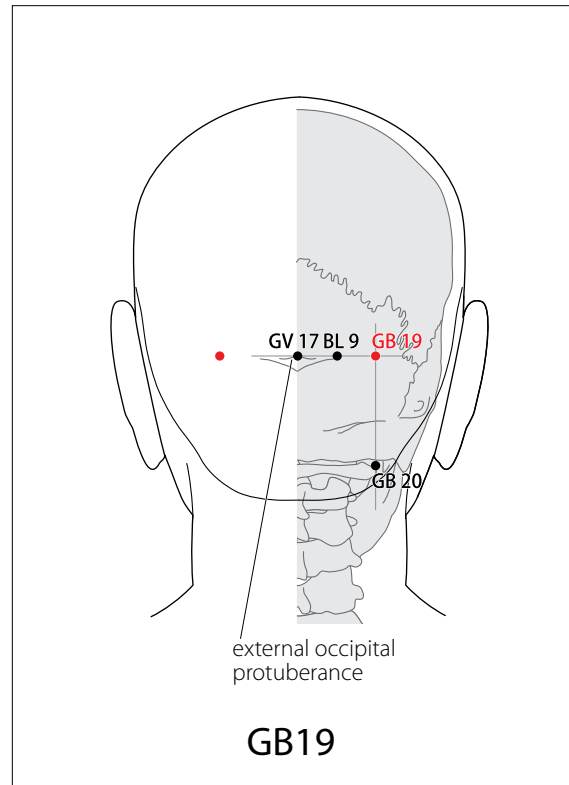


GB19: Naokong 腦(脑, 脑)空

On the head, at the same level as the superior border of the external occipital protuberance, directly superior to GB20.

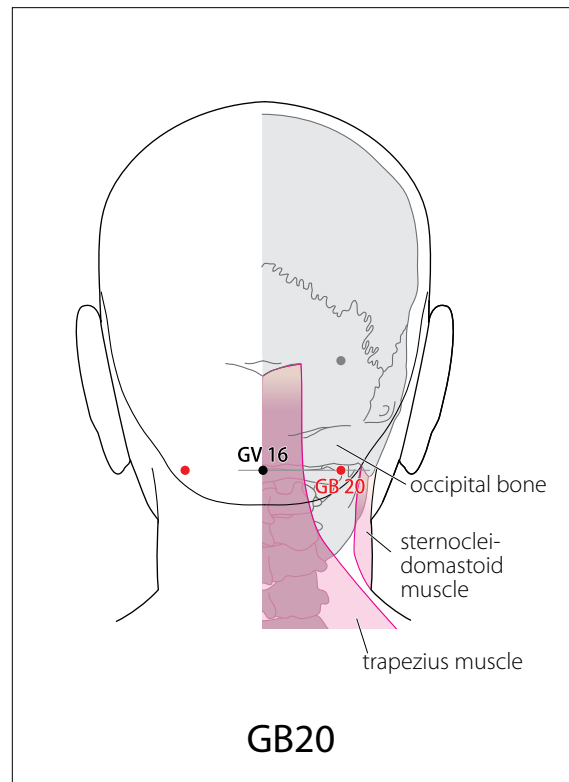
Note: GB19 is at the same level as GV17 and BL9.



GB20: Fengchi 風(风)池

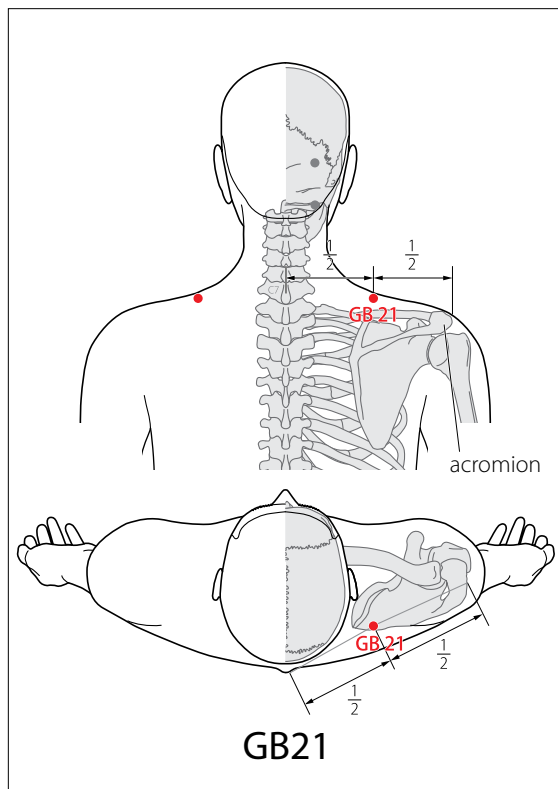
In the anterior region of the neck, inferior to the occipital bone, in the depression between the origins of sternocleidomastoid and the trapezius muscles.

