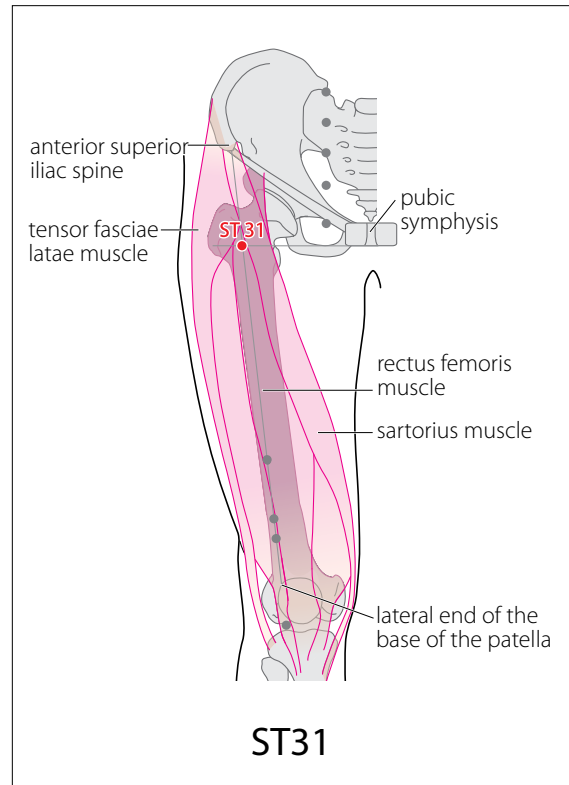


ST31: Biguan 髀(髀)關(关, 関)

On the anterior aspect of the thigh, in the depression among three muscles: the proximal portion of the rectus femoris muscle, the sartorius muscle and the tensor fasciae latae muscle.

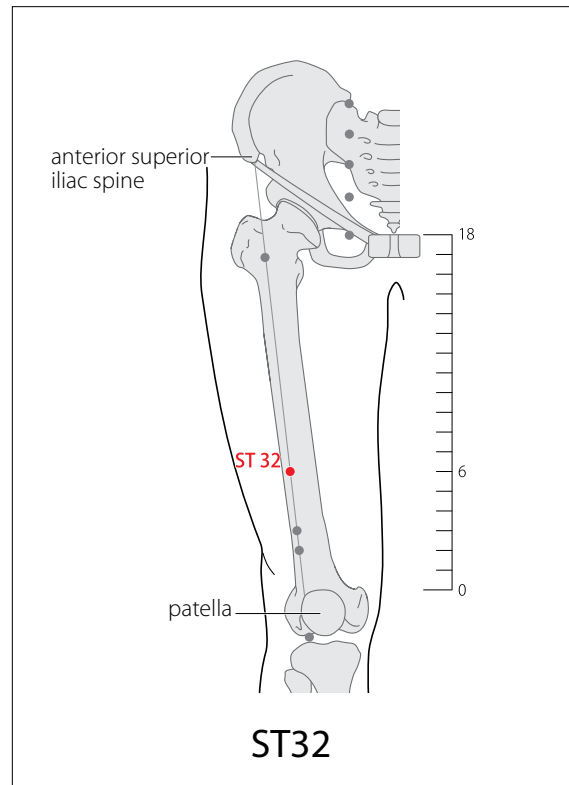
Note 1: With the hip and the knee in slight flexion, and the thigh slightly abducted when resistance is placed against the anteromedial aspect of the thigh, a triangular depression appears. The proximal portion of the rectus femoris muscle is found in the depression between the sartorius muscle medially and the tensor fascia latae muscle laterally. ST31 is located at the deepest point in the depression inferior to the apex of this triangle.

Note 2: ST31 is located at the intersection of the line connecting the lateral end of the base of the patella with the anterior superior iliac spine, and the horizontal line of the inferior border of the pubic symphysis.



ST32: Futu 伏兔 (兔)

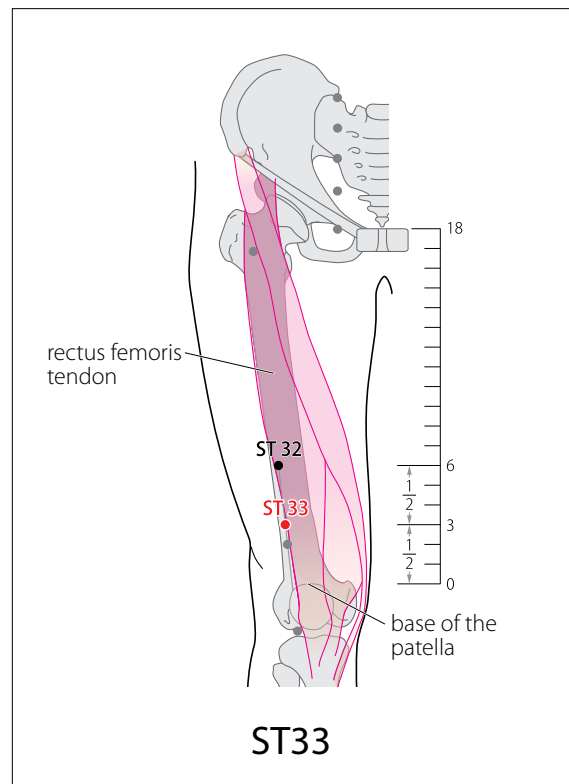
On the anterolateral aspect of the thigh, on the line connecting the lateral end of the base of the patella with the anterior superior iliac spine, 6 B-cun superior to the base of the patella.



ST33: Yinshi 陰 (阴) 市

On the anterolateral aspect of the thigh, lateral to the rectus femoris tendon, 3 B-cun superior to the base of the patella.

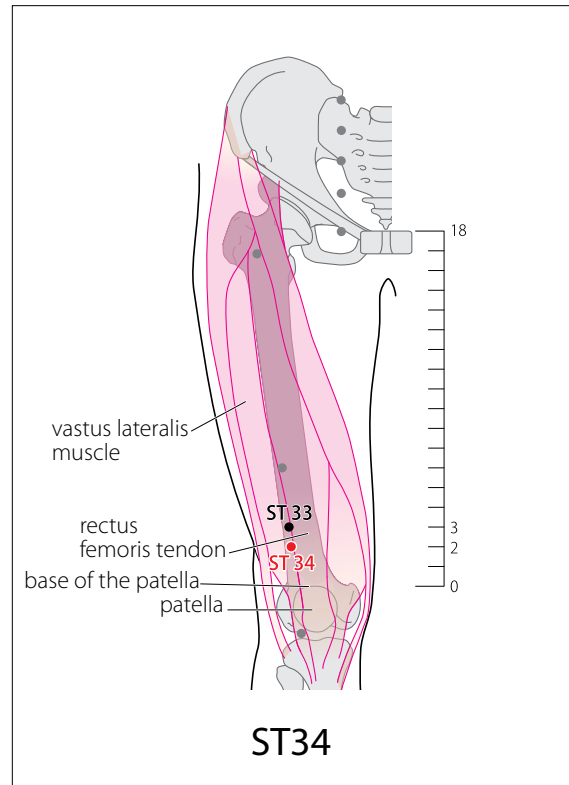
Note: ST33 is at the midpoint of the line connecting ST32 with the lateral end of the base of the patella.



ST34: Liangqiu 梁丘

On the anterolateral aspect of the thigh, between the vastus lateralis muscle and the lateral border of the rectus femoris tendon, 2 B-cun superior to the base of the patella.

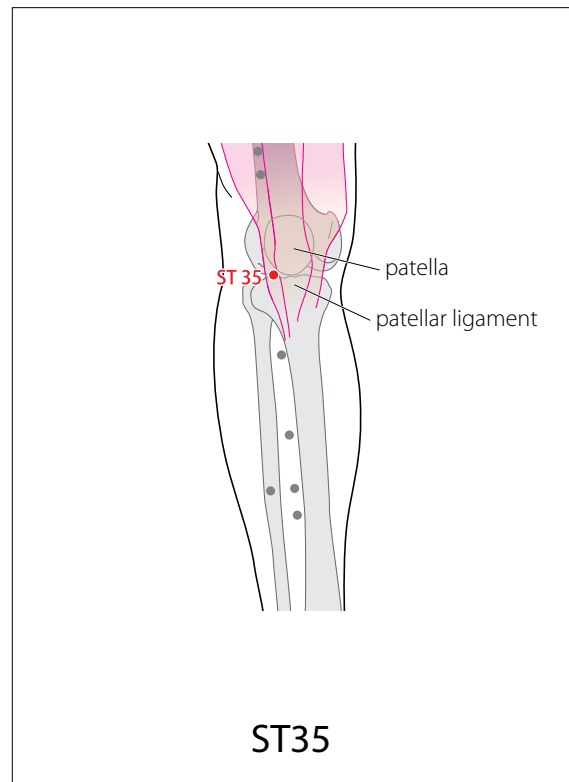
Note: Putting the thigh muscle under tension, the rectus femoris tendon and the vastus lateralis muscle are more distinct. ST34 is located between the muscle and the tendon, 1 B-cun directly inferior to ST33.



ST35: Dubi 犢(犊)鼻

On the anterior aspect of the knee, in the depression lateral to the patellar ligament.

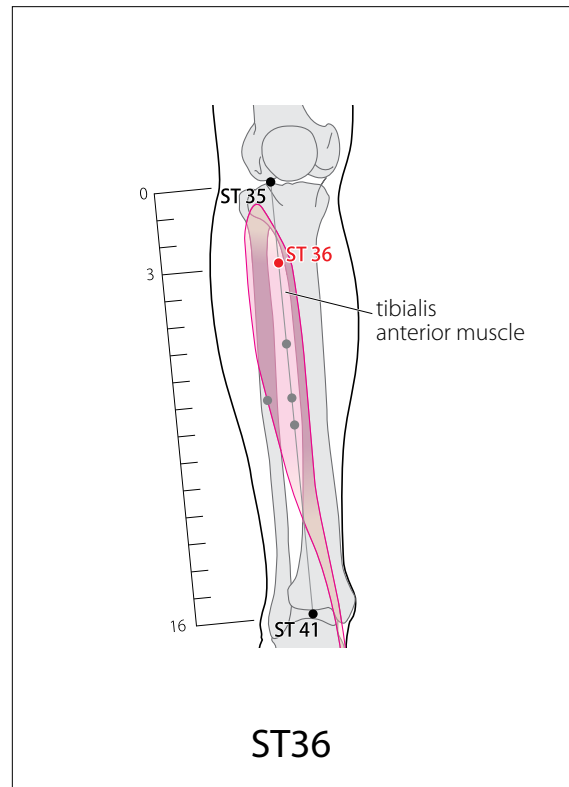
Note: When the knee is flexed, ST35 is located in the depression lateral and inferior to the patella.



ST36: Zusanli 足三里

On the anterior aspect of the leg, on the line connecting ST35 with ST41, 3 B-cun inferior to ST35.

