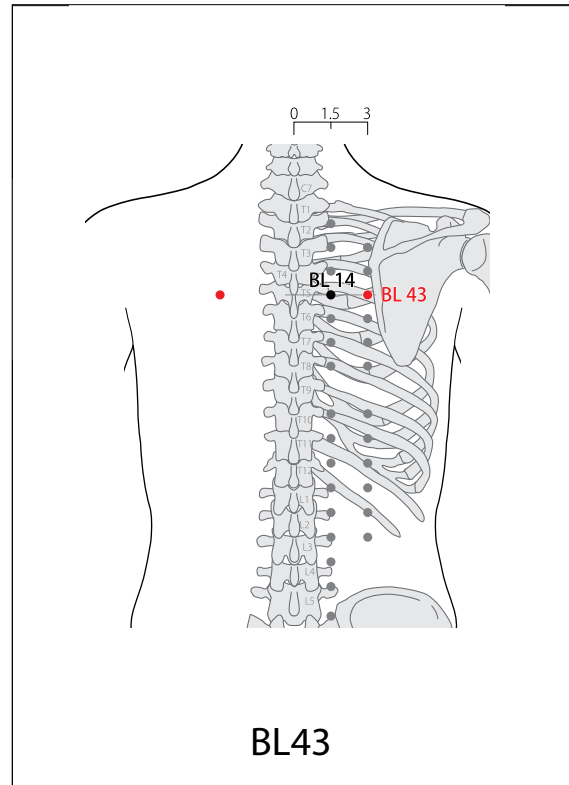


BL43: Gaohuang 膏肓

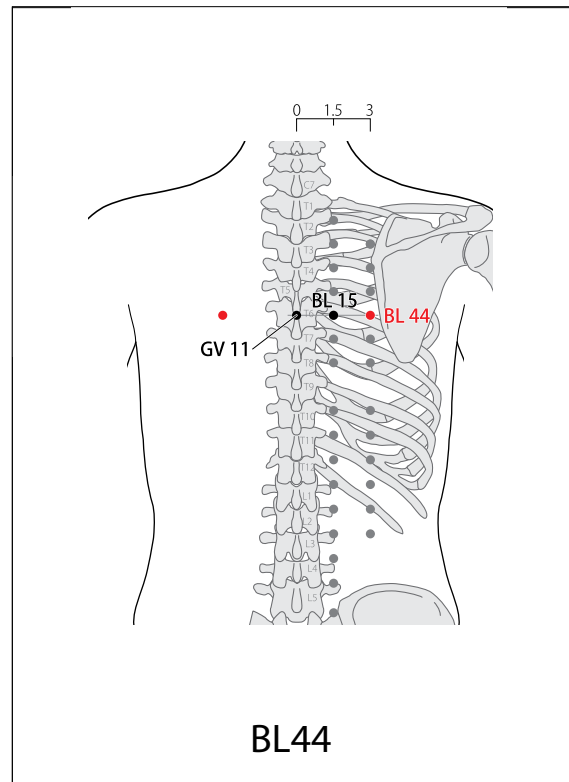
In the upper back region, at the same level as the inferior border of the spinous process of the fourth thoracic vertebra (T4), 3 B-cun lateral to the posterior median line.

Note: BL43 and BL14 are located at the same level as the inferior border of the spinous process of the fourth thoracic vertebra (T4).

**BL44: Shentang 神(神)堂**

In the upper back region, at the same level as the inferior border of the spinous process of the fifth thoracic vertebra (T5), 3 B-cun lateral to the posterior median line.

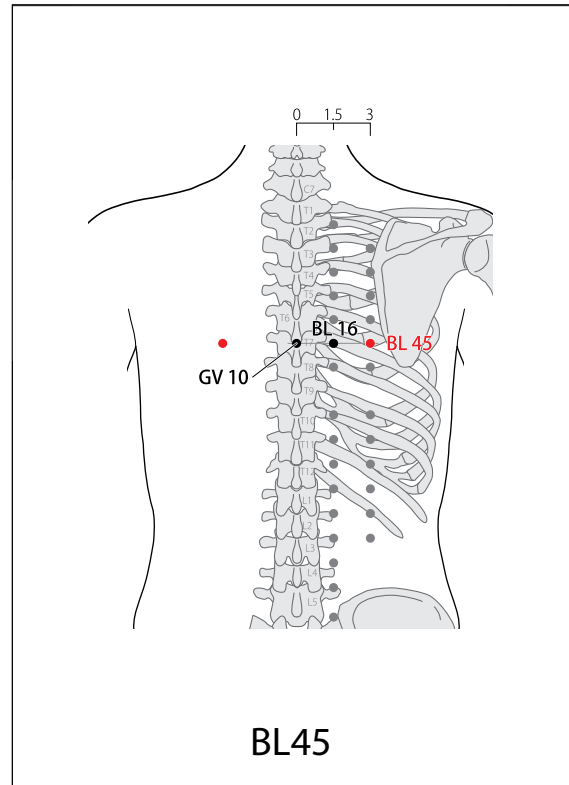
Note: BL44, BL15 and GV11 are located at the same level as the inferior border of the spinous process of the fifth thoracic vertebra (T5).



BL45: Yixi 臆譚

In the upper back region, at the same level as the inferior border of the spinous process of the sixth thoracic vertebra (T6), 3 B-cun lateral to the posterior median line.

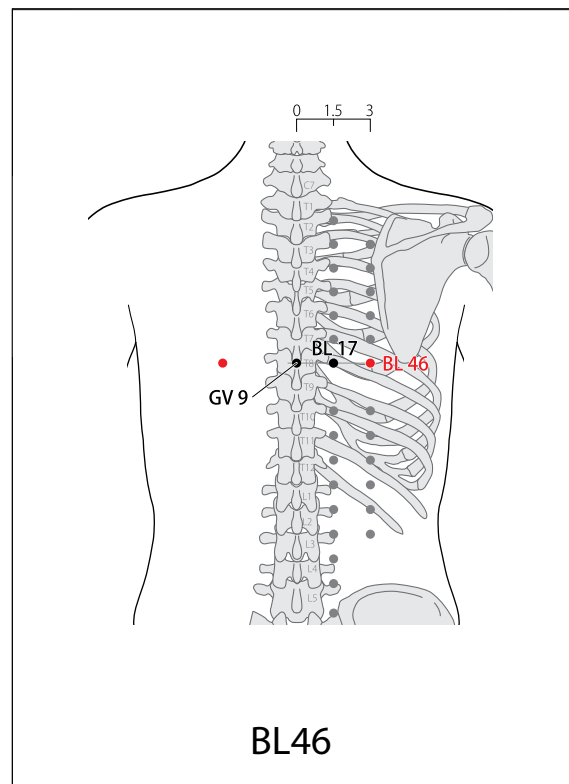
Note: BL45, BL16 and GV10 are located at the same level as the inferior border of the spinous process of the sixth thoracic vertebra (T6).



BL46: Geguan 膈關(关, 関)

In the upper back region, at the same level as the inferior border of the spinous process of the seventh thoracic vertebra (T7), 3 B-cun lateral to the posterior median line.

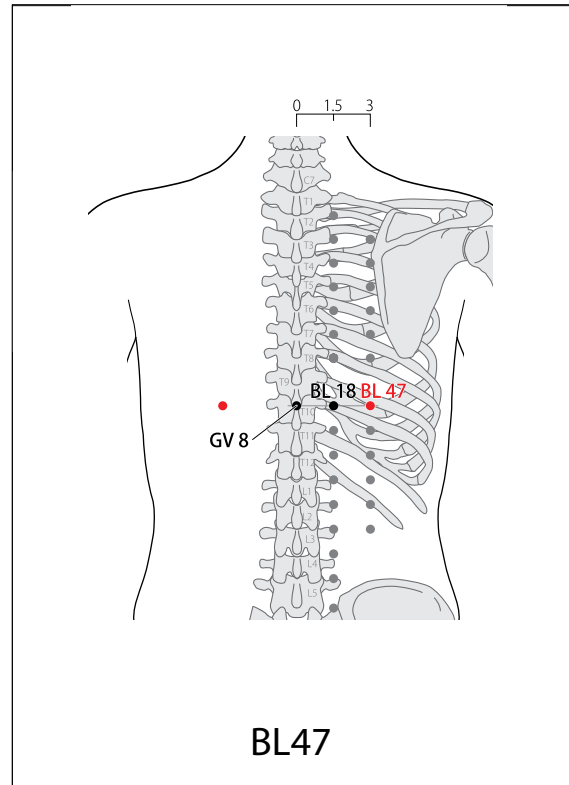
Note: BL 46, BL17 and GV9 are located at the same level as the inferior border of the spinous process of the seventh thoracic vertebra (T7).



BL 47: Hunmen 魂門 (門)

In the upper back region, at the same level as the inferior border of the spinous process of the ninth thoracic vertebra (T9), 3 B-cun lateral to the posterior median line.

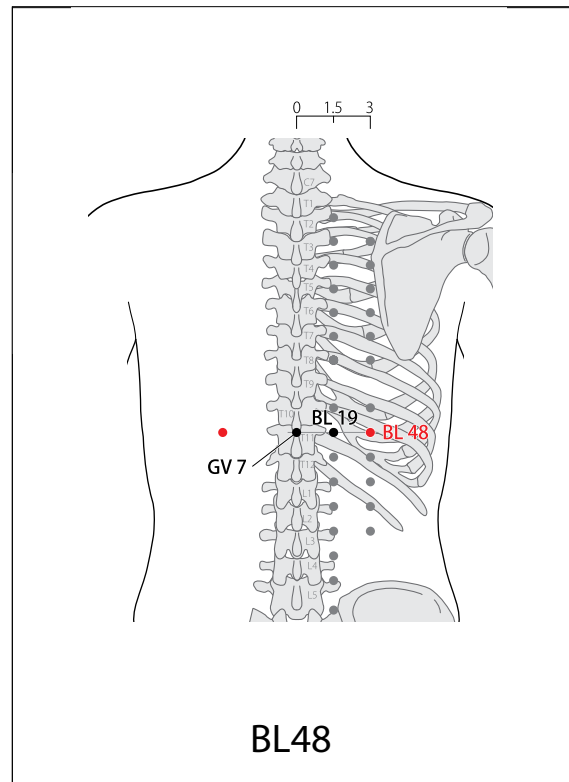
Note: BL47, BL18 and GV8 are located at the same level as the inferior border of the spinous process of the ninth thoracic vertebra (T9).