Note: GB20 is at the same level as GV16.



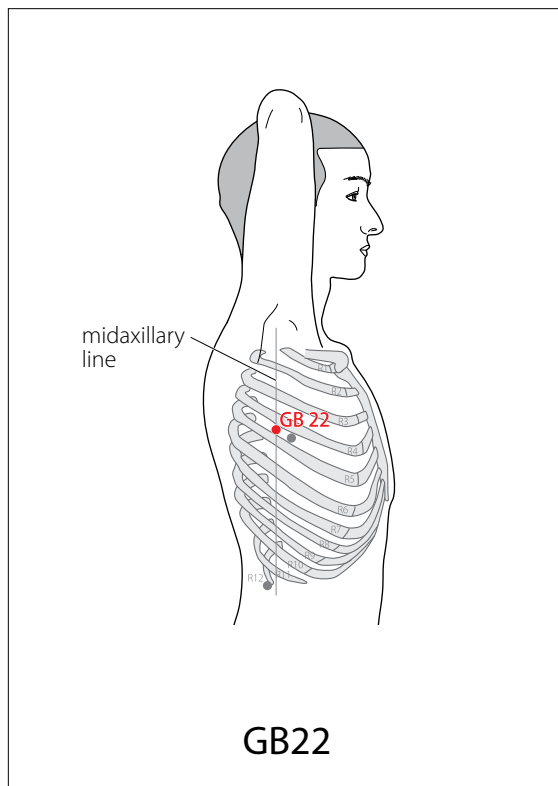
GB21: Jianjing 肩井

In the posterior region of the neck, at the midpoint of the line connecting the spinous process of the seventh cervical vertebra (C7) with the lateral end of the acromion.



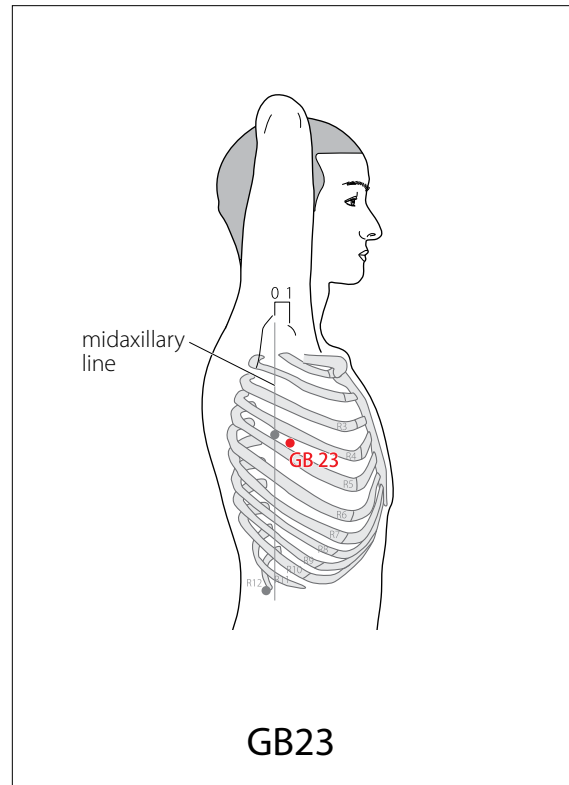
GB22: Yuanye 淵(淵)液

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



GB23: Zhejin 輒(輒)筋

In the lateral thoracic region, in the fourth intercostal space, 1 B-cun anterior to the midaxillary line.

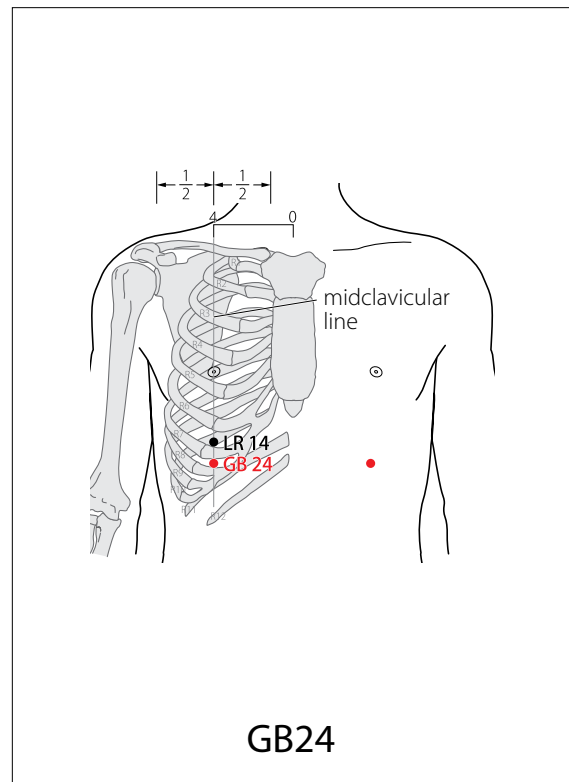


GB24: Riyue 日月

In the anterior thoracic region, in the seventh intercostal space, 4 B-cun lateral to the anterior median line.