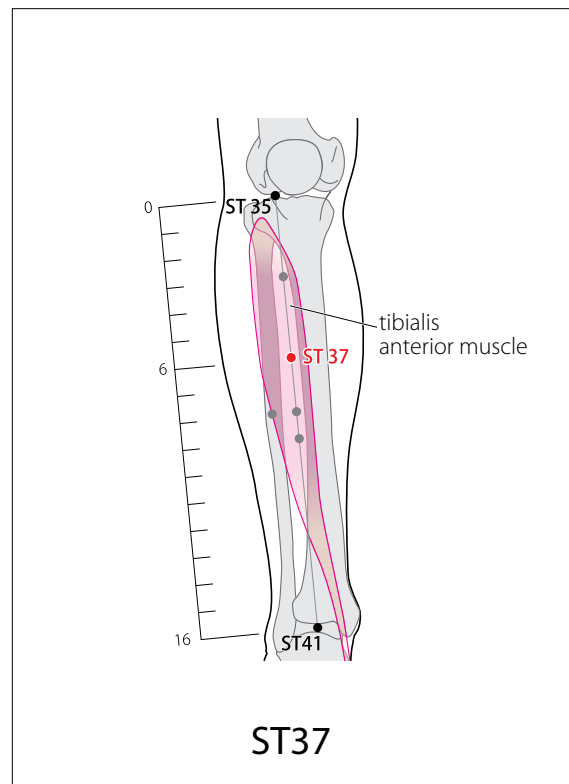
Note: ST36 is located on the tibialis anterior muscle.



ST37: Shangjuxu 上巨虛 (虛)

On the anterior aspect of the leg, on the line connecting ST35 with ST41, 6 B-cun inferior to ST35.

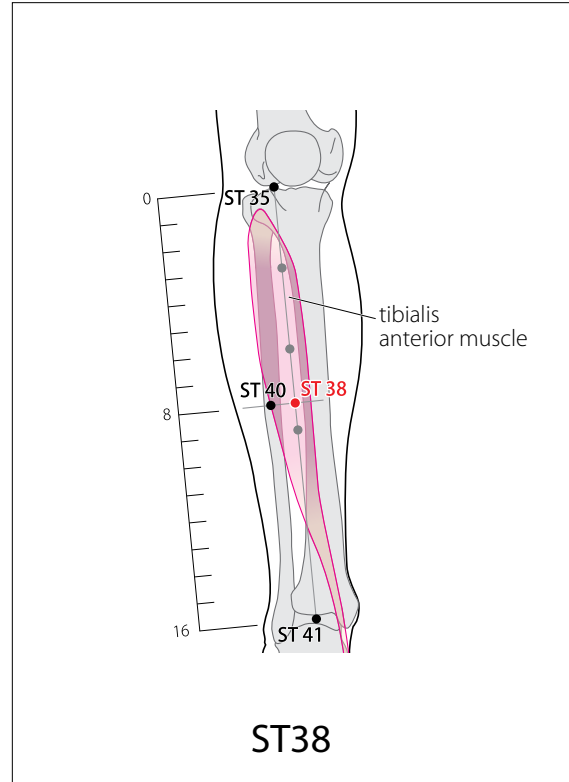
Note: ST37 is located on the tibialis anterior muscle.



ST38: Tiaokou 條(条)口

On the anterior aspect of the leg, on the line connecting ST35 with ST41, 8 B-cun inferior to ST35.

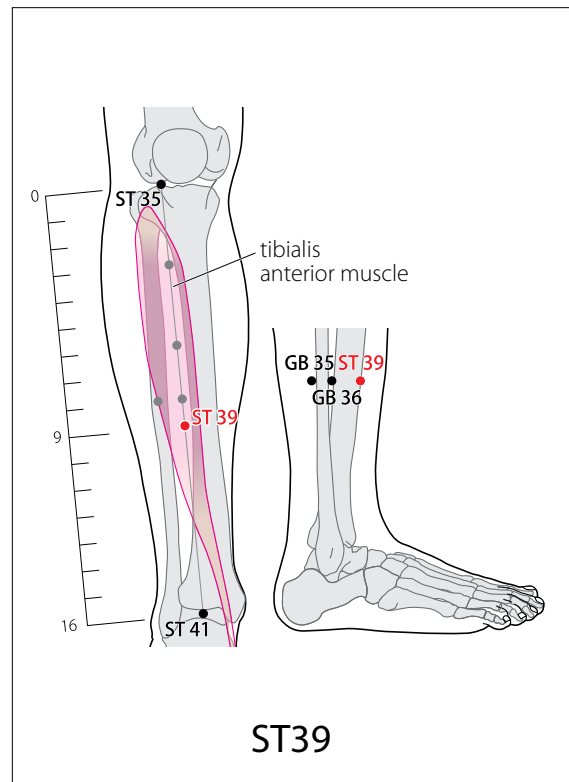
Note: ST38 is located on the tibialis anterior muscle, at the same level as ST40.



ST39: Xiajuxu 下巨虛(虛)

On the anterior aspect of the leg, on the line connecting ST35 with ST41, 9 B-cun inferior to ST35.

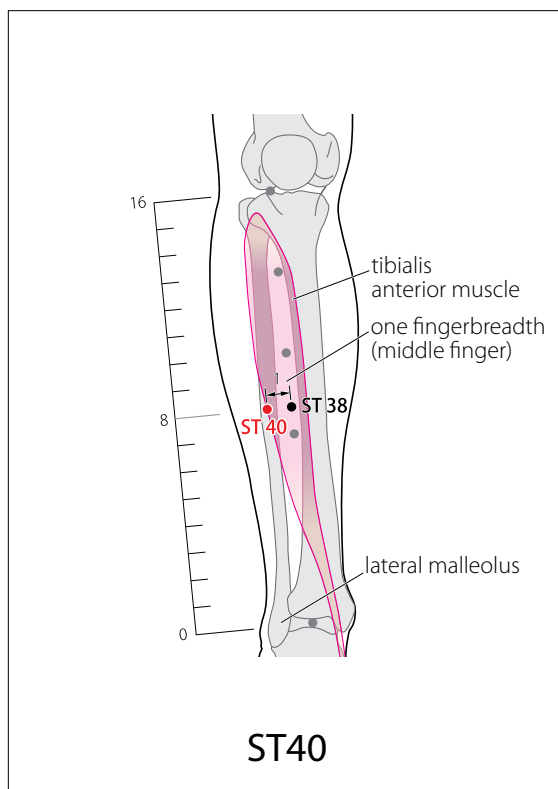
Note: ST39 is located on the tibialis anterior muscle, at the same level as GB35 and GB36.



ST40: Fenglong 豐(丰, 豊)隆(隆)

On the anterolateral aspect of the leg, lateral border of the tibialis anterior muscle, 8 B-cun superior to the prominence of the lateral malleolus.

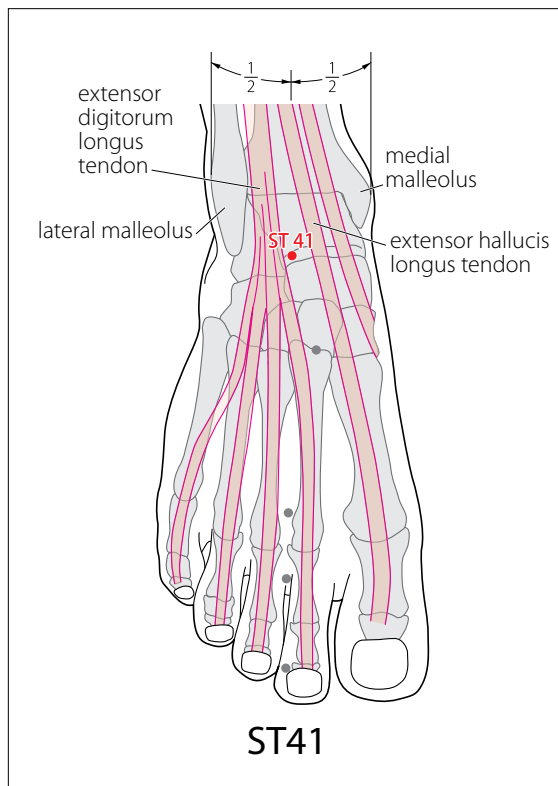
Note: ST40 is one fingerbreadth (middle finger) lateral to ST38.



ST41: Jiexi 解谿(溪)

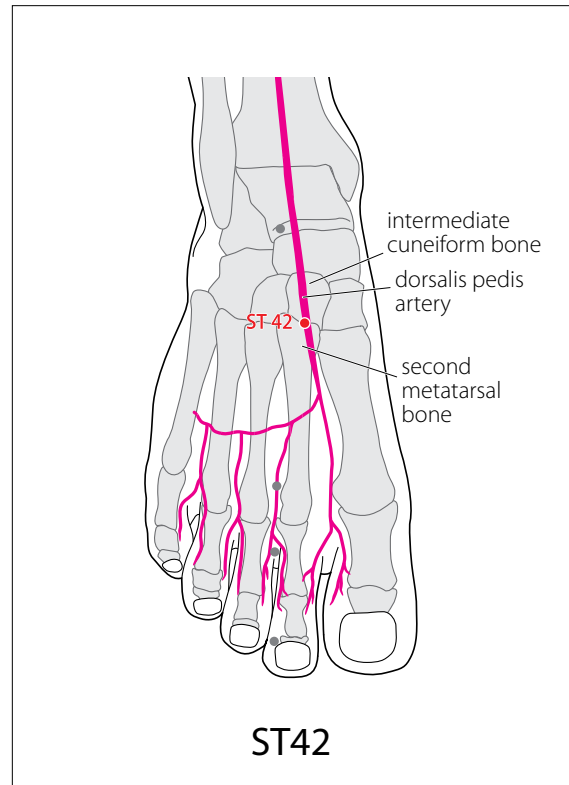
On the anterior aspect of the ankle, in the depression at the centre of the front surface of the ankle joint, between the tendons of extensor hallucis longus and extensor digitorum longus.

Note: ST41 is located between two tendons on the dorsum of the foot which are more distinct when the ankle is in dorsiflexion, and is at the midpoint of the line connecting the prominences of the lateral malleolus and the medial malleolus.

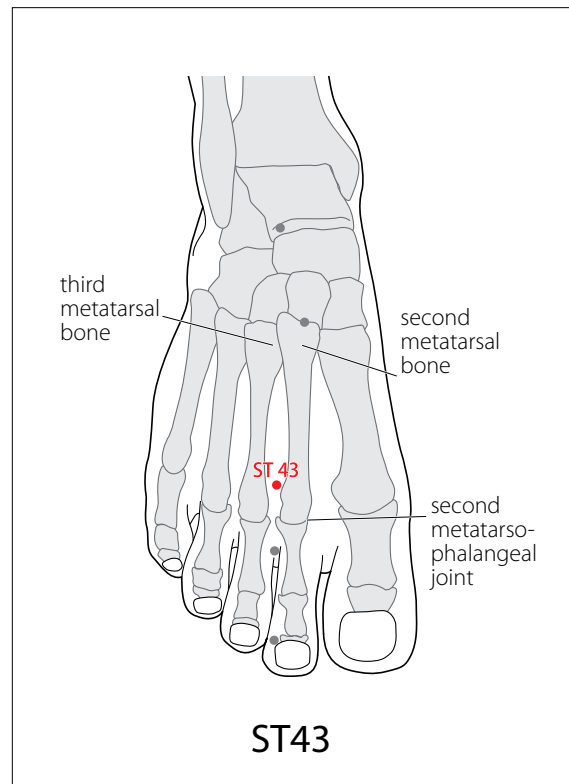


ST42: Chongyang 衝(冲)陽(阳)

On the dorsum of the foot, at the joint of the base of the second metatarsal bone and the intermediate cuneiform bone, over the dorsalis pedis artery.