BL 48: Yanggang 陽 (陽) 綱 (綱)

In the upper back region, at the same level as the inferior border of the spinous process of the tenth thoracic vertebra (T10), 3 B-cun lateral to the posterior median line.

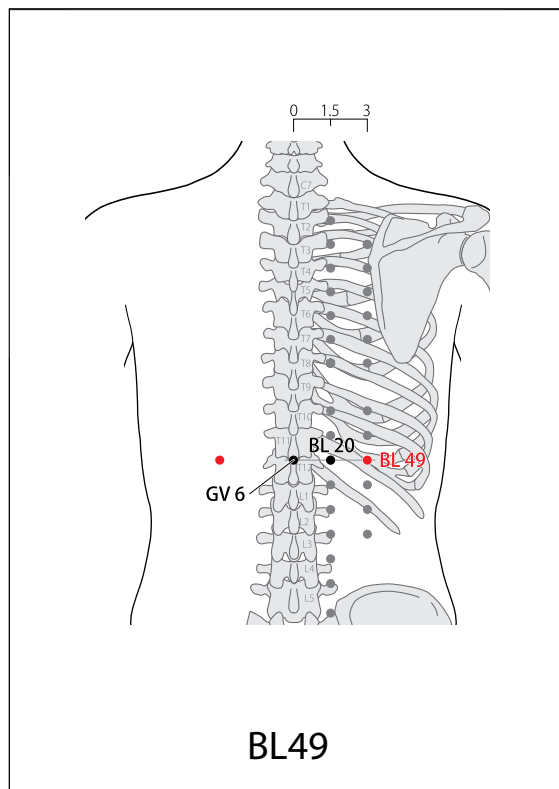
Note: BL48, BL19 and GV7 are located at the same level as the inferior border of the spinous process of the tenth thoracic vertebra (T10).



BL 49: Yishe 意舍(舍)

In the upper back region, at the same level as the inferior border of the spinous process of the 11th thoracic vertebra (T11), 3 B-cun lateral to the posterior median line.

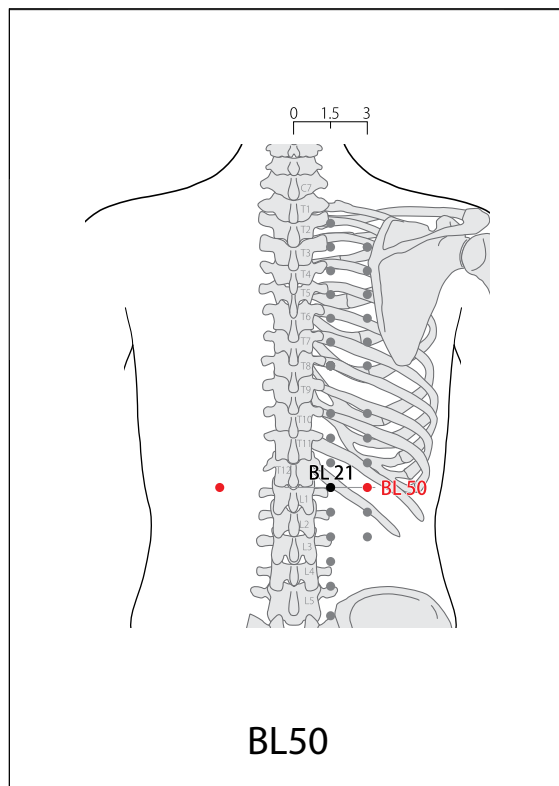
Note: BL49, BL20 and GV6 are located at the same level as the inferior border of the spinous process of the 11th thoracic vertebra (T11).



BL 50: Weicang 胃倉(仓)

In the upper back region, at the same level as the inferior border of the spinous process of the 12th thoracic vertebra (T12), 3 B-cun lateral to the posterior median line.

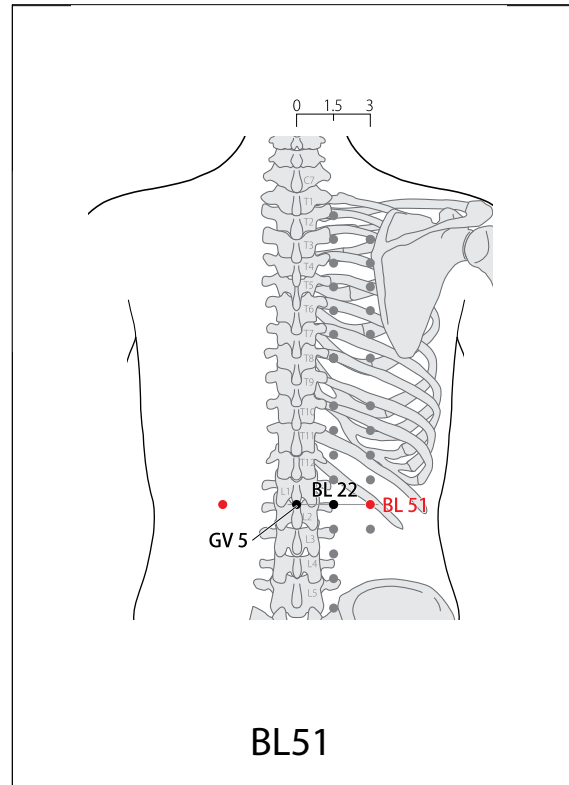
Note: BL50 and BL21 are located at the same level as the inferior border of the spinous process of the 12th thoracic vertebra (T12).



BL51: Huangmen 育門(門)

In the lumbar region, at the same level as the inferior border of the spinous process of the first lumbar vertebra (L1), 3 B-cun lateral to the posterior median line.

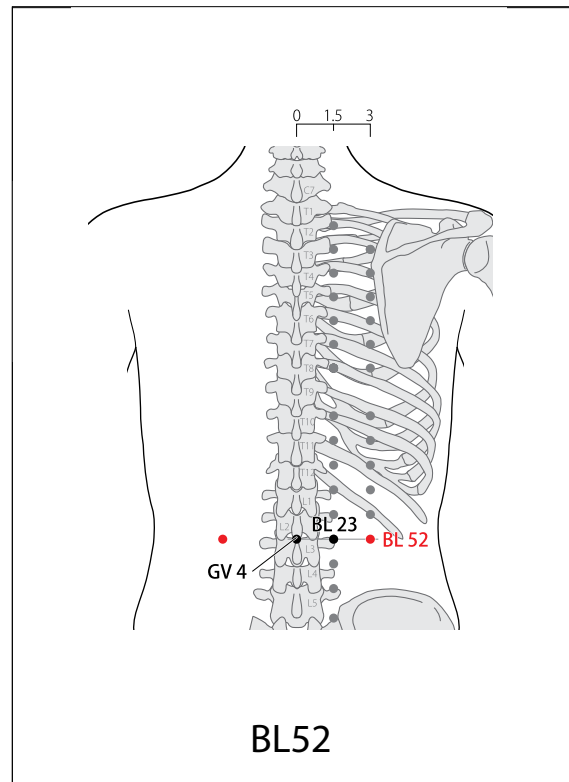
Note: BL51, BL22 and GV5 are located at the same level as the inferior border of the spinous process of the first lumbar vertebra (L1).



BL52: Zhishi 志室

In the lumbar region, at the same level as the inferior border of the spinous process of the second lumbar vertebra (L2), 3 B-cun lateral to the posterior median line.

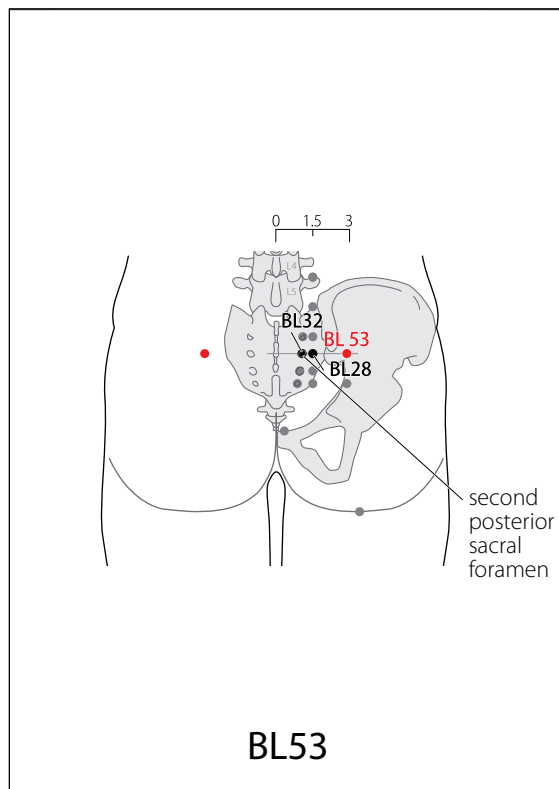
Note: BL52, BL23 and GV4 are located at the same level as the inferior border of the spinous process of the second lumbar vertebra (L2).



BL53: Baohuang 胞(胞)育

In the buttock region, at the same level as the second posterior sacral foramen, 3 B-cun lateral to the median sacral crest.

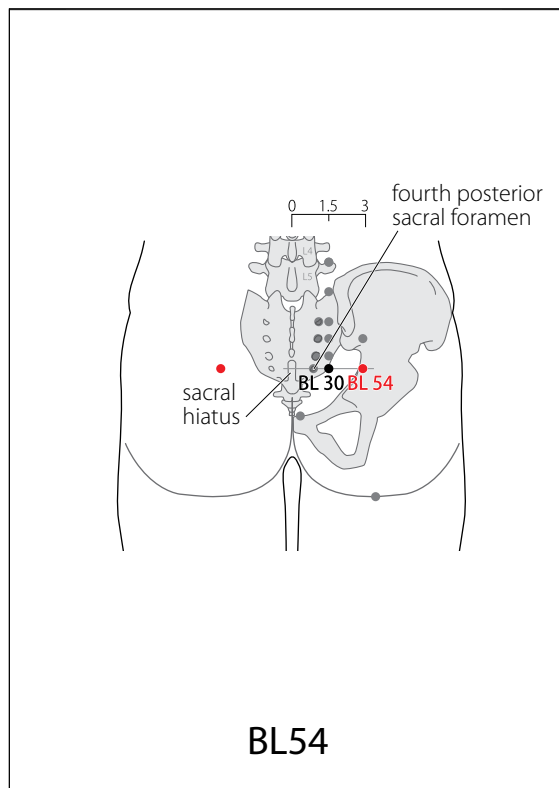
Note: BL53, BL28 and BL32 are located at the same level as the second posterior sacral foramen.



BL54: Zhibian 秩邊(边, 辺)

In the buttock region, at the same level as the fourth posterior sacral foramen, 3 B-cun lateral to the median sacral crest.