Note 1: GB24 is inferior to the centre of the nipple, one rib inferior to LR14.

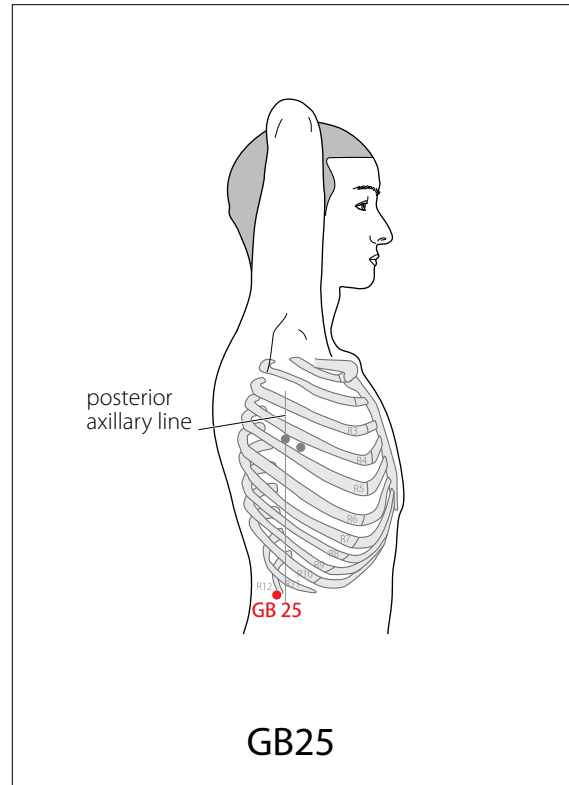
Note 2: In females, GB24 can be found at the intersection of the midclavicular line and the seventh intercostal space.



GB25: Jingmen 京門 (門)

On the lateral abdomen, inferior to the free extremity of the 12th rib.

Note: GB25 can be located while the subject is lying on the side with the shoulder flexed. The free extremity of the 12th rib can be palpated below the inferior border of the costal arch posterior to the posterior axillary line.

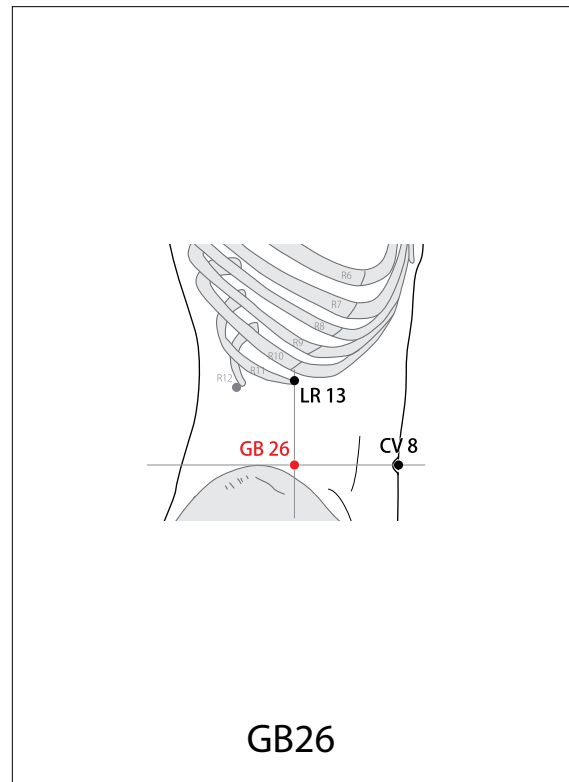


GB26: Daimai 帶 (帶, 帶) 脈 (脉)

On the lateral abdomen, inferior to the free extremity of the 11th rib, at the same level as the centre of umbilicus.

Note 1: GB26 can be located by first locating the tenth rib, then searching for the free extremity of the 11th rib that is situated immediately below the inferior border of the costal arch.