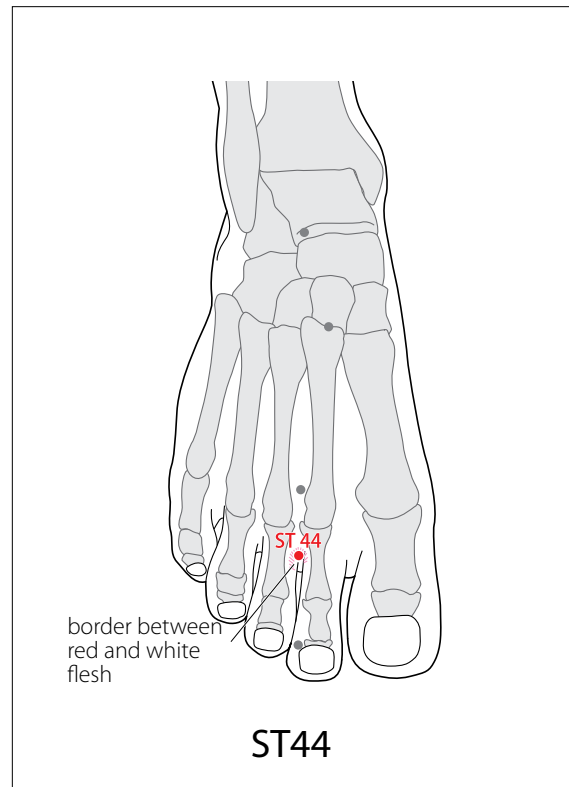
**ST43: Xiangu 陷(陷)谷**

On the dorsum of the foot, between the second and third metatarsal bones, in the depression proximal to the second metatarso-phalangeal joint.

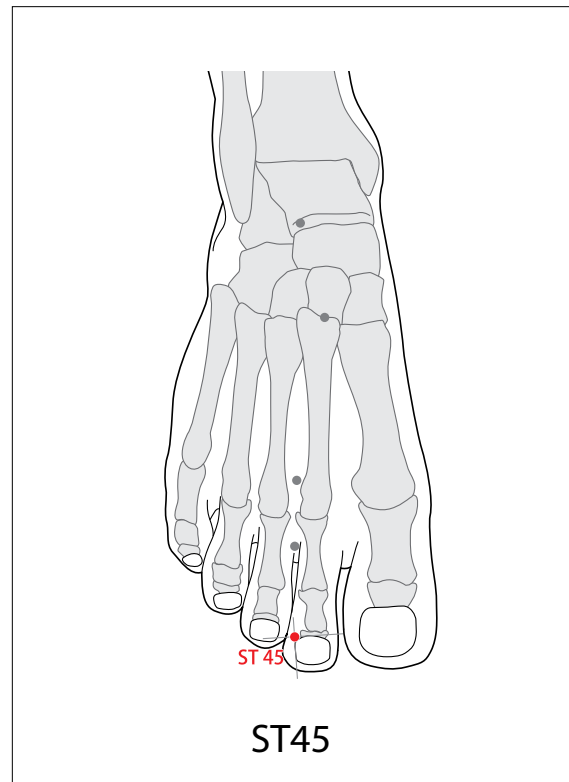


ST44: Neiting 内庭

On the dorsum of the foot, between the second and third toes, posterior to the web margin, at the border between the red and white flesh.

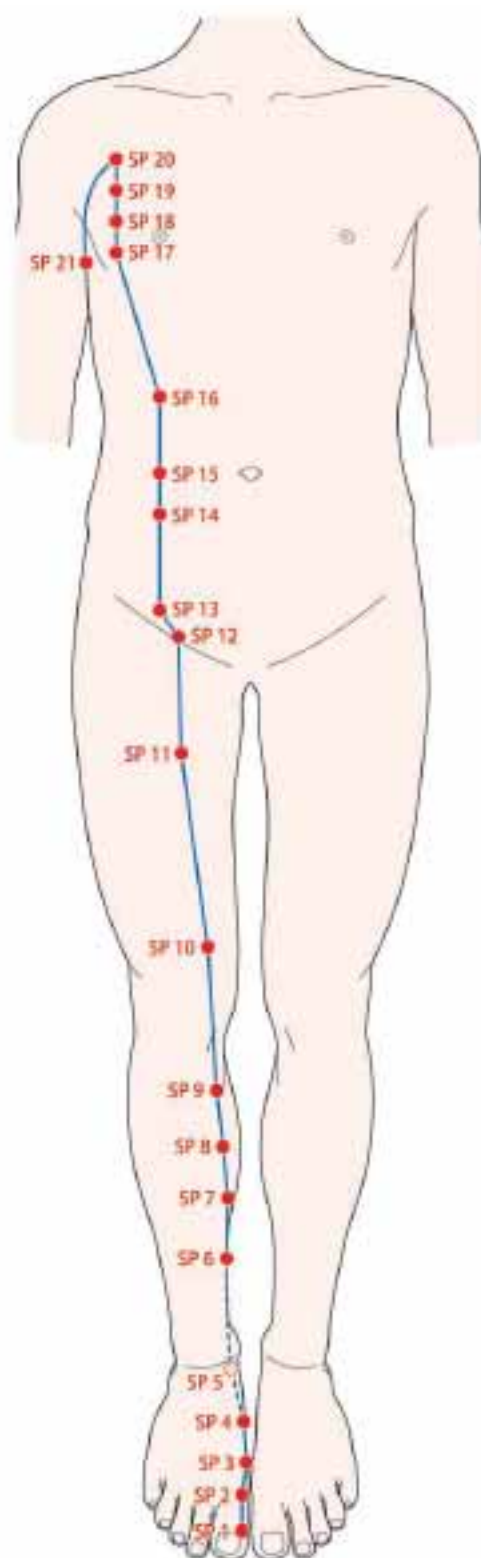
**ST45: Lidui 厲 (厉) 兑 (兑)**

On the second toe, lateral to the distal phalanx, 0.1 F-cun proximal-lateral to the lateral corner of the second toenail, at the intersection of the vertical line of the lateral border and the horizontal line of the base of the second toenail.



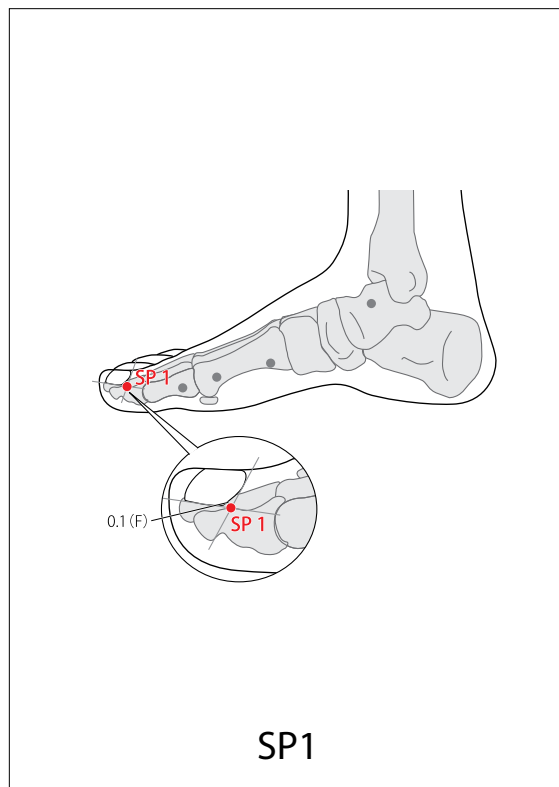
SPLEEN MERIDIAN

足太陰(阴)脾經(经, 經)



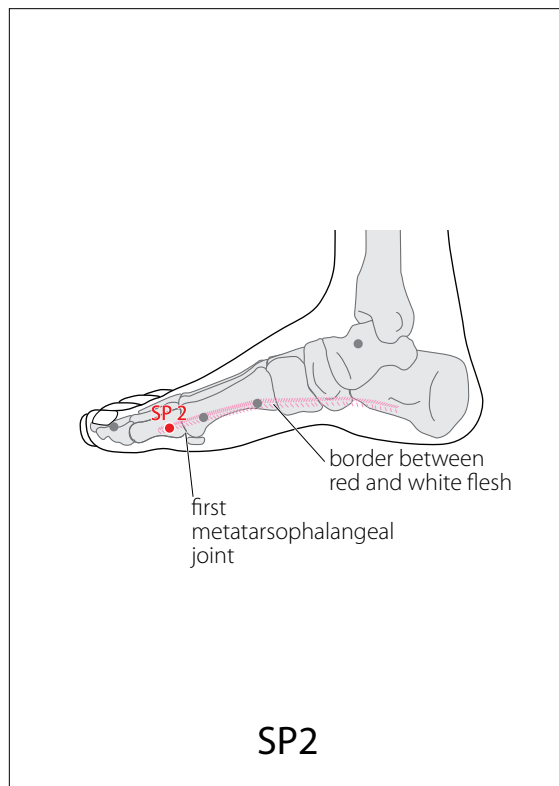
SP1: Yinbai 隱(隱, 隱)白

On the great toe, medial to the distal phalanx, 0.1 F-cun proximal-medial to the medial corner of the toenail, at the intersection of the vertical line of the medial border and horizontal line of the base of the toenail.



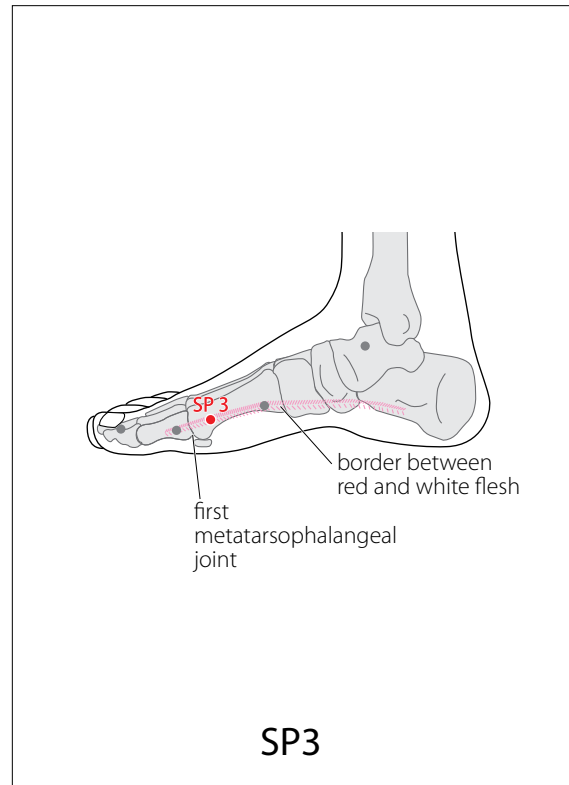
SP2: Dadu 大都(都)

On the great toe, in the depression distal to the first metatarsophalangeal joint, at the border between the red and white flesh.



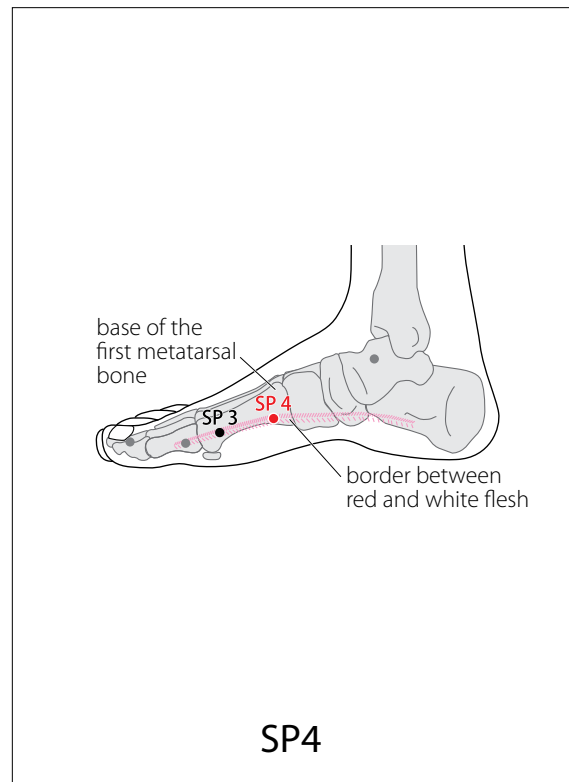
SP3: Taibai 太白

On the medial aspect of the foot, in the depression proximal to the first metatarsophalangeal joint, at the border between the red and white flesh.