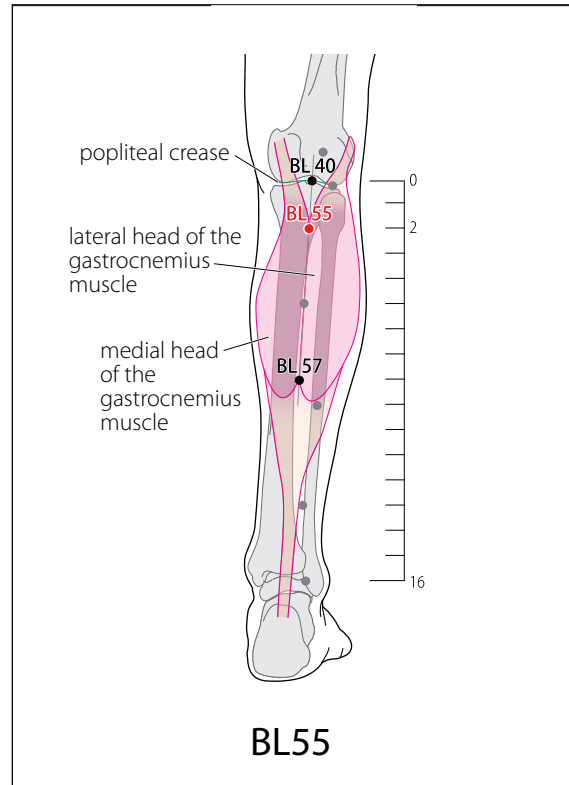
Note: 3 B-cun lateral to the sacral hiatus, at the same level as BL 30.



BL55: Heyang 合陽(阳)

On the posterior aspect of the leg, between the lateral head and medial head of the gastrocnemius muscle, 2 B-cun distal to the popliteal crease.

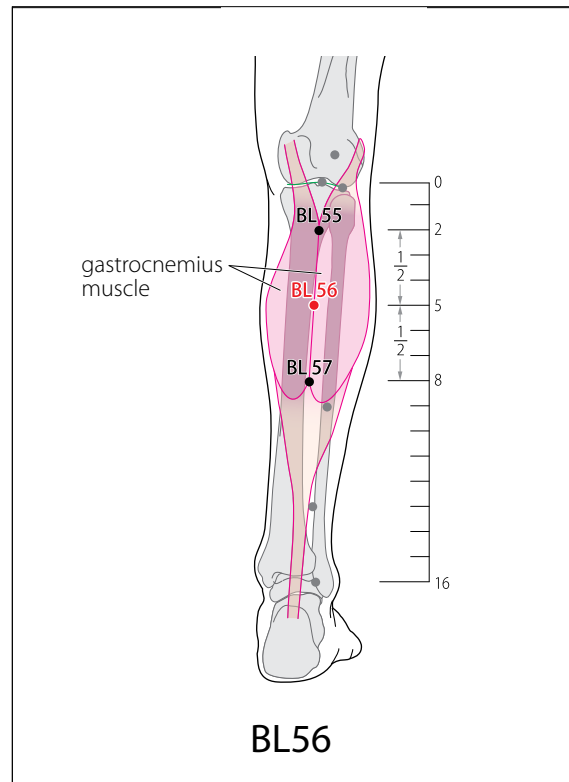
Note: 2 B-cun distal to BL40, on the line connecting BL40 with BL57.



BL56: Chengjin 承筋

On the posterior aspect of the leg, between the two muscle bellies of the gastrocnemius muscle, 5 B-cun distal to the popliteal crease.

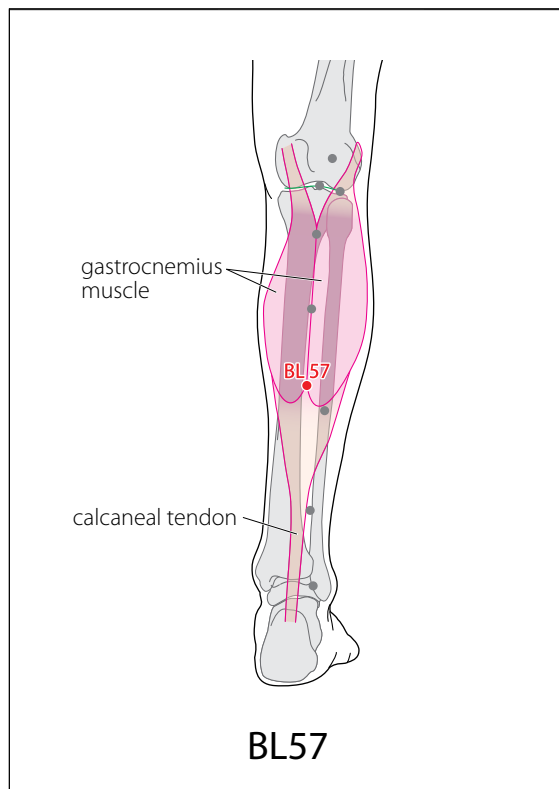
Note: Midway between BL55 and BL57.



BL57: Chengshan 承山

On the posterior aspect of the leg, at the connecting point of the calcaneal tendon with the two muscle bellies of the gastrocnemius muscle.

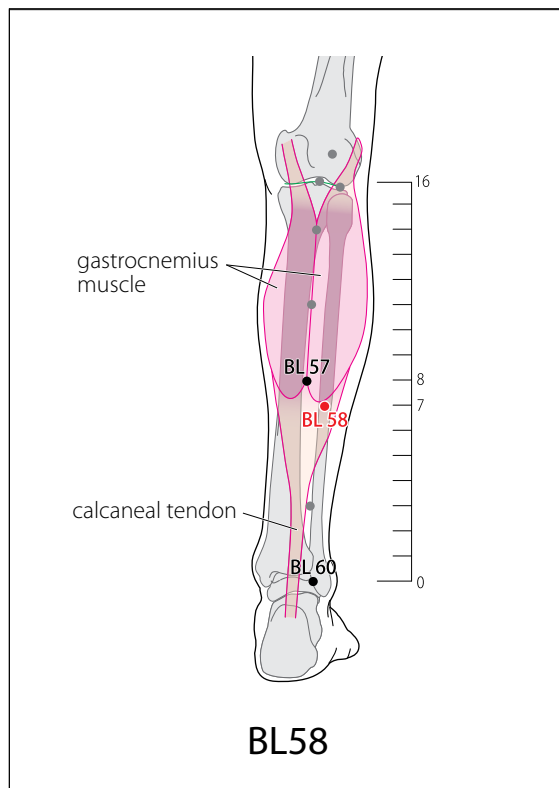
Note: With the leg stretched (plantar flexion) or the heel up, BL57 is located at the sharp angled depression inferior to the muscle belly of the gastrocnemius muscle. The two heads of the gastrocnemius muscle are separated to make a lambda shape (Λ).



BL58: Feiyang 飛(飞)揚(扬)

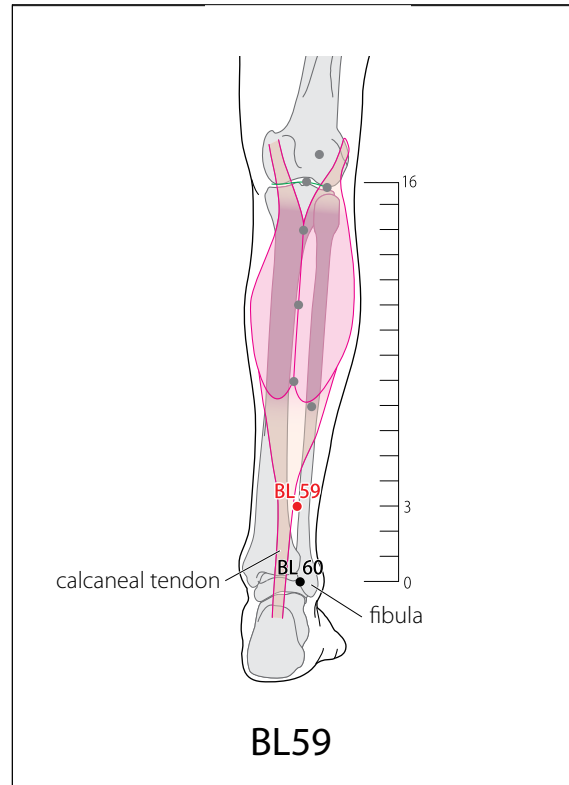
On the posterolateral aspect of the leg, between the inferior border of the lateral head of the gastrocnemius muscle and the calcaneal tendon, at the same level as 7 B-cun proximal to BL60.

Note: BL58 is located 1 B-cun lateral and distal to BL57, proximal to BL60.

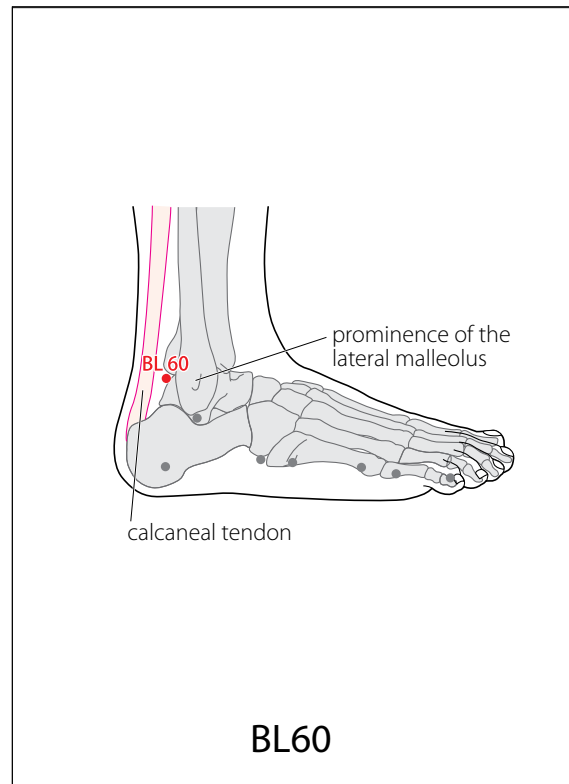


BL59: Fuyang 跗陽 (阳)

On the posterolateral aspect of the leg, between the fibula and the calcaneal tendon, at the same level as 3 B-cun proximal to BL60.