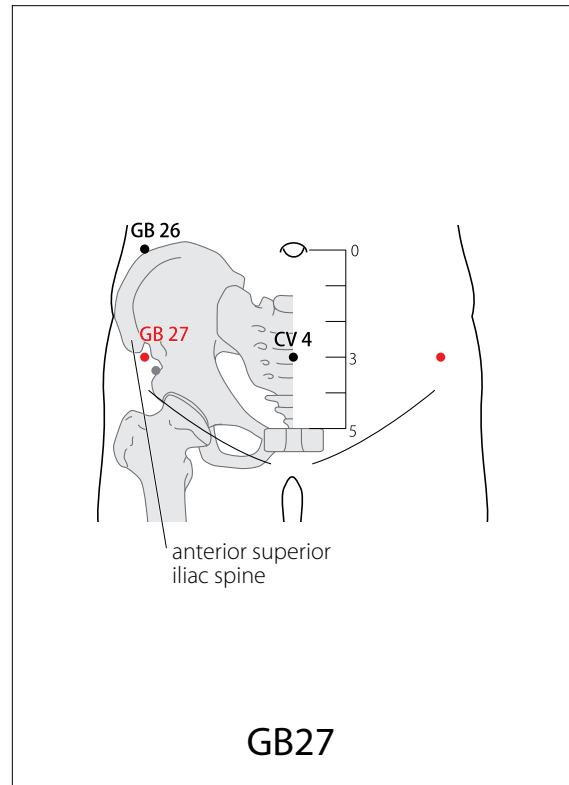
Note 2: GB26 is inferior to LR13, at the same level as CV8.



GB27: Wushu 五樞(枢)

On the lower abdomen, 3 B-cun inferior to the centre of umbilicus, medial to the anterior superior iliac spine.

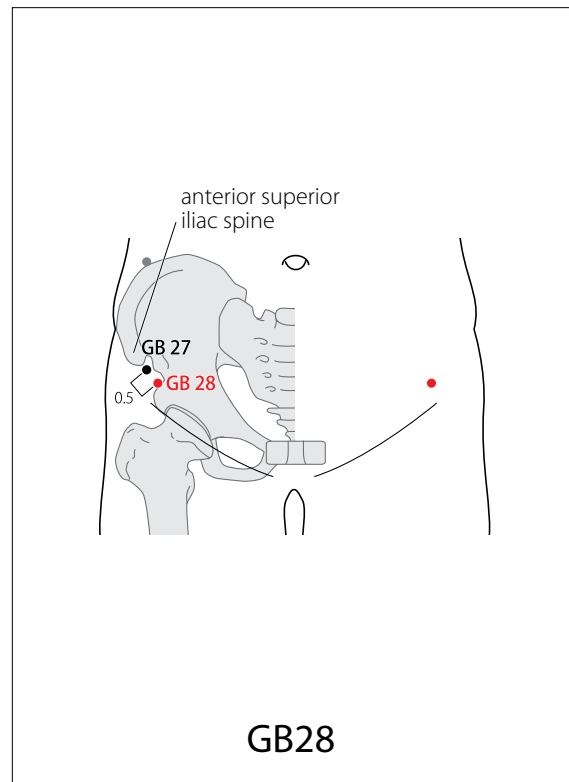
Note: GB27 is 3 B-cun inferior to GB26, at the same level as CV4.



GB28: Weidao 維(维)道(道)

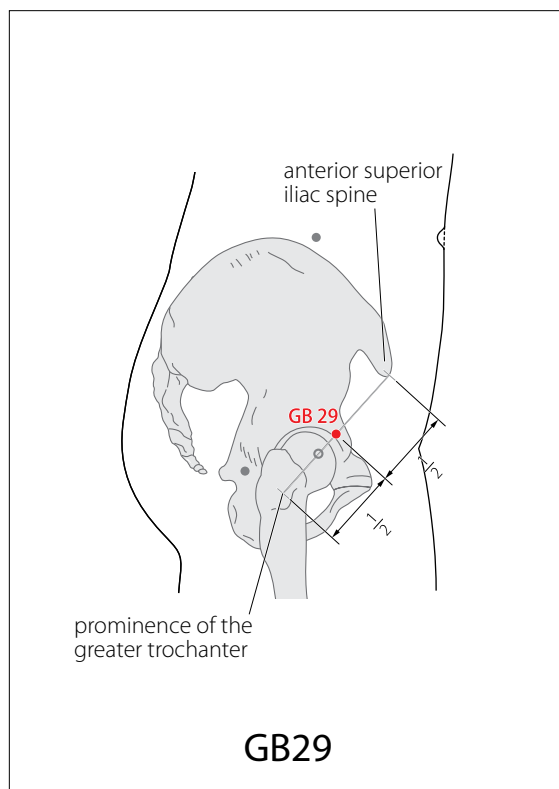
On the lower abdomen, 0.5 B-cun medioinferior to the anterior superior iliac spine.

Note: GB28 is 0.5 B-cun medioinferior to GB27.