**SP4: Gongsun 公孫 (孫)**

On the medial aspect of the foot, antero-inferior to the base of the first metatarsal bone, at the border between the red and white flesh.

Note: A depression can be felt when moving proximally from SP3. SP4 is located in the depression distal to the base of the first metatarsal bone.

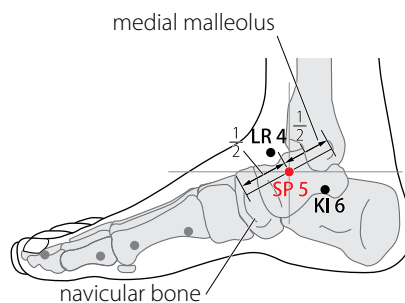


SP5: Shangqiu 商丘

On the medial aspect of the foot, antero-inferior to the medial malleolus, in the depression midway between the tuberosity of the navicular bone and the prominence of the medial malleolus.

Note 1: SP5 is located at the intersection of two imaginary lines: the vertical line of the anterior border of the medial malleolus and the horizontal line of the inferior border of the medial malleolus.

Note 2: SP5 is located posterior to LR4 and anterior to KI6.

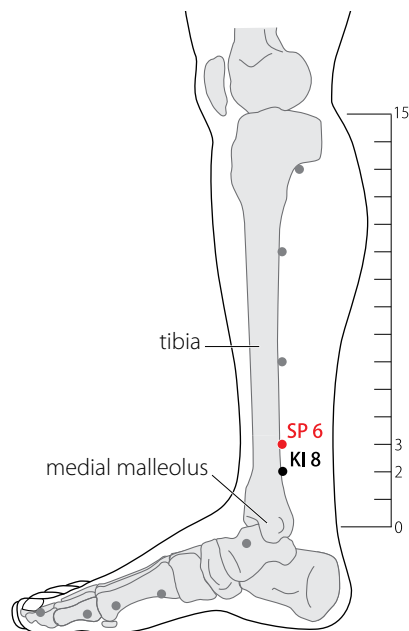


SP5

SP6: Sanyinjiao 三陰(阴)交

On the tibial aspect of the leg, posterior to the medial border of the tibia, 3 B-cun superior to the prominence of the medial malleolus.

Note: 1 B-cun superior to KI8.

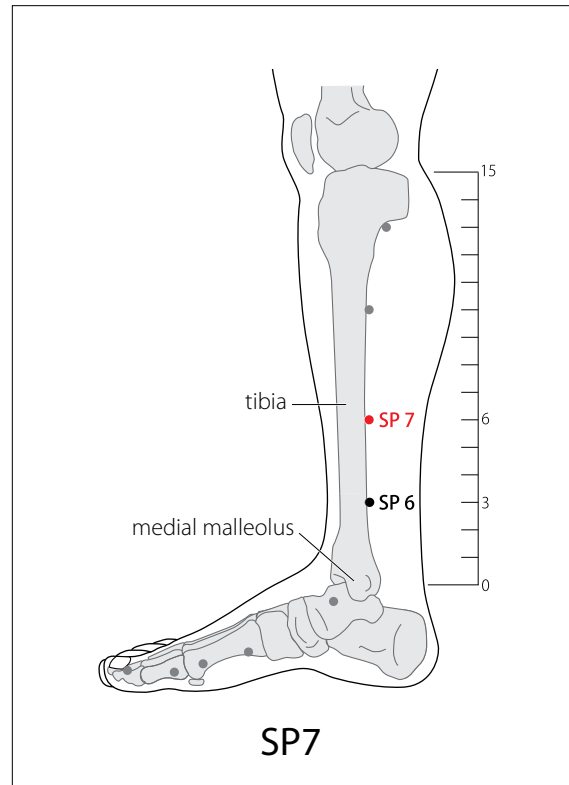


SP6

SP7: Lougu 漏谷

On the tibial aspect of the leg, posterior to the medial border of the tibia, 6 B-cun superior to the prominence of the medial malleolus.

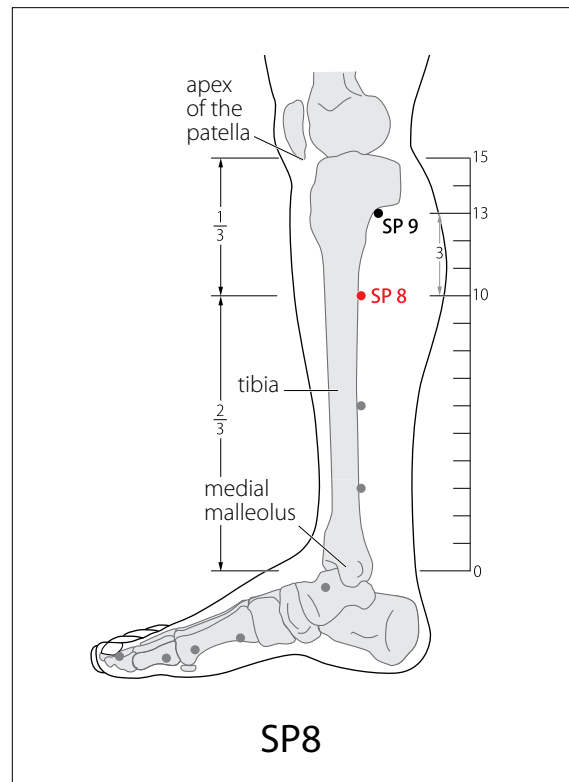
Note: 3 B-cun superior to SP6.



SP8: Diji 地機(机)

On the tibial aspect of the leg, posterior to the medial border of the tibia, 3 B-cun inferior to SP9.

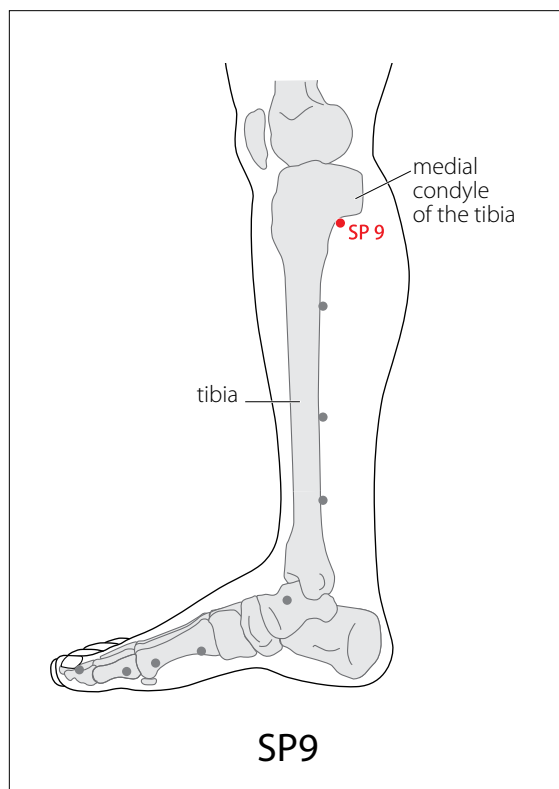
Note: SP8 is located at the junction of the upper one third and lower two thirds of the line connecting the apex of the patella with the prominence of the medial malleolus.



SP9: Yinlingquan 陰(阴)陵泉

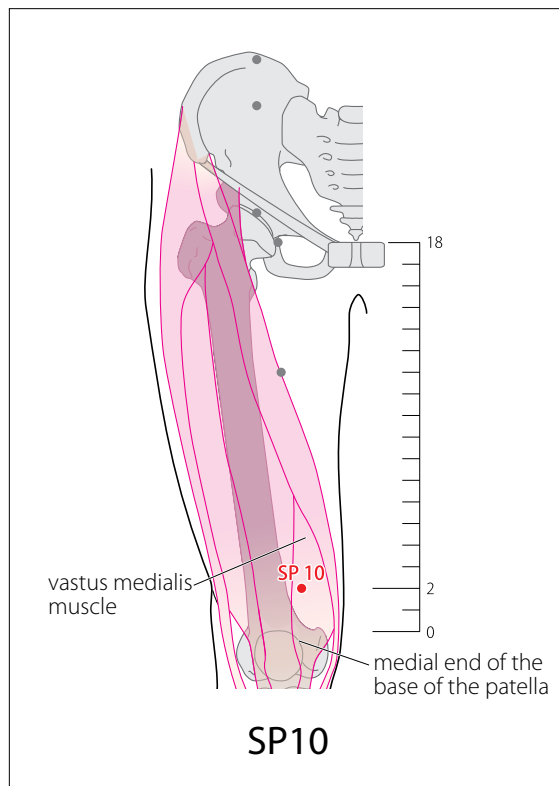
On the tibial aspect of the leg, in the depression between the inferior border of the medial condyle of the tibia and the medial border of the tibia.

Note: A depression can be felt inferior to the knee joint when moving proximally along the medial border of the tibia. SP9 is located in a depression at the angle formed by the inferior border of the medial condyle of the tibia and the posterior border of the tibia.



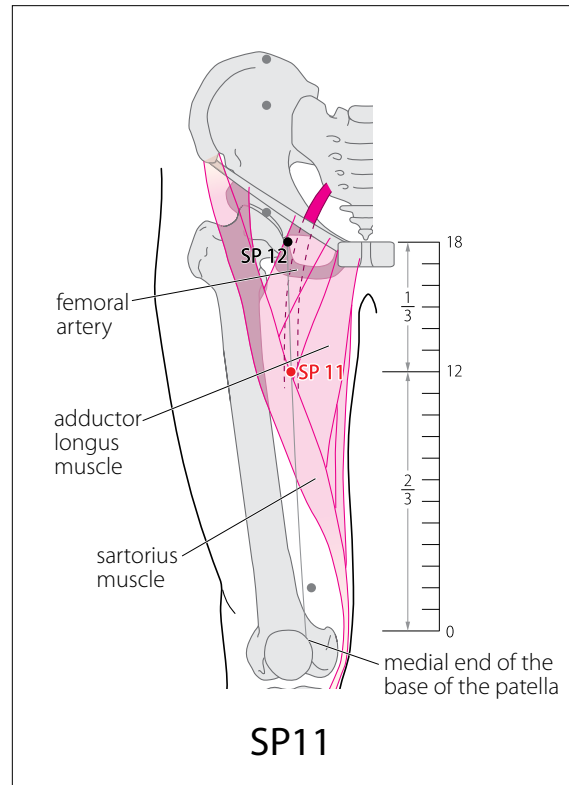
SP10: Xuehai 血海(海)

On the anteromedial aspect of the thigh, on the bulge of the vastus medialis muscle, 2 B-cun superior to the medial end of the base of the patella.