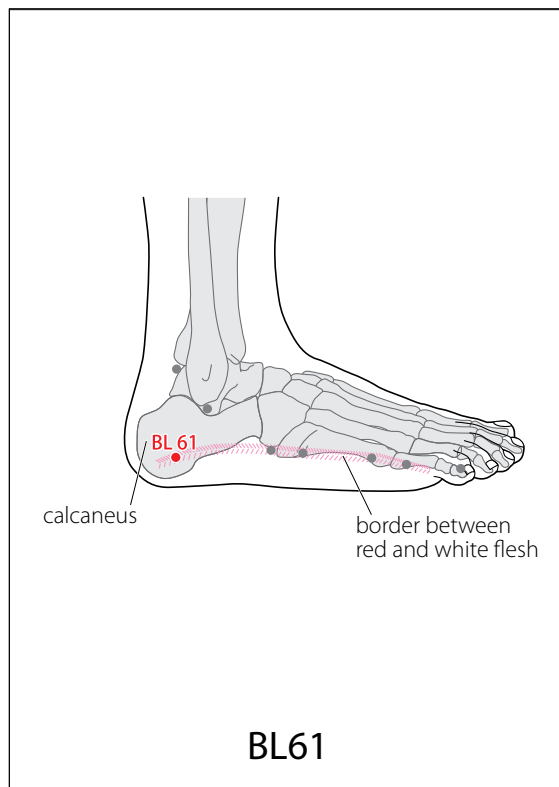
**BL60: Kunlun 崑 (昆) 崙 (崙, 仑)**

On the posterolateral aspect of the ankle, in the depression between the prominence of the lateral malleolus and the calcaneal tendon.



BL61: Pucan (Pushen) 僕(仆)參(参)

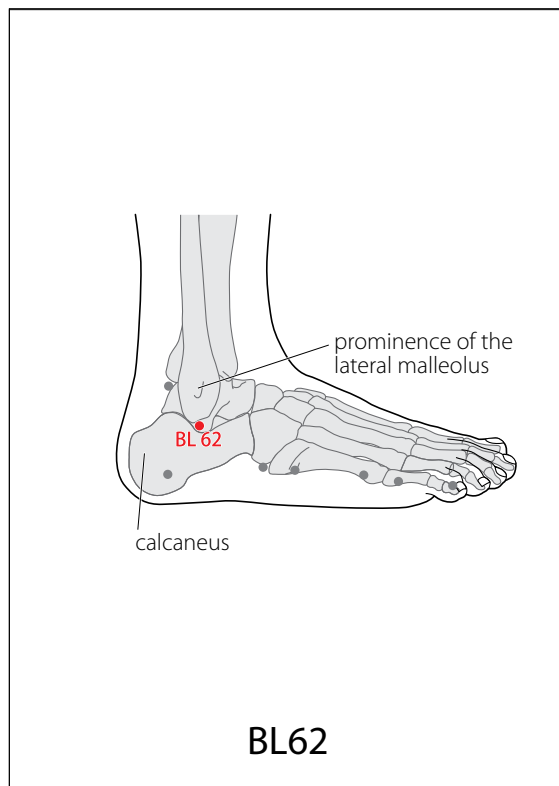
On the lateral aspect of the foot, distal to BL60, lateral to the calcaneus, at the border between the red and white flesh.



BL62: Shenmai 申脈(脉)

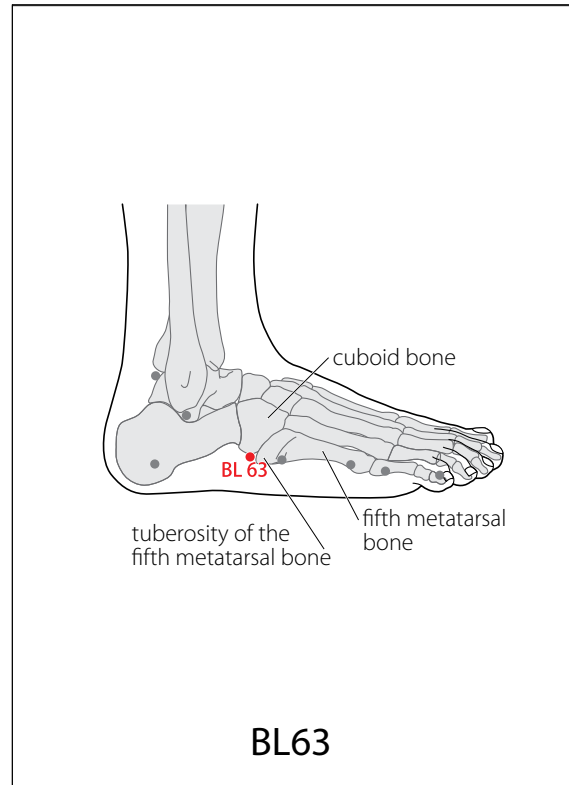
On the lateral aspect of the foot, directly inferior to the prominence of the lateral malleolus, in the depression between the inferior border of the lateral malleolus and the calcaneus.

Note: BL62 is located in the depression distal to the inferior border of the lateral malleolus. The corresponding medial acupuncture point to BL 62 is KI6.



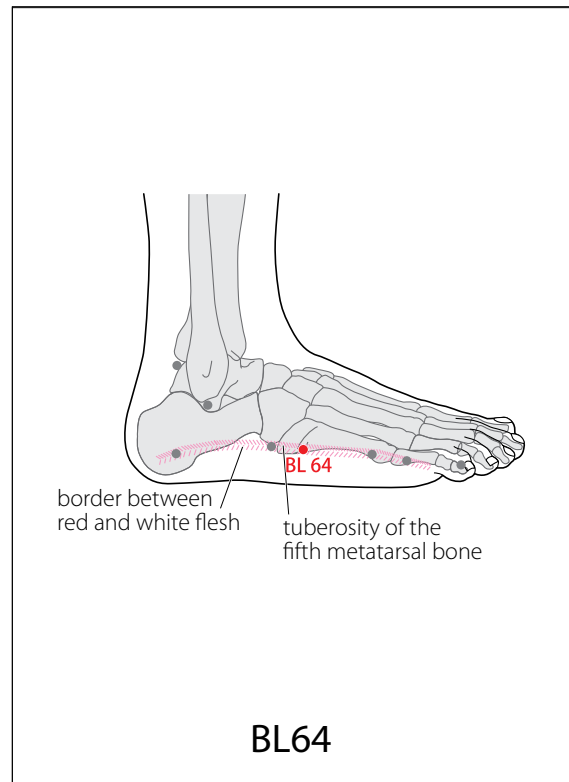
BL63: Jinmen 金門 (门)

On the dorsum of the foot, distal to the anterior border of the lateral malleolus, posterior to the tuberosity of the fifth metatarsal bone, in the depression inferior to the cuboid bone.

**BL64: Jinggu 京骨 (骨)**

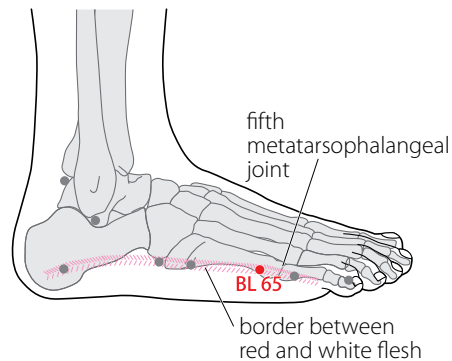
On the lateral aspect of the foot, distal to the tuberosity of the fifth metatarsal bone, at the border between the red and white flesh.

Note: The tuberosity of the fifth metatarsal bone is located approximately midway between the heel and the fifth metatarsophalangeal joint.

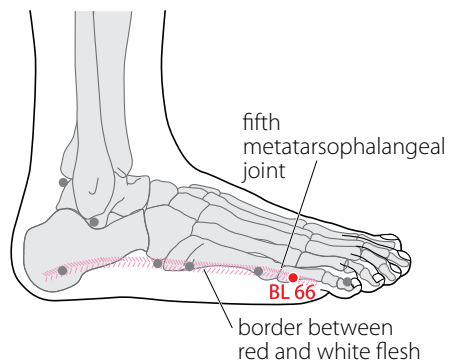


BL65: Shugu 束骨 (骨)

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

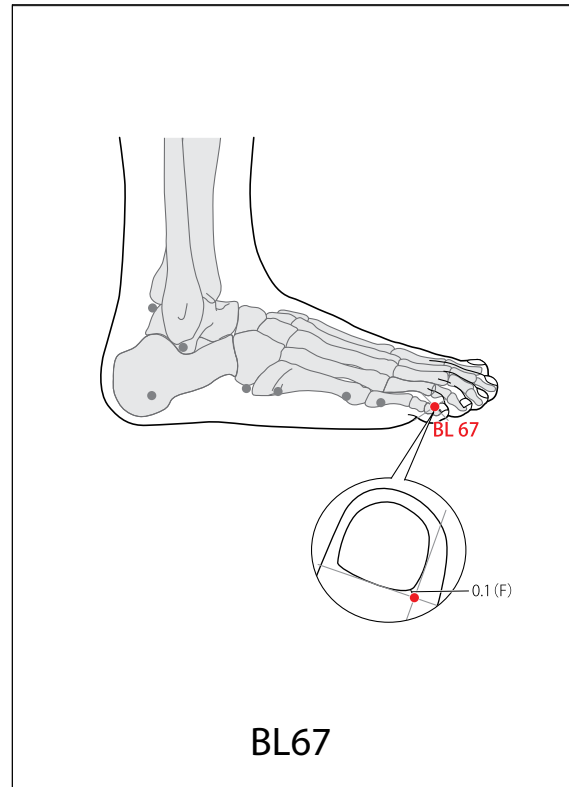
**BL65****BL66: Zutonggu 足通 (通) 谷**

On the little toe, in the depression distal and lateral to the fifth metatarsophalangeal joint, at the border between the red and white flesh.