GB29: Juliao 居髃(髃)

In the buttock region, midpoint of the line connecting the anterior superior iliac spine and the prominence of the greater trochanter.

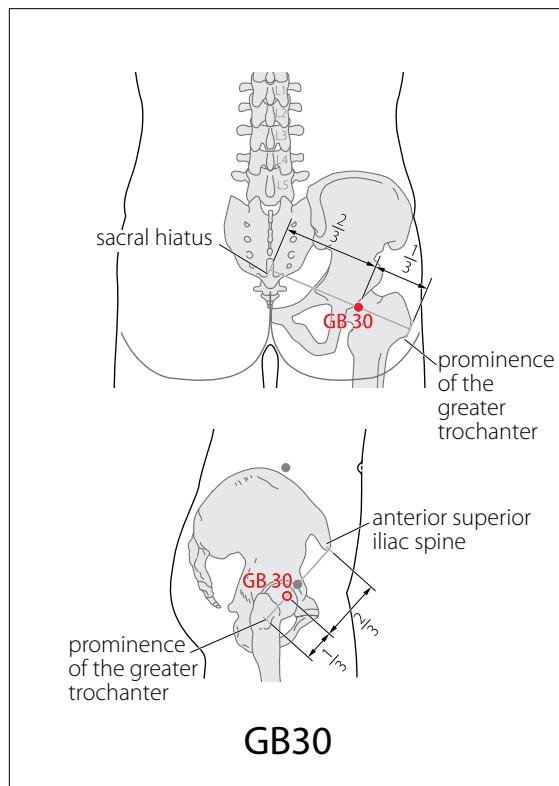


GB30: Huantiao 環(环)跳

In the buttock region, at the junction of the lateral one third and medial two thirds of the line connecting the prominence of the greater trochanter with the sacral hiatus.

Note: GB30 is easier to locate when the subject is lying on the side with the thigh flexed.

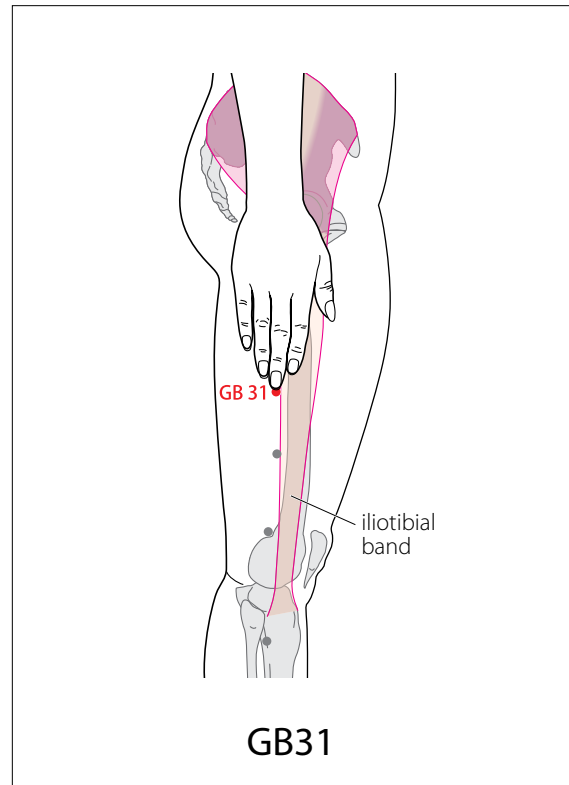
Remarks: Alternative location for GB30 - in the buttock region, at the junction of the lateral one third and medial two thirds of the distance between the prominence of the greater trochanter and the anterior superior iliac spine.



GB31: Fengshi 風(风) 市

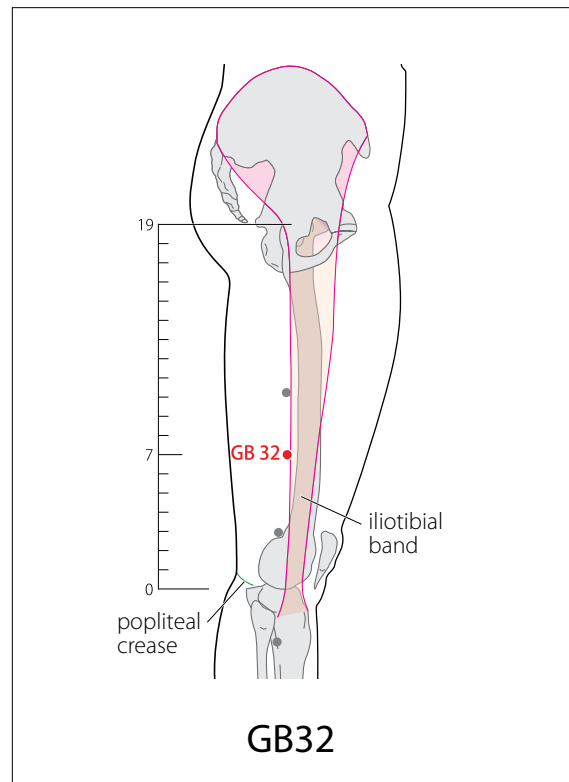
On the lateral aspect of the thigh, in the depression posterior to the iliotibial band where the tip of the middle finger rests, when standing up with the arms hanging alongside the thigh.