SP11: Jimen 箕門 (門)

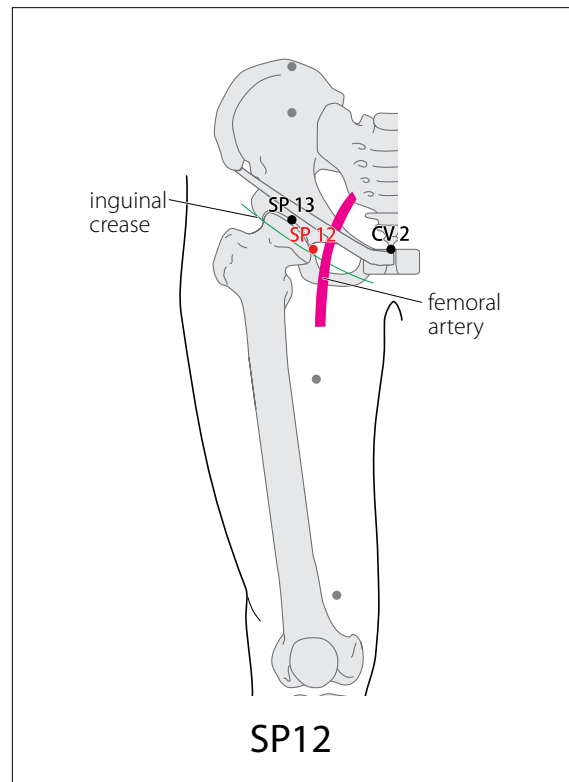
On the medial aspect of the thigh, at the junction of the upper one third and lower two thirds of the line connecting the medial end of the base of the patella with SP12, between the sartorius muscle and the adductor longus muscle, over the femoral artery.



SP12: Chongmen 衝 (冲) 門 (門)

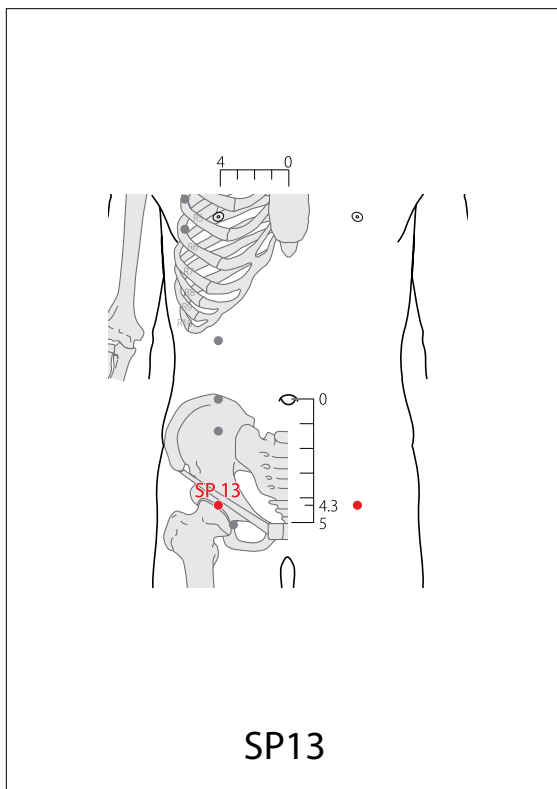
In the groin region, at the inguinal crease, lateral to the femoral artery.

Note: At the same level as CV2, medial and inferior to SP13.

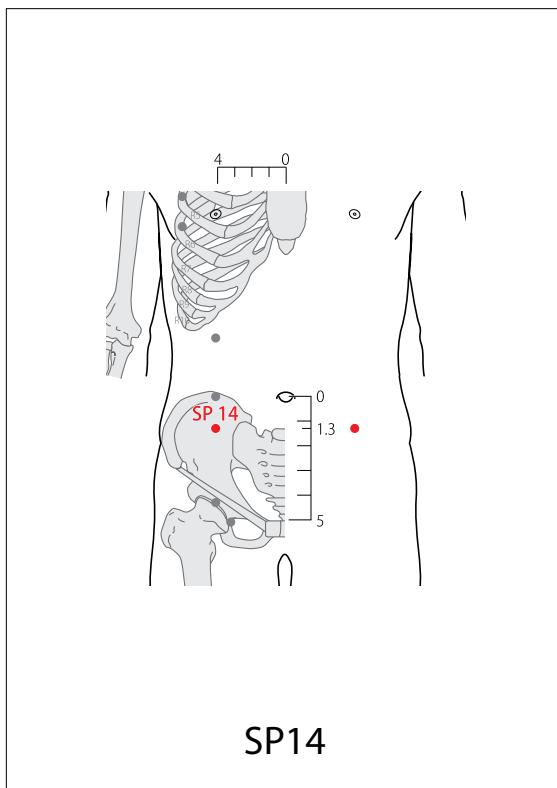


SP13: Fushe 府舍 (舍)

On the lower abdomen, 4.3 B-cun inferior to the centre of the umbilicus, 4 B-cun lateral to the anterior median line.

**SP14: Fujie 腹結 (结)**

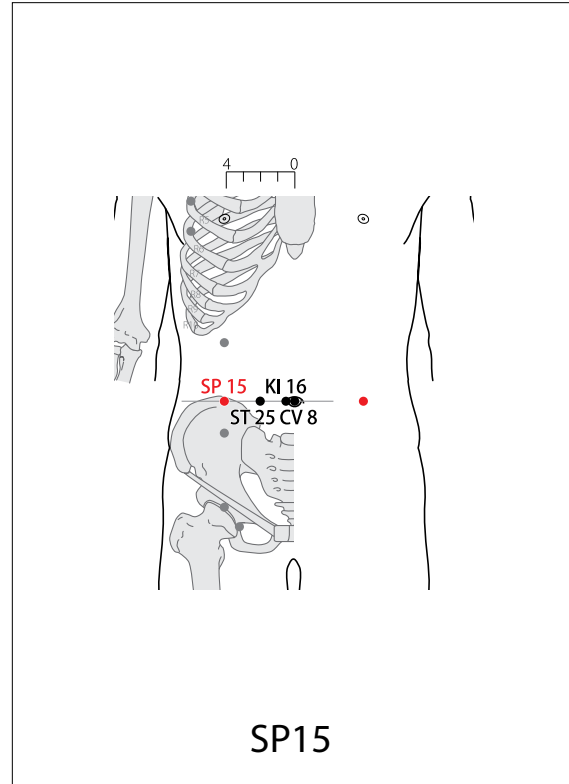
On the lower abdomen, 1.3 B-cun inferior to the centre of the umbilicus, 4 B-cun lateral to the anterior median line.



SP15: Daheng 大横

On the upper abdomen, 4 B-cun lateral to the centre of the umbilicus.

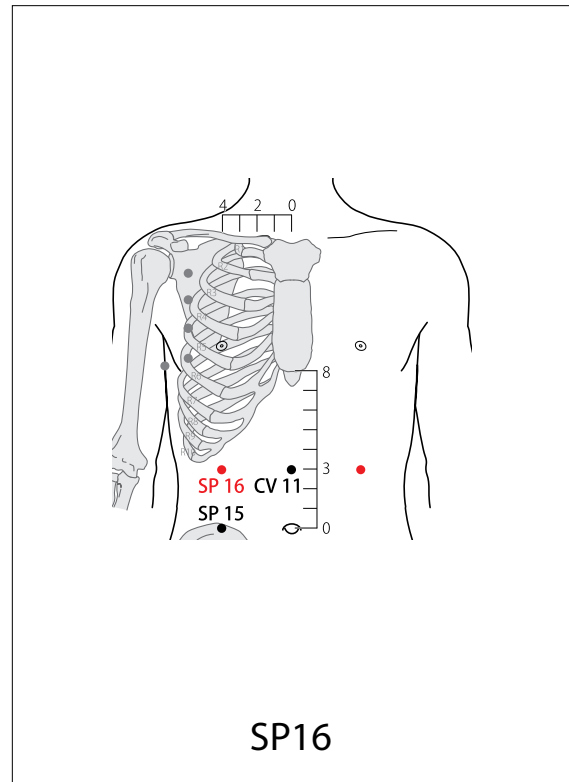
Note: At the same level and lateral to ST25, KI16 and CV8.



SP16: Fuai 腹哀

On the upper abdomen, 3 B-cun superior to the centre of the umbilicus, 4 B-cun lateral to the anterior median line.

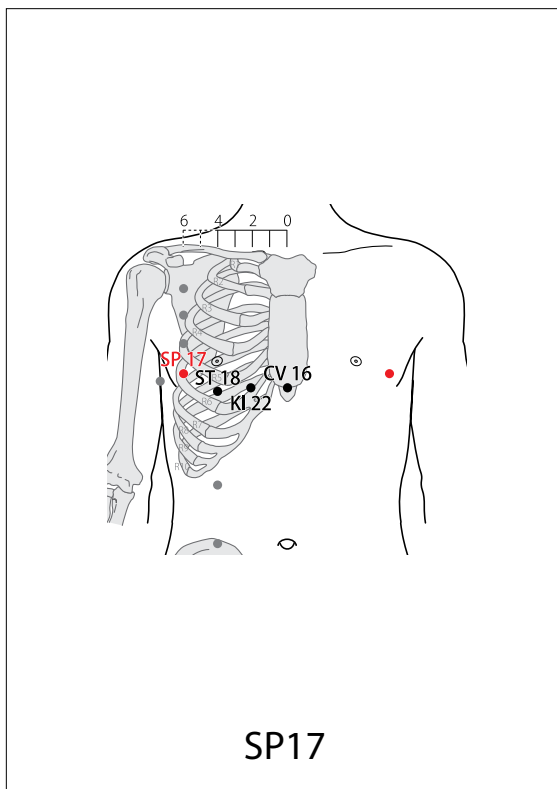
Note: 3 B-cun superior to SP15, at the same level as CV11.



SP17: Shidou 食竈 (窠)

In the anterior thoracic region, in the fifth intercostal space, 6 B-cun lateral to the anterior median line.

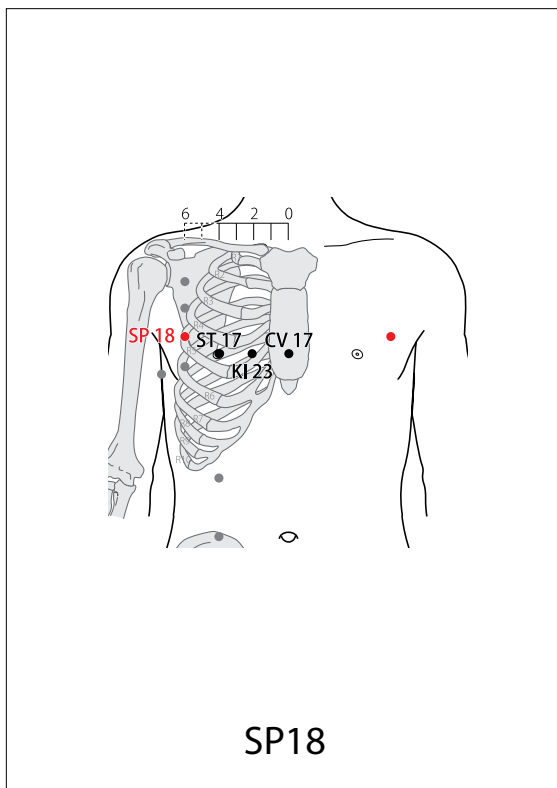
Note: SP17, ST18 and KI22 are located along the curve of the fifth intercostal space.



SP18: Tianxi 天谿 (溪)

In the anterior thoracic region, in the fourth intercostal space, 6 B-cun lateral to the anterior median line.