**BL66**

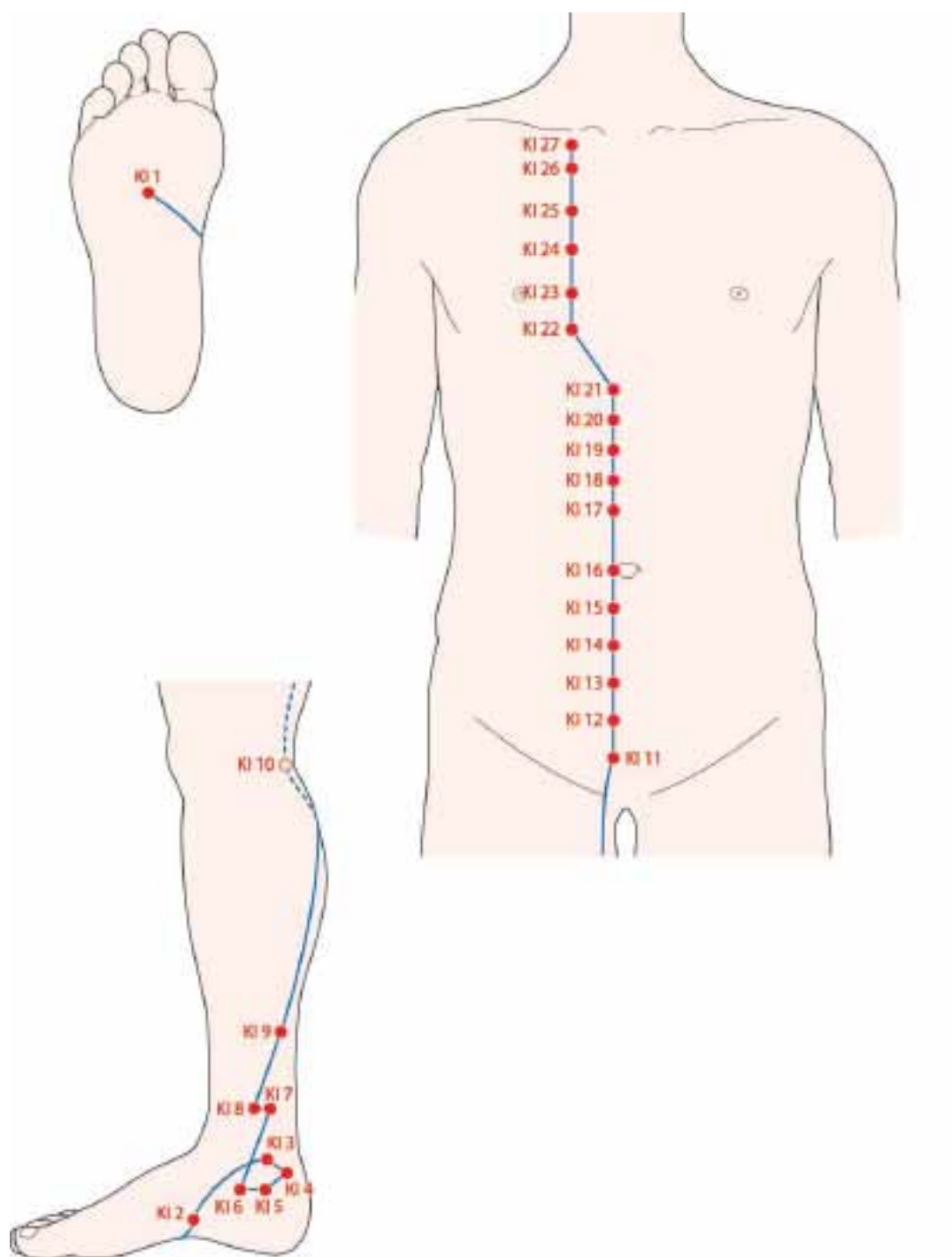
BL67: Zhiyin 至陰 (阴)

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



KIDNEY MERIDIAN

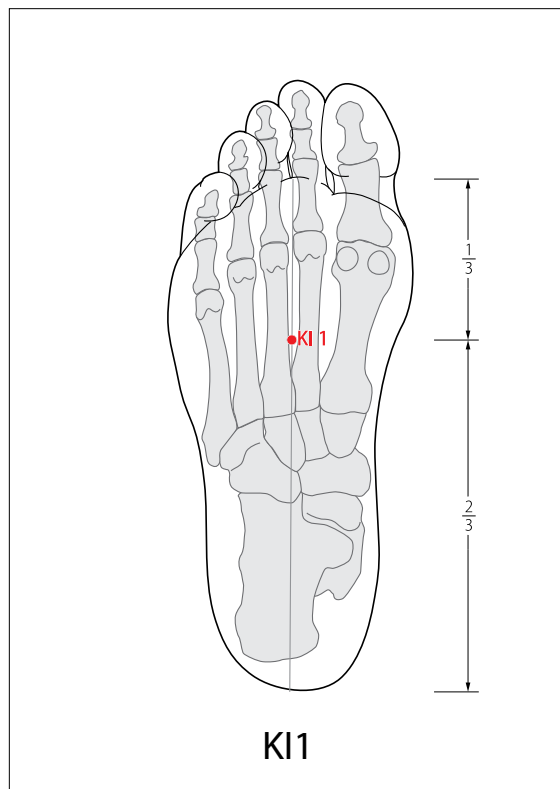
足少陰(陰)腎(腎)經(经, 経)



KI1: Yongquan 湧(涌)泉

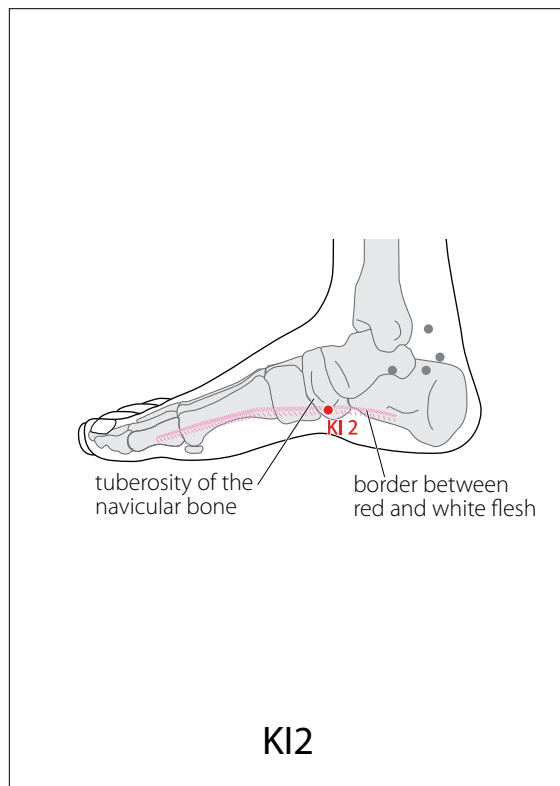
On the sole of the foot, in the deepest depression of the sole when the toes are flexed.

Note: When the toes are flexed, KI1 is located approximately in the depression at the junction of the anterior one third and the posterior two thirds of the line connecting the heel with the web margin between the bases of the second and third toes.



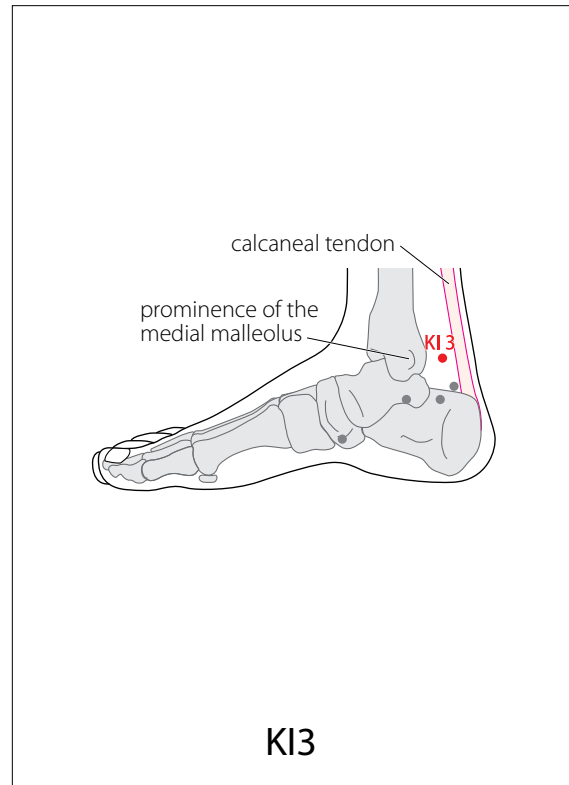
KI2: Rangu 然谷

On the medial aspect of the foot, inferior to the tuberosity of the navicular bone, at the border between the red and white flesh.

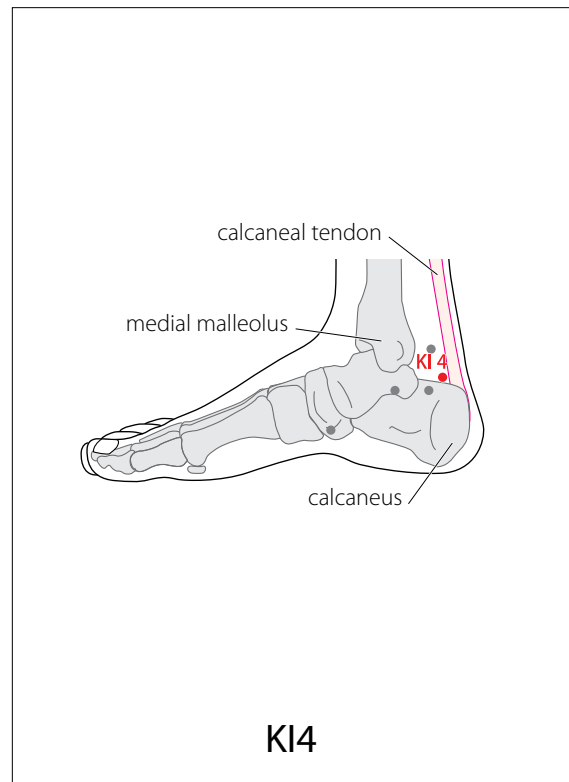


KI3: Taixi 太谿(溪)

On the posteromedial aspect of the ankle, in the depression between the prominence of the medial malleolus and the calcaneal tendon.

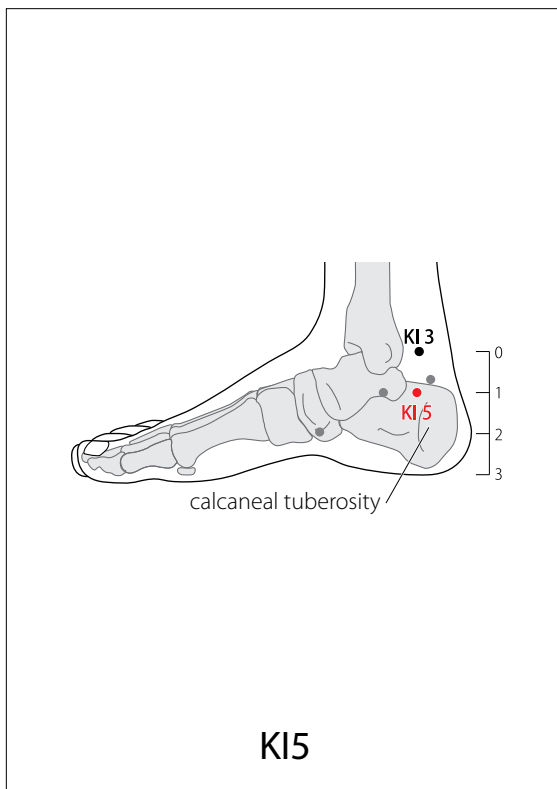
**KI4: Dazhong 大鍾(钟)**

On the medial aspect of the foot, postero-inferior to the medial malleolus, superior to the calcaneus, in the depression anterior to the medial attachment of the calcaneal tendon.