Note: GB31 is located by first finding the iliotibial band when the knee is slightly flexed and the hip is abducted against resistance.



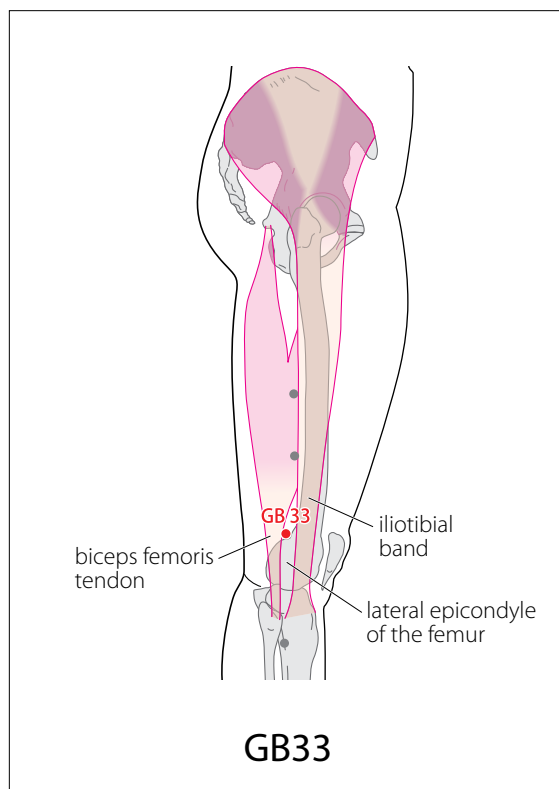
GB32: Zhongdu 中瀆(渎)

On the lateral aspect of the thigh, posterior to the iliotibial band, 7 B-cun superior to the popliteal crease.



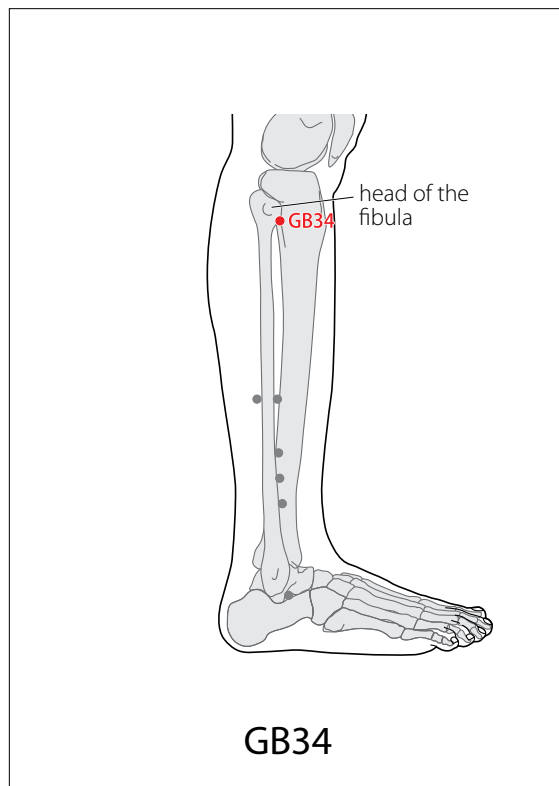
GB33: Xiyangguan 膝陽(阳)關(关, 関)

On the lateral aspect of the knee, in the depression between the biceps femoris tendon and the iliotibial band, posterior and proximal to the lateral epicondyle of the femur.