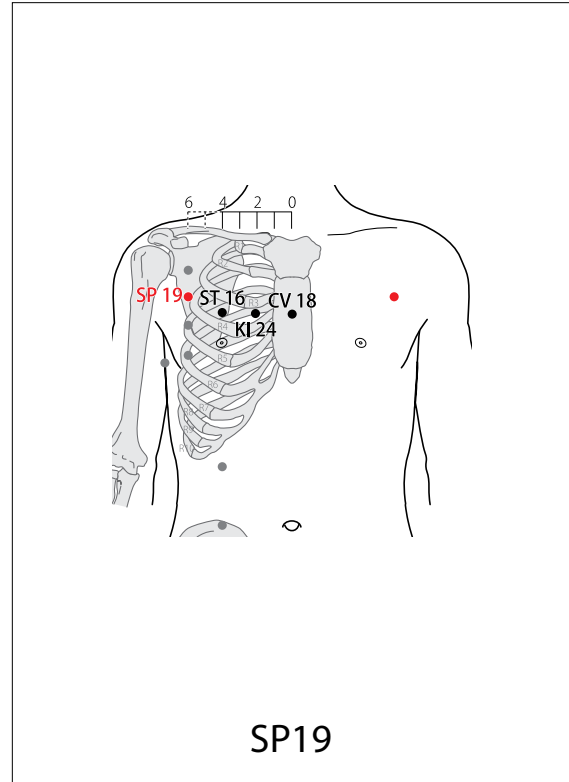
Note: SP18, ST17 and KI23 are located along the curve of the fourth intercostal space.



SP19: Xiongxiang 胸鄉(乡, 郷)

In the anterior thoracic region, in the third intercostal space, 6 B-cun lateral to the anterior median line.

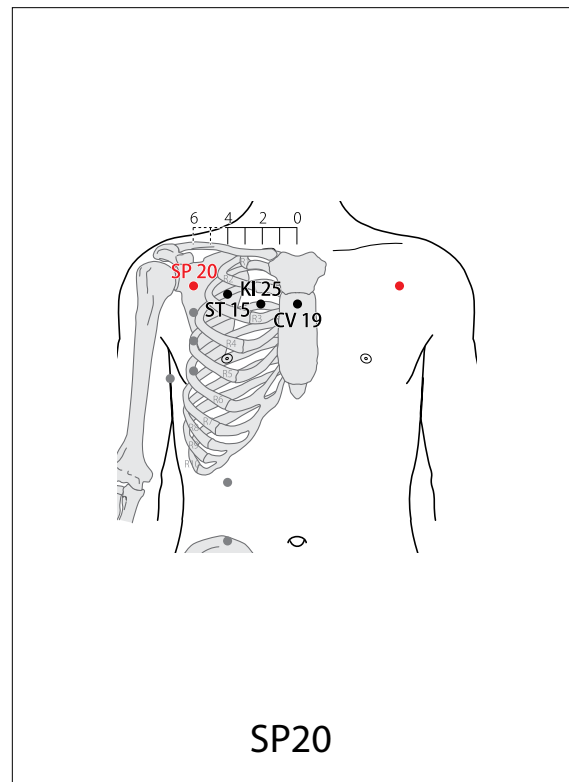
Note: SP19, ST6 and KI24 are located along the curve of the third intercostal space.



SP20: Zhourong 周榮(荣, 榮)

In the anterior thoracic region, in the second intercostal space, 6 B-cun lateral to the anterior median line.

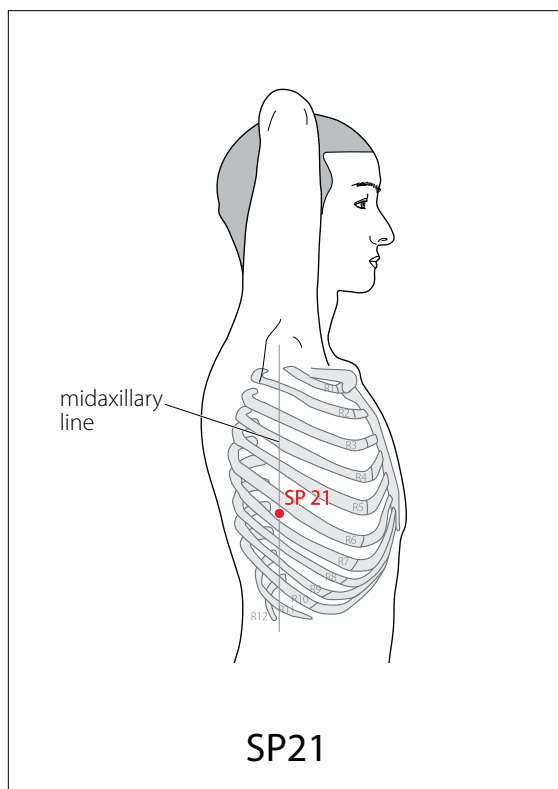
Note: SP20, ST15 and KI25 are located along the curve of the second intercostal space.



SP21: Dabao 大包(包)

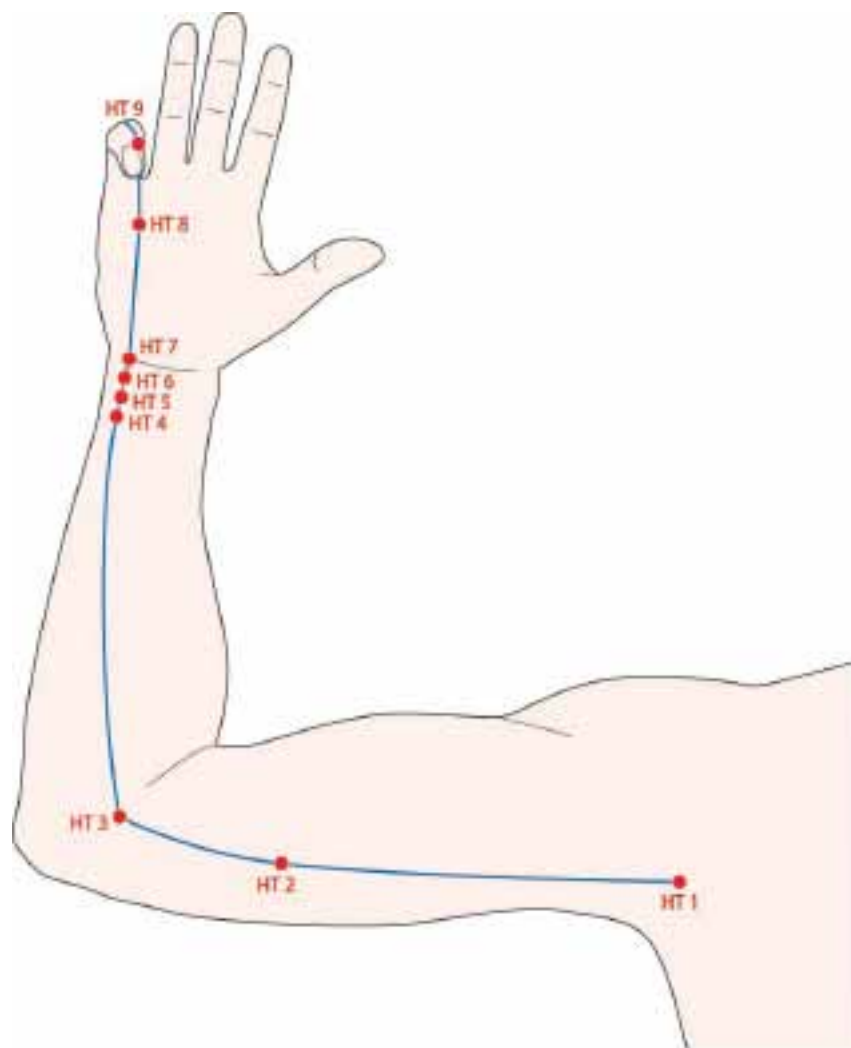
In the lateral thoracic region, in the sixth intercostal space, on the midaxillary line.

Note: With the subject lying on the side and the arm abducted, SP21 is located at the intersection of the midaxillary line and the sixth intercostal space.



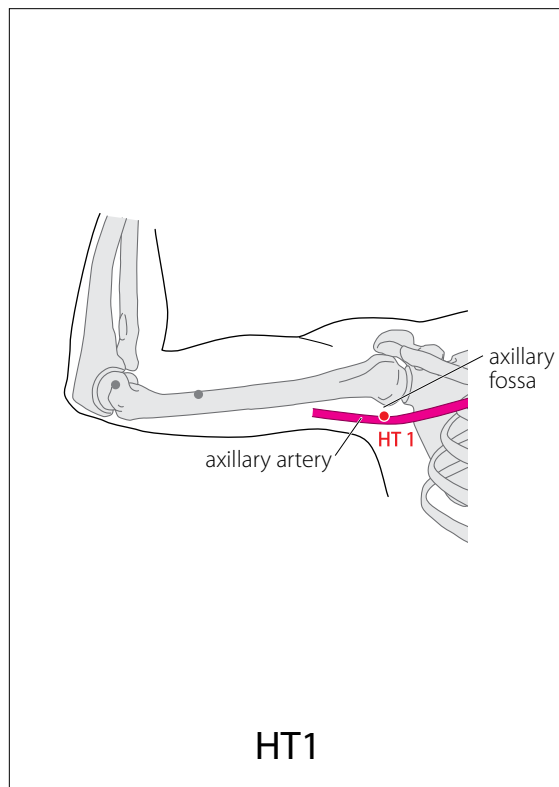
HEART MERIDIAN

手少陰(陰)心經(经, 經)



HT1: Jiquan 極(极) 泉

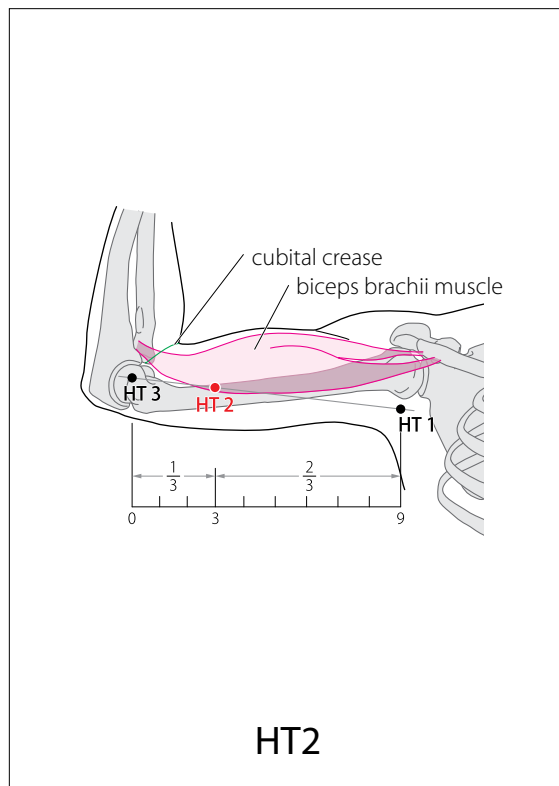
In the axilla, in the centre of the axillary fossa, over the axillary artery.



HT2: Qingling 青(青) 靈(灵, 靈)

On the medial aspect of the arm, just medial to the biceps brachii muscle, 3 B-cun superior to the cubital crease.