KI5: Shuiquan 水泉

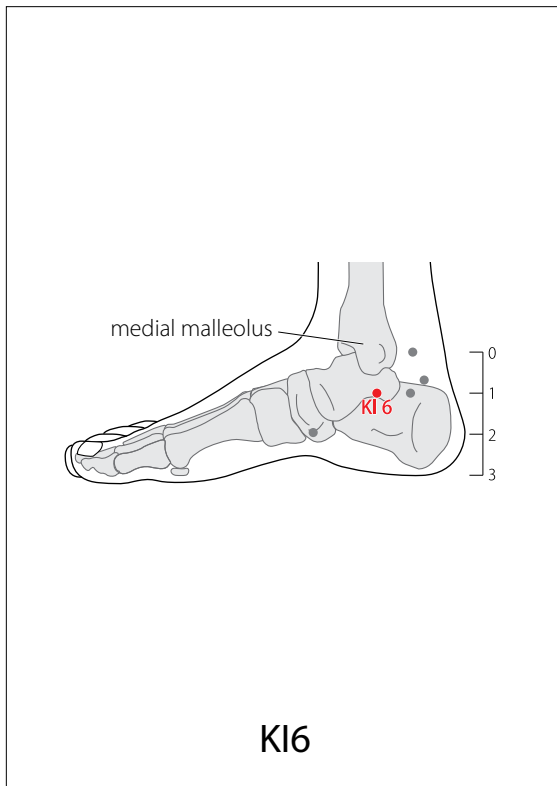
On the medial aspect of the foot, 1 B-cun inferior to KI3, in the depression anterior to the calcaneal tuberosity.



KI6: Zhaohai 照海(海)

On the medial aspect of the foot, 1 B-cun inferior to the prominence of the medial malleolus, in the depression inferior to the medial malleolus.

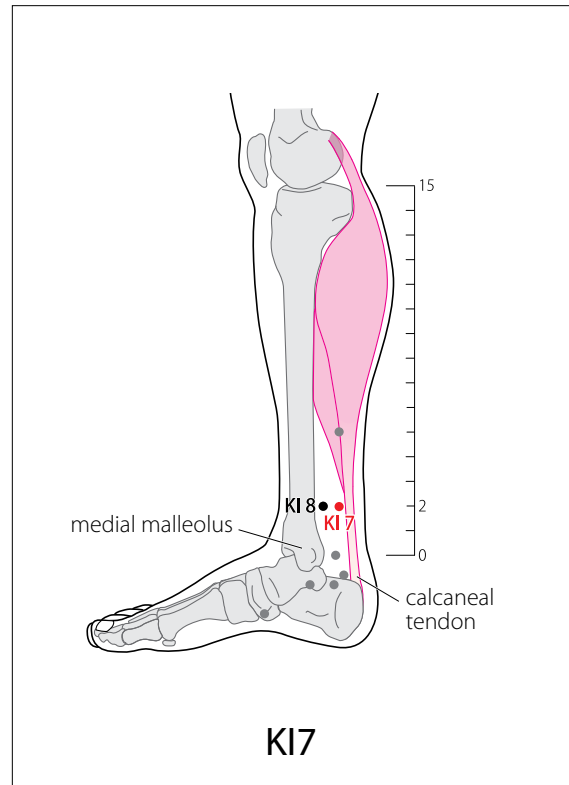
Note: The corresponding lateral point to KI6 is BL62.



KI7: Fuliu 復(复)溜

On the posteromedial aspect of the leg, anterior to the calcaneal tendon, 2 B-cun superior to the prominence of the medial malleolus.

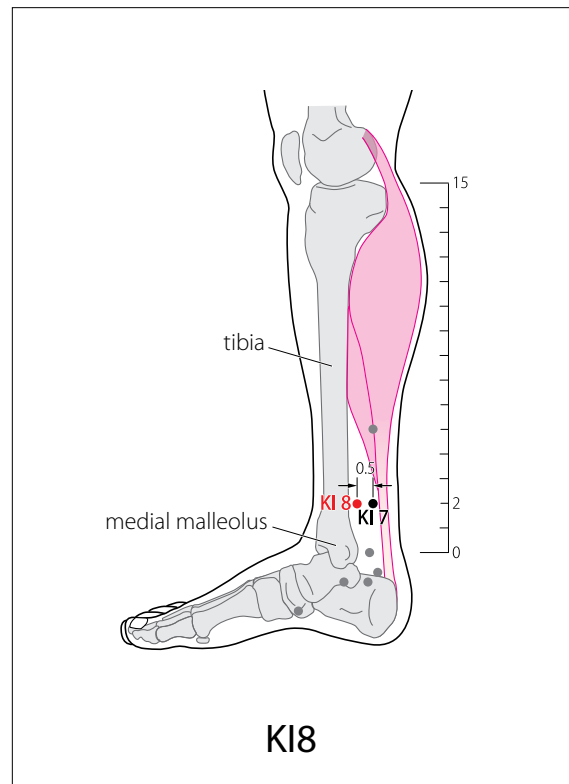
Note: At the same level and posterior to KI8.



KI8: Jiaoxin 交信

On the medial aspect of the leg, in the depression posterior to the medial border of the tibial bone, 2 B-cun superior to the prominence of the medial malleolus.

Note: 0.5 B-cun anterior to KI7.

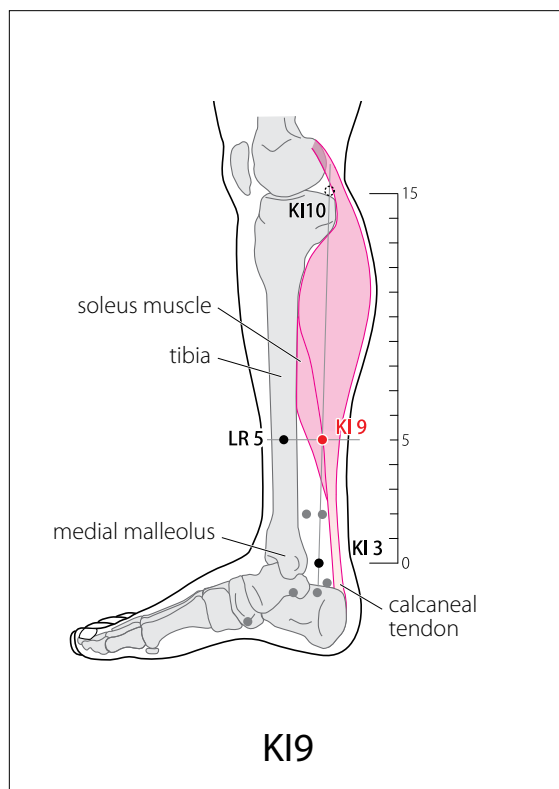


KI9: Zhubin 築 (筑) 賓 (宾)

On the posteromedial aspect of the leg, between the soleus muscle and the calcaneal tendon, 5 B-cun superior to the prominence of the medial malleolus.

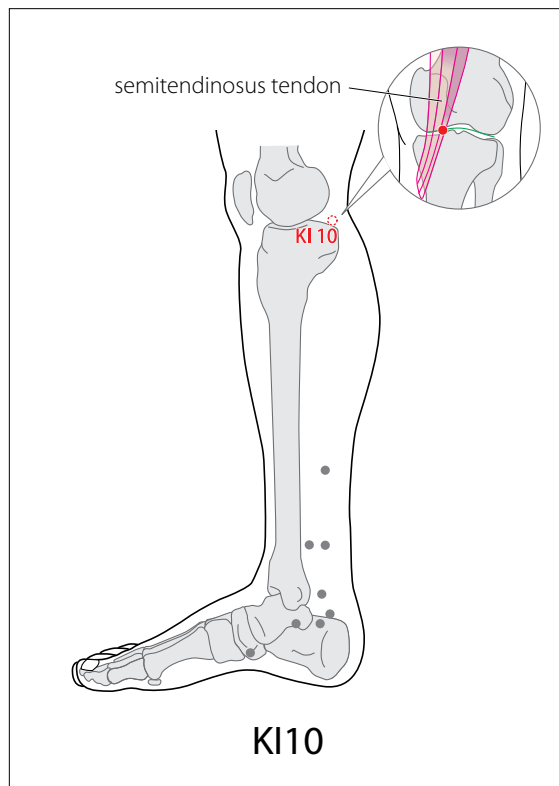
Note 1: With the knee flexed and the leg stretched (plantar flexion) against resistance, the soleus muscle can be seen more clearly along the medial border of the tibia bone.

Note 2: At the same level as LR5, on the line connecting KI3 with KI10.



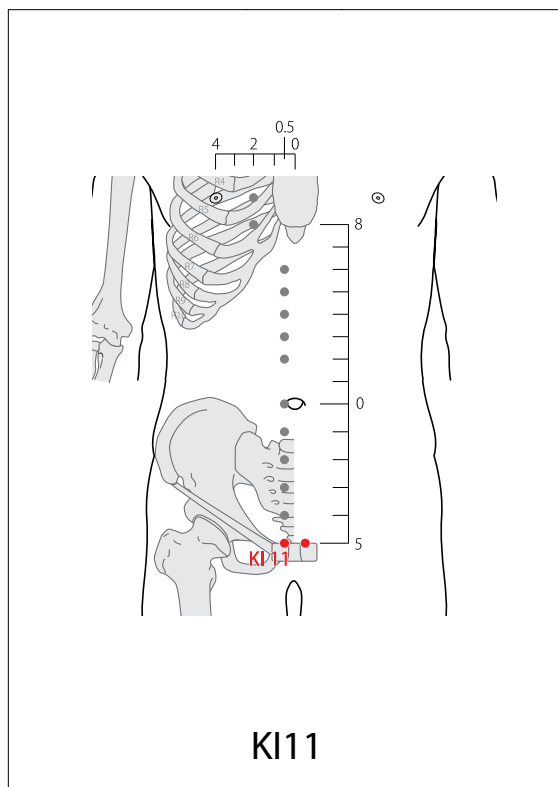
KI10: Yingu 陰 (阴) 谷

On the posteromedial aspect of the knee, just lateral to the semitendinosus tendon, in the popliteal crease.