GB34: Yanglingquan 陽(阳)陵泉

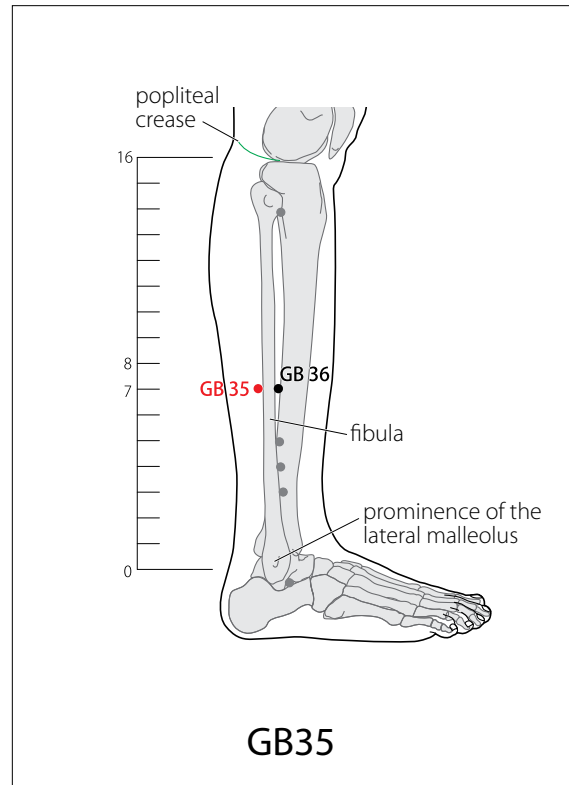
On the fibular aspect of the leg, in the depression anterior and distal to the head of the fibula.



GB35: Yangjiao 陽(阳)交

On the fibular aspect of the leg, posterior to the fibula, 7 B-cun proximal to the prominence of the lateral malleolus.

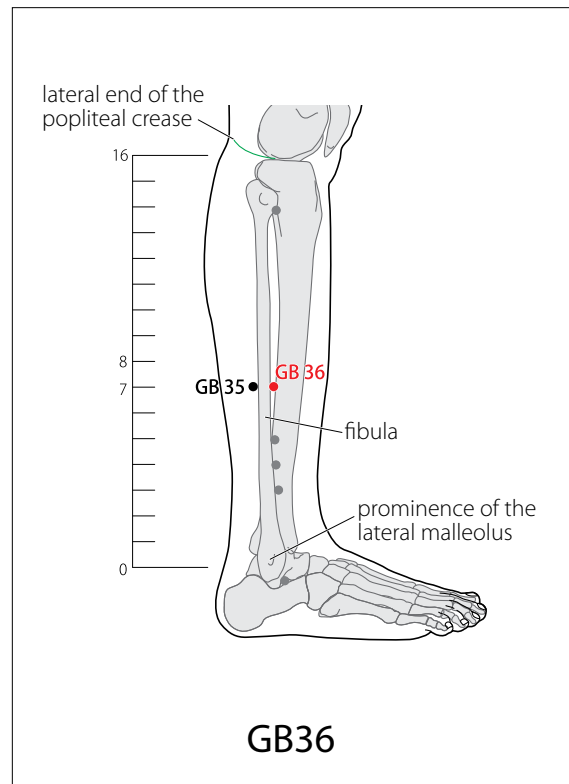
Note: GB35 is located 1 B-cun distal to the midpoint of the line connecting the prominence of the lateral malleolus and the lateral end of the popliteal crease, posterior to GB36.



GB36: Waiqiu 外丘(邱)

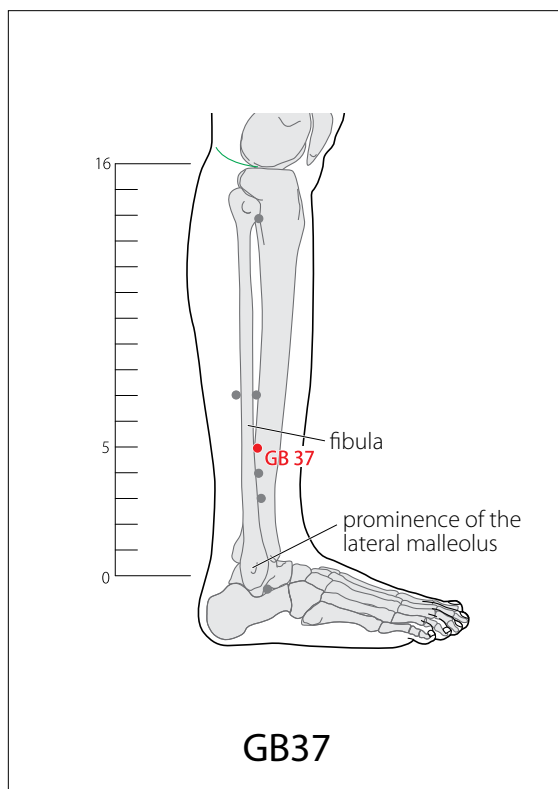
On the fibular aspect of the leg, anterior to the fibula, 7 B-cun proximal to the prominence of the lateral malleolus.

Note: GB36 is located 1 B-cun distal to the midpoint of the line connecting the prominence of the lateral malleolus and the lateral end of the popliteal crease, anterior to GB35.