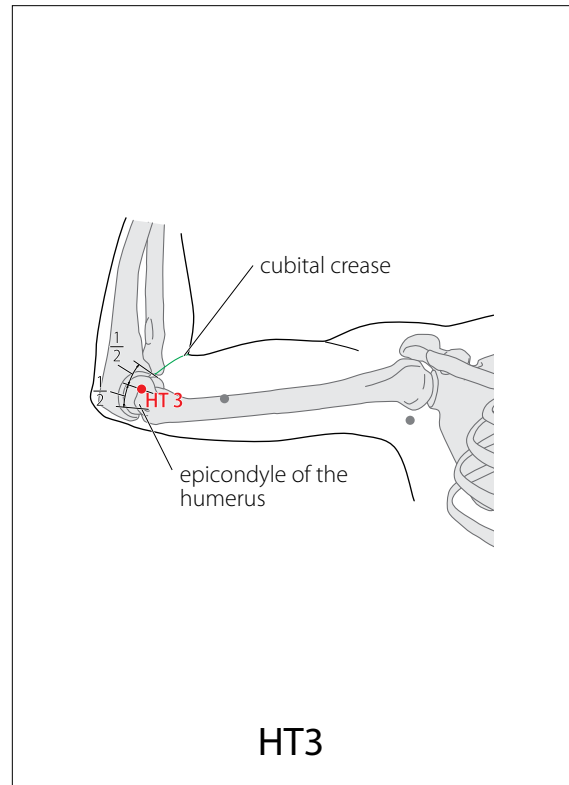
Note: With the elbow flexed and the arm abducted, HT2 is located at the junction of the upper two thirds and lower one third of the line connecting HT1 with HT3.



HT3: Shaohai 少海 (海)

On the anteromedial aspect of the elbow, just anterior to the medial epicondyle of the humerus, at the same level as the cubital crease.

Note: With the elbow is flexed, HT3 is located at the midpoint of the line connecting the medial end of the cubital crease and the medial epicondyle of the humerus.

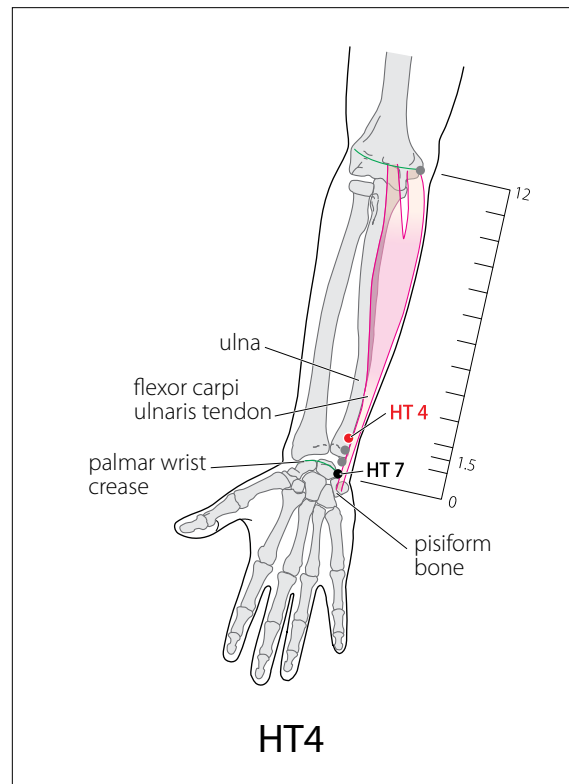


HT4: Lingdao 靈 (灵, 靈) 道 (道)

On the anteromedial aspect of the forearm, just radial to the flexor carpi ulnaris tendon, 1.5 B-cun proximal to the palmar wrist crease.

Note 1: 1.5 B-cun proximal to HT7, at the same level as the superior border of the head of the ulna.

Note 2: 1.5 B-cun proximal to the radial side of the superior border of the pisiform bone.

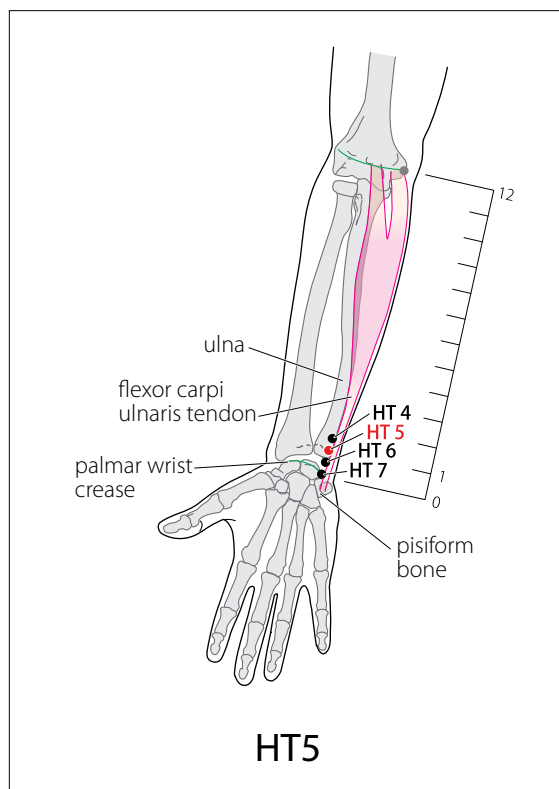


HT5: Tongli 通(通)里

On the anteromedial aspect of the forearm, radial to the flexor carpi ulnaris tendon, 1 B-cun proximal to the palmar wrist crease.

Note 1: 1 B-cun proximal to HT7. HT 4 is located at the level with the root of the head of the ulna, HT 5, the body of the head of the ulna and HT 6, the base of the head of the ulna.

Note 2: 1 B-cun proximal to the radial side of the proximal border of the pisiform bone.

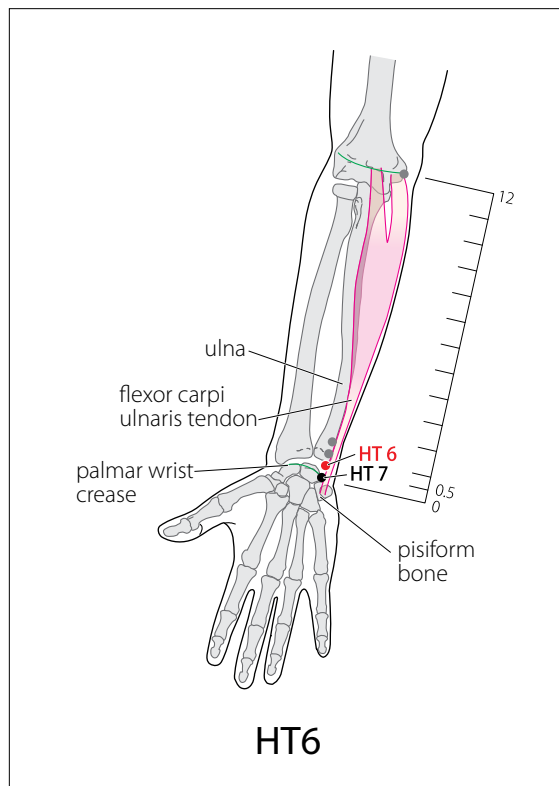


HT6: Yinxi 陰(陰)郤

On the anteromedial aspect of the forearm, radial to the flexor carpi ulnaris tendon, 0.5 B-cun proximal to the palmar wrist crease.

Note 1: 0.5 B-cun proximal to HT7, at the same level as the distal border of the head of the ulna.

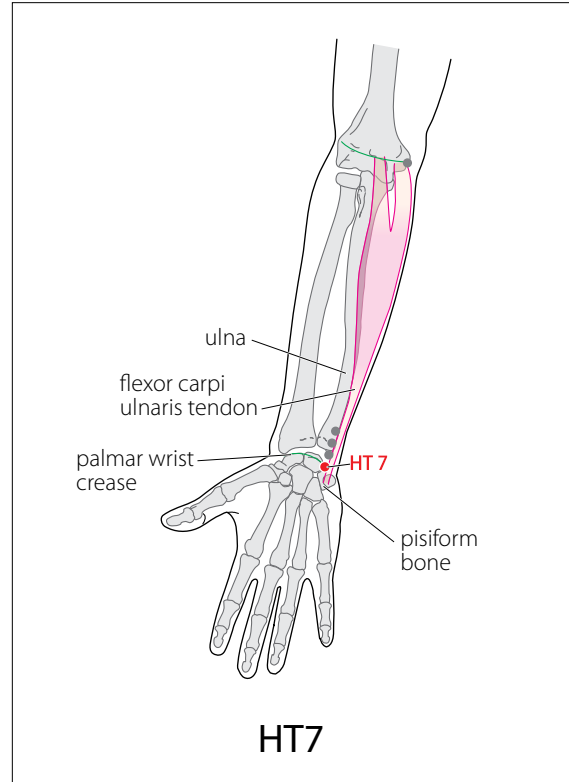
Note 2: 0.5 B-cun proximal to the radial side of the proximal border of the pisiform bone.



HT7: Shenmen 神(神)門(門)

On the anteromedial aspect of the wrist, radial to the flexor carpi ulnaris tendon, on the palmar wrist crease.

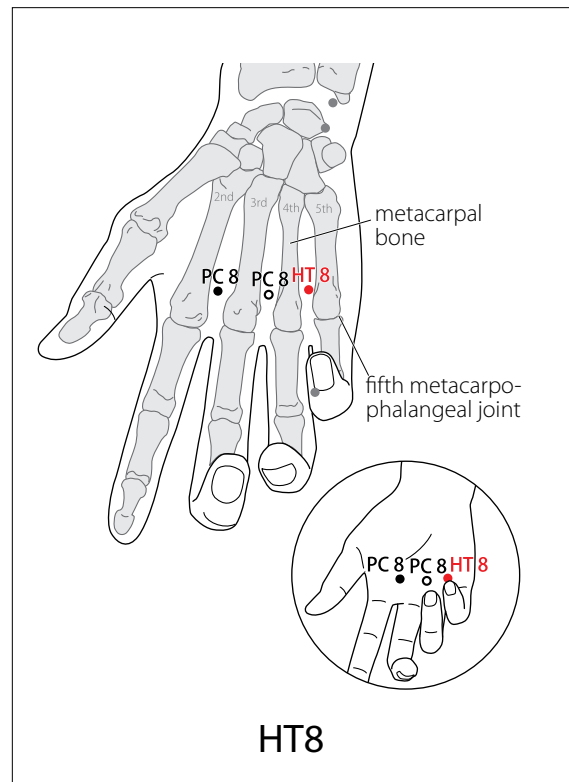
Note: In the depression radial to the proximal border of the pisiform bone, on the palmar wrist crease.



HT8: Shaofu 少府

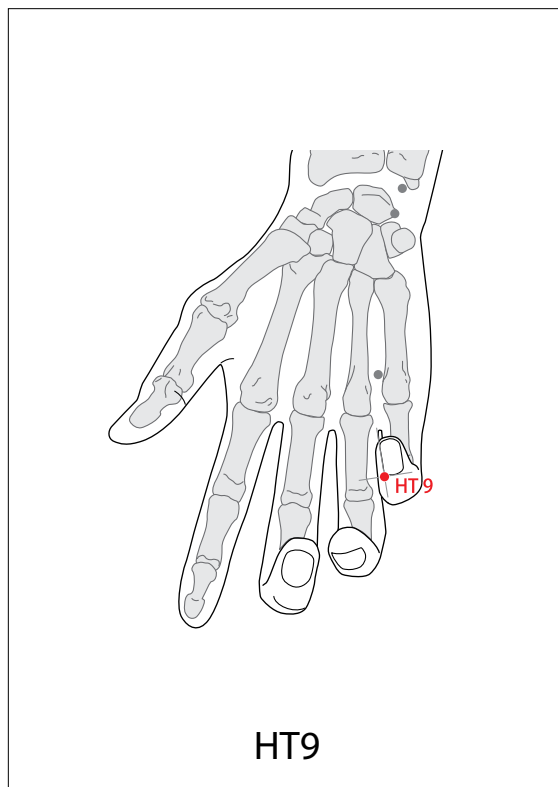
On the palm of the hand, in the depression between the fourth and fifth metacarpal bones, proximal to the fifth metacarpophalangeal joint.

