# Digestion STOMACH HCL Point: 1" ↓ from xiphoid on edge of rib cage (L) Chapman Reflex - Stomach: 6th Intercostal Space (L) LNT **PANCREAS**

### ■ Enzyme Point: 1" ↓ from xiphoid on edge of rib cage (R)

#### GALLBLADDER

- Murphy's Sign: Under ribs (R); knees bent
- Chapman Reflex Gallbladder (Acute): 6th (R) LNT
- Right Thumb Web: Gallbladder (Chronic)

### SMALL & LARGE INTESTINES

- 19. Costochondral Tenderness/
  Chapman Reflex Small Intestine: 8, 9, 10 (Rchapman Reflex Thyroid/ Heart 20. Chapman Reflex - Thyroid/ Heart ←
- Bennett Reflexes: 2-3" around umbilicus LNI Chapman Reflex Lungs
- Ileocecal Valve: ½ from ASIS to umbilicus LNT
- Large Intestine: ascending to sigmoid LNT
- Chapman Reflex Colon: Iliotibial Band LNT

5. Chapman Reflex - Liver/

Chapman Reflex - Gallbladder (Acute) 3. Pancreas

> 7. Chapman Reflex -Small Intestine

- 26. Chapman Reflex Sinuses
  - 13. Liver Point
- 29. Histamine Point 28. Chapman Reflex - Thymus
- 1. HCL Point

⇒ 16. T6/ T7

**18. Pituitary/ Hypothalamus Point** 

2. Chapman Reflex - Stomach

012. Chapman Reflex - Adrenals

98. Bennett Reflexes 17. Chapman Reflex - Kidney

**10. Large Intestine** 

**©**8. Bennett Reflexes

19. Costochondral Tenderness/ Chapman Reflex - Thyroid/ Heart

- **14. Chapman Reflex Pancreas** 
  - → 7. Chapman Reflex -
    - **Small Intestine**

#### 10. Large Intestine

4. Murphy's Sign

## Fatty Acids

#### LIVER

- Liver Point: On 3rd rib (R) at costochondral junction LNT
- Murphy's Sign: Under ribs (R); knees bent
- Chapman Reflex Liver: 6th Intercostal Space (R) LNT

#### 12. Chapman Reflex - Adrenals 🔍 8. Bennett Reflexes 17. Chapman Reflex - Kidney

- 8. Bennett Reflexes
  - 9. lleocecal Valve 10. Large Intestine
- ©15. Right Thenar Pad 6. Right Thumb Web
  - 11. Chapman Reflex Colon
- 23. Chapman Reflex Uterus/ Prostate **Uterus/ Prostate**
- 24. Chapman Reflex Ovaries/ Testicles
  - 11. Chapman Reflex Colon

# Hydration

#### KIDNEYS

Sugar Handling

Chapman Reflex – Adrenals: 2" → ↑ from umbilicus

Liver Point: On 3rd rib (R) at costochondral junction LNT

Chapman Reflex – Pancreas: 7th Intercostal Space (L) LNT

Murphy's Sign: Under ribs (R); knees bent

Chapman Reflex – Liver: 6th (R) LNT

ADRENAL GLANDS

(R & L) LNT

PANCREAS

→ 20. Chapman Reflex - Thyroid/ Heart

Right Thenar Pad 26. Chapman Reflex - Sinuses T7: Check for tenderness close to spine (R)

LIVER

- Chapman Reflex Kidney:
  - $1'' \rightarrow \uparrow$  from umbilicus (R & L)
- 30. Left Thenar NT

23. Chapman Reflex - Uterus/ Prostate

21. Pretibial Edema

25. Inside Arch

22. Medial Heel @

23. Chapman Reflex - Uterus/ Prostate

# Endocrine

#### 11. Chapman Reflex - Colon

#### PITUITARY / HYPOTHALAMUS

Pituitary / Hypothalamus Point: Between eyes LNT

#### THYROID

- O Costochondral Tenderness: Palpate for general tenderness *LNT*
- Chapman Reflex Thyroid/Heart: 2<sup>nd</sup> Intercostal Space (R & L) LNT
- Pretibial Edema: ¼ ⅓ up tibia from ankle

#### UTERUS/PROSTATE

- Medial Heel: ½ between medial malleolus & calcaneus
- Chapman Reflex Uterus/Prostate: A) Pubic Symphysis (outer); B) Iliotibial Band (overlaps with Chapman Reflex — Colon) LNT

#### **OVARIES/TESTICLES**

- Chapman Reflex Ovaries/Testicles: Pubic Symphysis -Inner *LNT*
- Inside Arch: Apex of arch (R & L)

### lmmune

#### 11. Chapman Reflex - Colon

SINUSES

Chapman Reflex – Sinuses: 1st Intercostal Space (R & L)

#### LUNGS

The Chapman Reflex – Lungs: 3rd & 4th Intercostal Spaces

#### THYROID

- Chapman Reflex Thymus: 5th Intercostal Space (R only)
- Histamine Point: Halfway between the xiphoid process and mid-mammary line

#### **22.** Medial Heel

21. Pretibial Edema

25. Inside Arch

### Cardiovascular

- Chapman Reflex Thyroid/Heart: 2nd Intercostal Space (R & L) LNT
- Left Thenar Pad