On the dorsum of the hand, at the webs between each finger, at the junction of the red & white skin. Needle obliquely and proximally 1 cun.

Hand pain, spasm and numbness.

15.4 Lower Extremity

EX-LE 2 Hedong Lower extremity 2 Crane Summit

Location: Above the knee, in the depression of the midpoint of the superior patellar border. Needle perpendicularly 0.5 - 0.8 cun.

Knee, leg and foot pain and weakness.

EX-LE 4 Xiyan Lower extremity 4 Eye of Knee

Location: Lateral (ST 35) and medial knee depressions. Needle perpendicularly 0.7 – 1 cun.

Knee pain and inflammation.

EX-LE 10 Bafeng Lower extremity 10 Eight Winds

Location: On the dorsum of the foot between the web and metatarsophalangeal joint (4 points on each foot). Needle obliquely and proximally 0.5 cun.

Foot pain, swelling and numbness.