Note: Between the fourth and fifth metacarpal bones, where the tip of the little finger rests when a fist is made, at the same level as PC8.



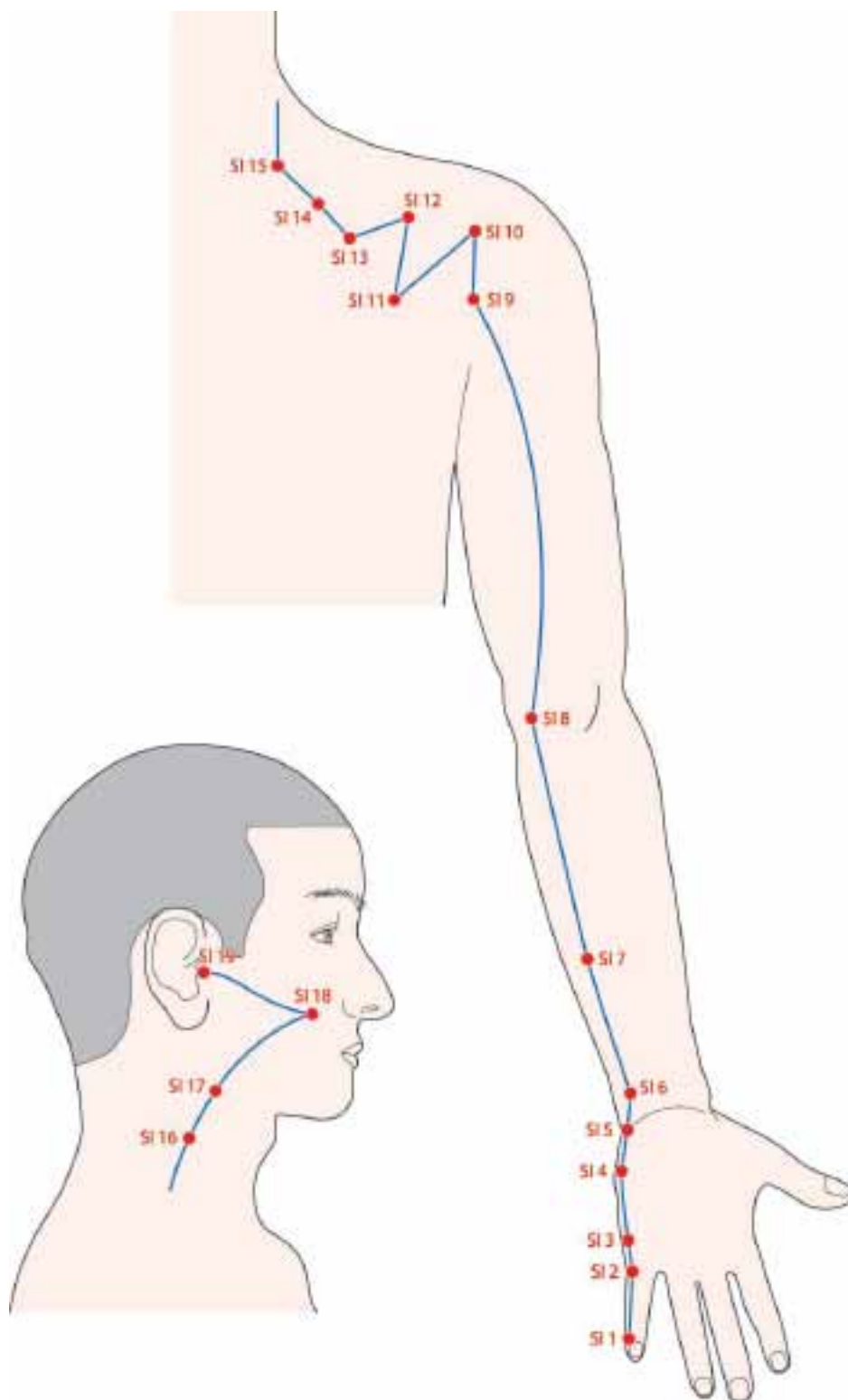
HT9: Shaochong 少衝 (冲)

On the little finger, radial to the distal phalanx, 0.1 F-cun proximal-lateral to the radial corner of the little fingernail, at the intersection of the vertical line of the radial border of the nail and horizontal line of the base of the little fingernail.



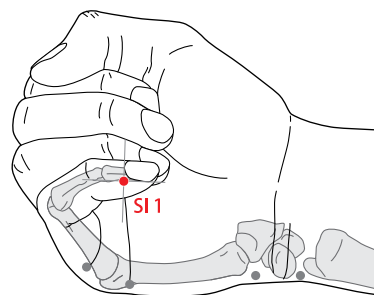
SMALL INTESTINE MERIDIAN

手太陽(阳)小腸(肠)經(经, 經)



SI1: Shaoze 少澤 (澤, 沢)

On the little finger, ulnar to the distal phalanx, 0.1 F-cun proximal-medial to the ulnar corner of the little fingernail, at the intersection of the vertical line of ulnar border of the nail and horizontal line of the base of the little fingernail.

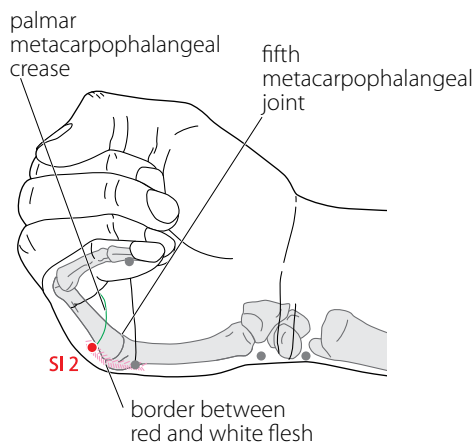


SI1

SI2: Qianggu 前谷

On the little finger, in the depression distal to the ulnar side of the fifth metacarpophalangeal joint, at the border between the red and white flesh.

Note: When the hand is slightly flexed, the point is located at the ulnar end of the palmar metacarpophalangeal crease of the little finger.

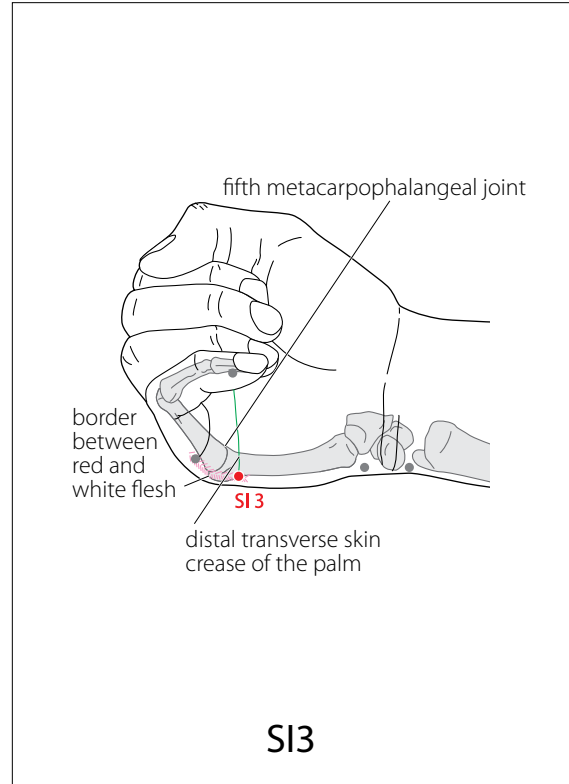


SI2

SI3: Houxi 後(后)谿(溪)

On the dorsum of the hand, in the depression proximal to the ulnar side of the fifth metacarpophalangeal joint, at the border between the red and white flesh.

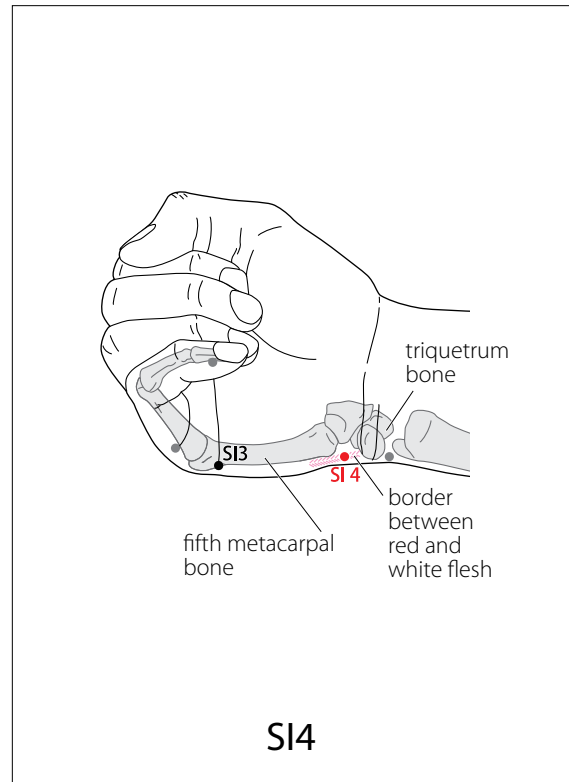
Note: When the hand is slightly flexed, the point is located at the ulnar end of the distal transverse skin crease of the palm, at the border between the red and white flesh.



SI4: Wangu 腕骨(骨)

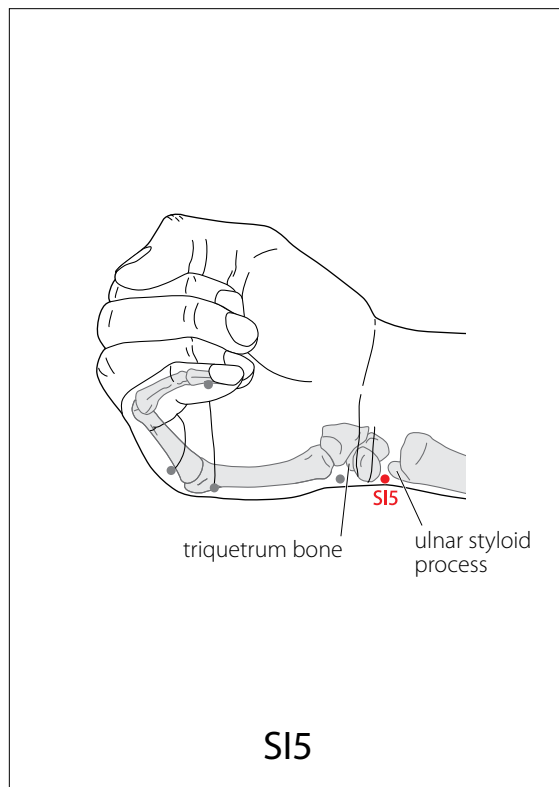
On the posteromedial aspect of the wrist, in the depression between the base of the fifth metacarpal bone and the triquetrum bone, at the border between the red and white flesh.

Note: With one finger placed on SI3, push and slide proximally along the fifth metacarpal bone to the bony projection, SI4 is located in the depression between these two bones.



SI5: Yanggu 陽(阳)谷

On the posteromedial aspect of the wrist, in the depression between the triquetrum bone and the ulnar styloid process.



SI6: Yanglao 養(养)老

On the posteromedial aspect of the forearm, in the depression radial to the head of the ulnar bone, 1 B-cun proximal to the dorsal wrist crease.

Note: With the palm facing downwards, press the highest point of the head of ulnar bone with a finger, and then turn the palm towards the chest; SI6 is located at the cleft between the bones where the finger slides.