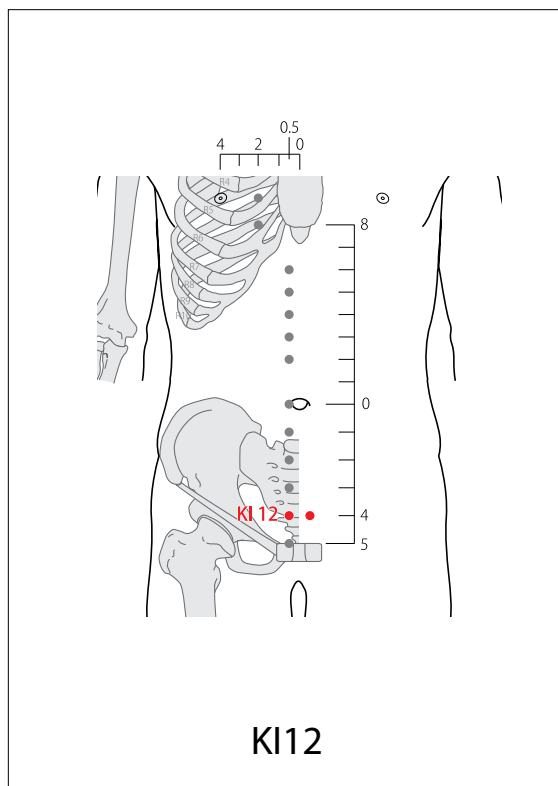


KI11: Henggu 横骨(骨)

On the lower abdomen, 5 B-cun inferior to the centre of the umbilicus, 0.5 B-cun lateral to the anterior median line.

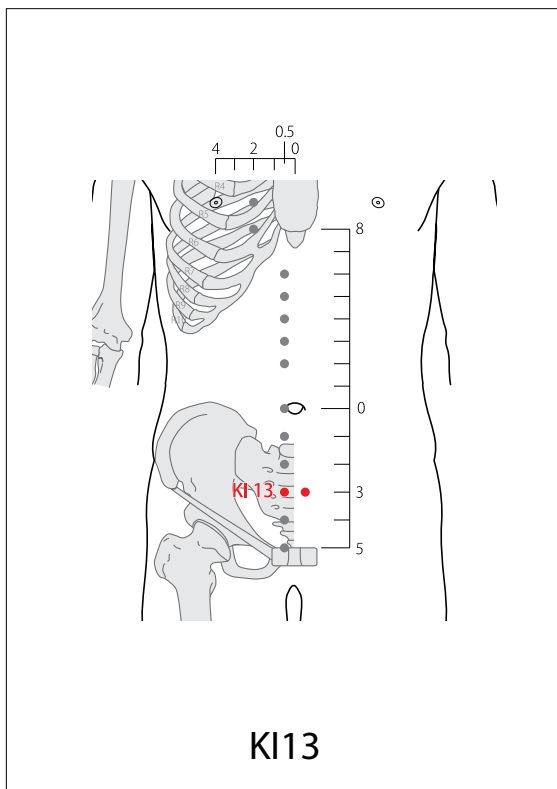
**KI12: Dahe 大赫**

On the lower abdomen, 4 B-cun inferior to the centre of the umbilicus, 0.5 B-cun lateral to the anterior median line.



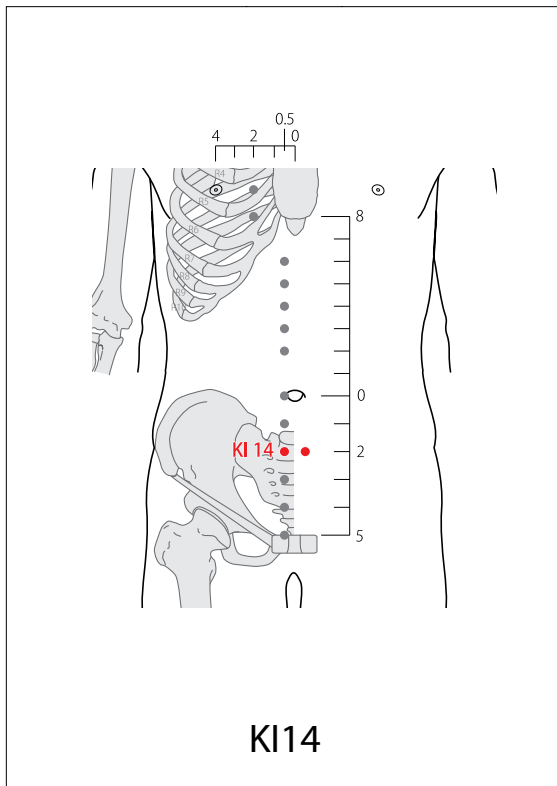
KI13: Qixue 氣(气, 氣)穴

On the lower abdomen, 3 B-cun inferior to the centre of the umbilicus, 0.5 B-cun lateral to the anterior median line.



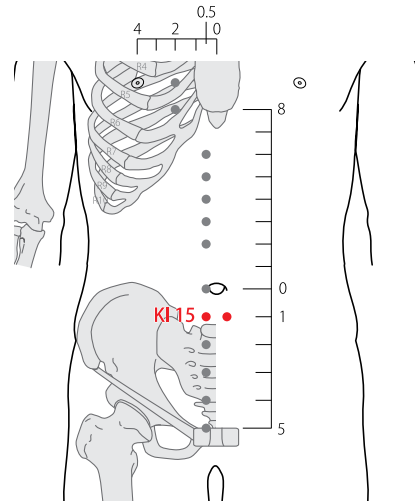
KI14: Siman 四滿(满, 満)

On the lower abdomen, 2 B-cun inferior to the centre of the umbilicus, 0.5 B-cun lateral to the anterior median line.

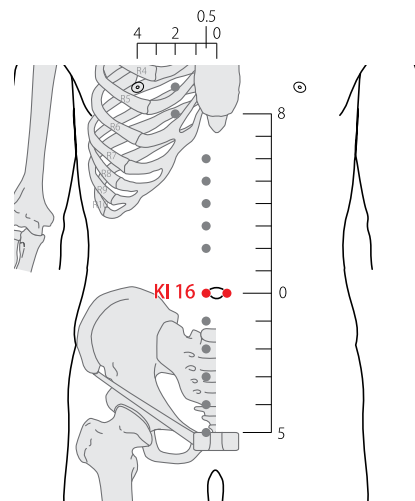


KI15: Zhongzhu 中注

On the lower abdomen, 1 B-cun inferior to umbilicus, 0.5 B-cun lateral to the anterior median line.

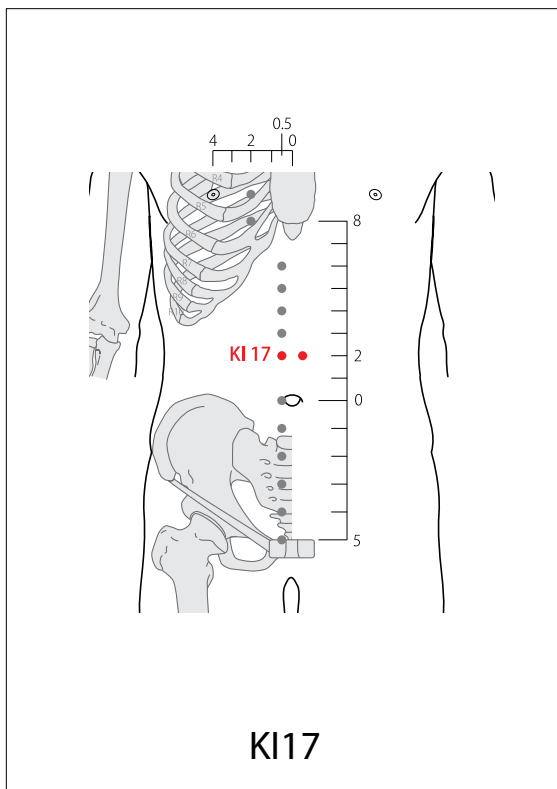
**KI15****KI16: Huangshu 育俞 (俞)**

On the upper abdomen, 0.5 B-cun lateral to the centre of the umbilicus.

**KI16**

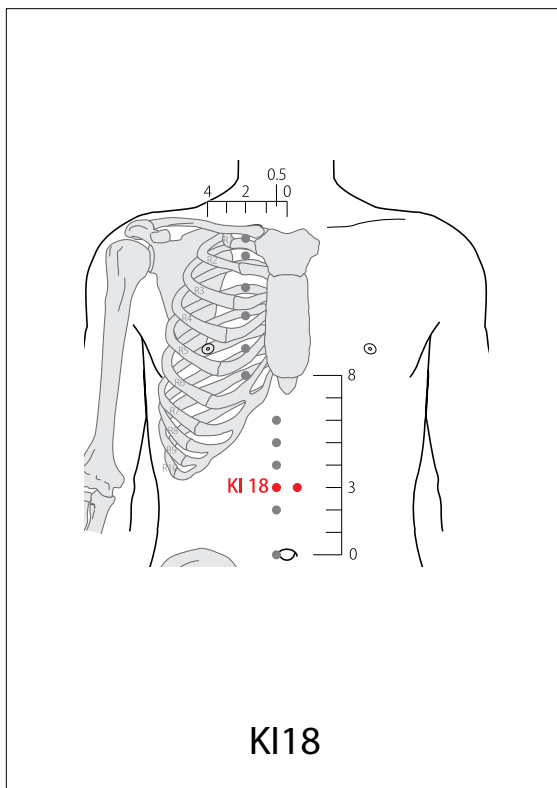
KI17: Shangqu 商曲

On the upper abdomen, 2 B-cun superior to the centre of the umbilicus, 0.5 B-cun lateral to the anterior median line.



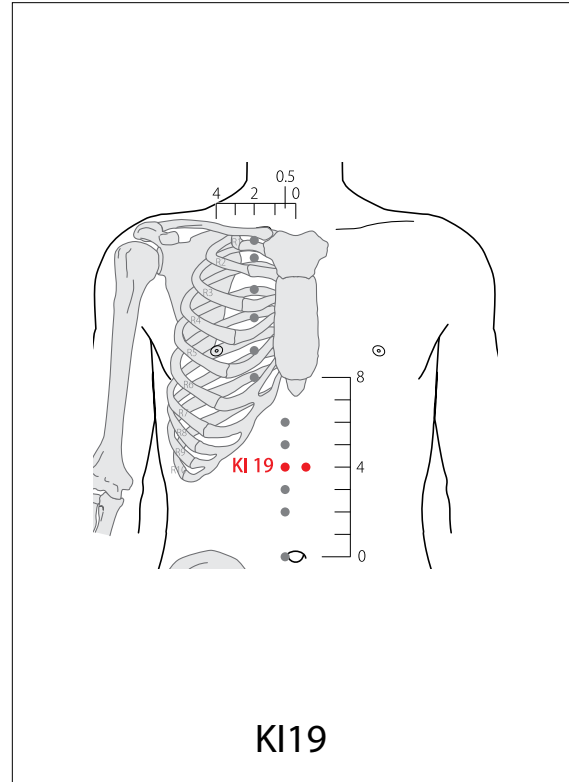
KI18: Shiguan 石關 (关, 関)

On the upper abdomen, 3 B-cun superior to the centre of the umbilicus, 0.5 B-cun lateral to the anterior median line.

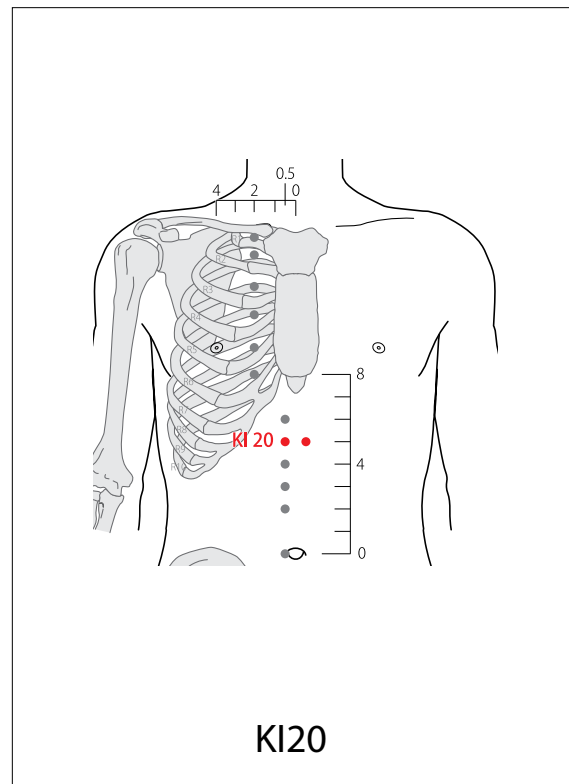


KI19: Yindu 陰(阴)都(都)

On the upper abdomen, 4 B-cun superior to the centre of the umbilicus, 0.5 B-cun lateral to the anterior median line.

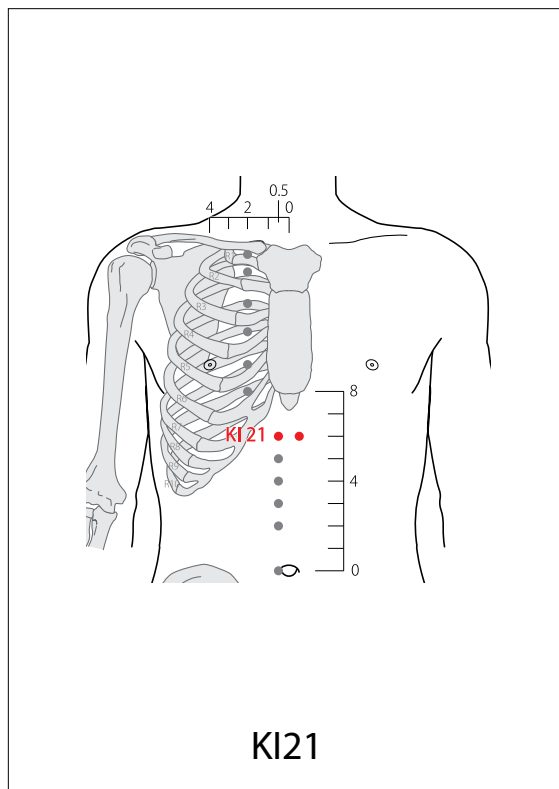
**KI20: Futonggu 腹通(通)谷**

On the upper abdomen, 5 B-cun superior to the centre of the umbilicus, 0.5 B-cun lateral to the anterior median line.



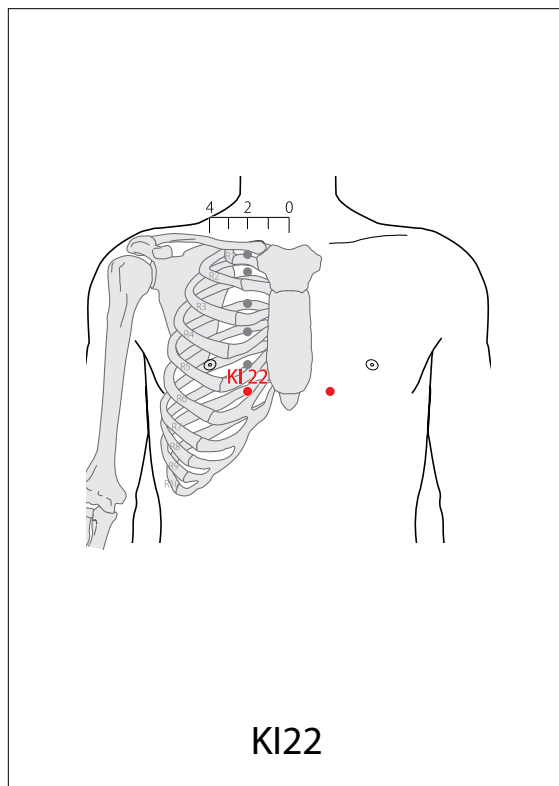
KI21: Youmen 幽門 (門)

On the upper abdomen, 6 B-cun superior to the centre of the umbilicus, 0.5 B-cun lateral to the anterior median line.



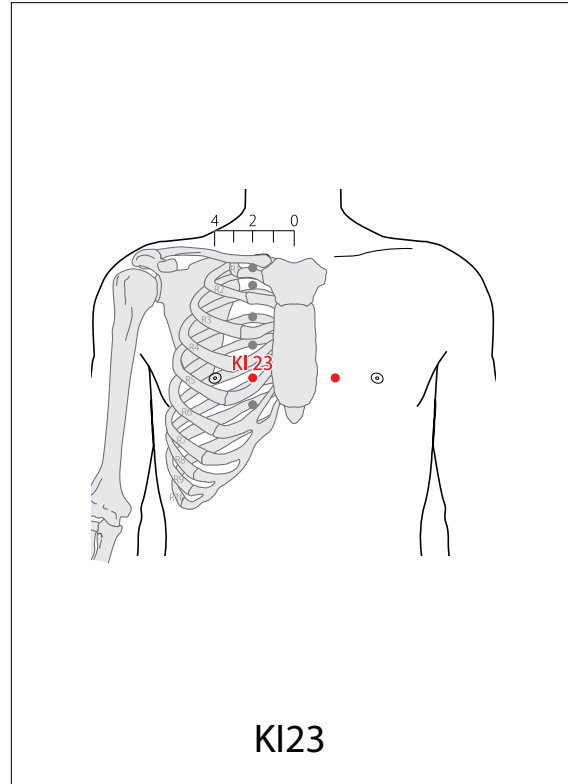
KI22: Bulang 步 (步) 廊

In the anterior thoracic region, in the fifth intercostal space, 2 B-cun lateral to the anterior median line.

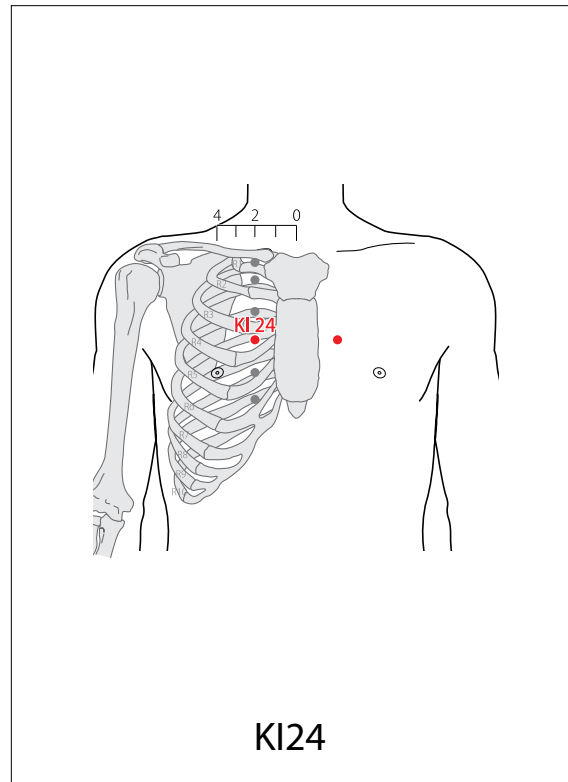


KI23: Shenfeng 神(神)封

In the anterior thoracic region, in the fourth intercostal space, 2 B-cun lateral to the anterior median line.

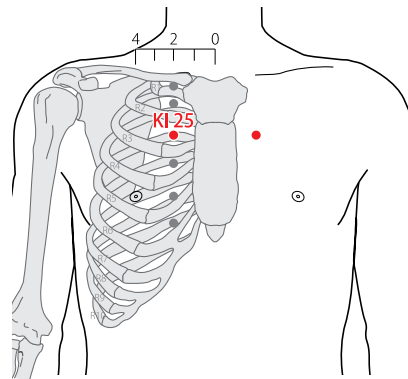
**KI24: Lingxu 靈(灵, 靈)墟(墟)**

In the anterior thoracic region, in the third intercostal space, 2 B-cun lateral to the anterior median line.

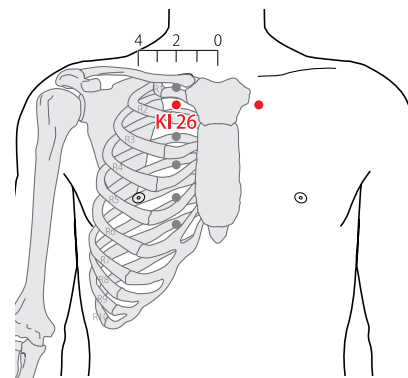


KI25: Shencang 神(神)藏(藏)

In the anterior thoracic region, in the second intercostal space, 2 B-cun lateral to the anterior median line.

**KI25****KI26: Yuzhong 臑中**

In the anterior thoracic region, in the first intercostal space, 2 B-cun lateral to the anterior median line.

**KI26**

KI27: Shufu 俞(俞)府

In the anterior thoracic region, just inferior to the clavicle, 2 B-cun lateral to the anterior median line.