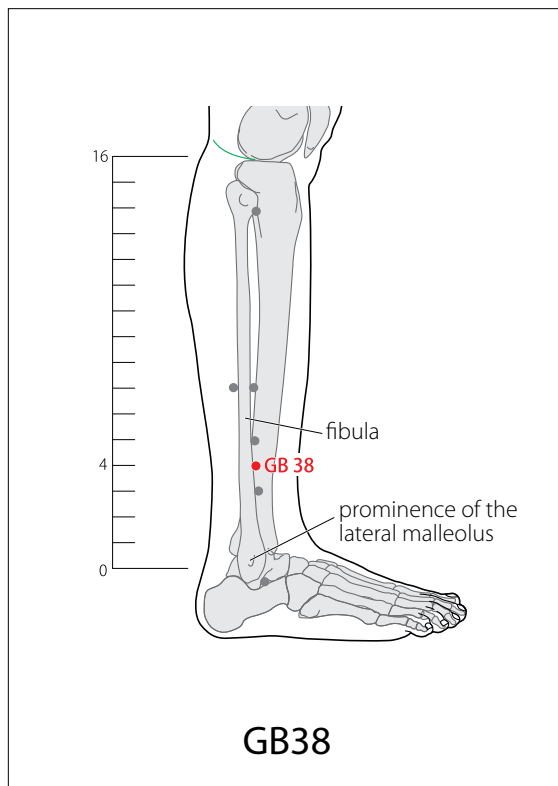


GB37: Guangming 光明

On the fibular aspect of the leg, anterior to the fibula, 5 B-cun proximal to the prominence of the lateral malleolus.

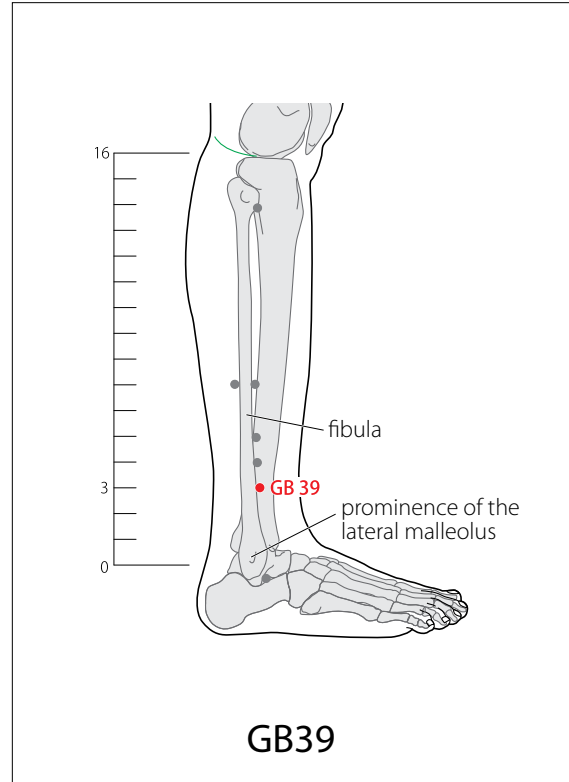
**GB38: Yangfu 陽(阳)輔(辅)**

On the fibular aspect of the leg, anterior to the fibula, 4 B-cun proximal to the prominence of the lateral malleolus.



GB39: Xuanzhong 懸(悬)鍾(钟)

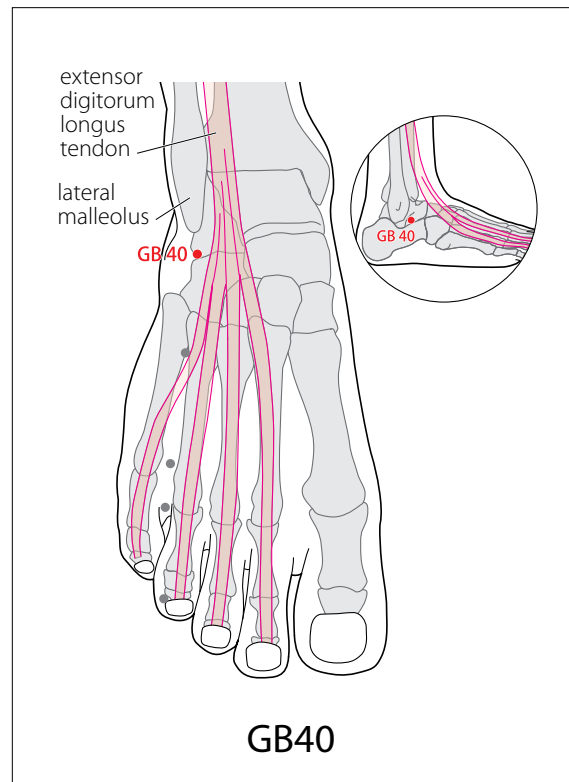
On the fibular aspect of the leg, anterior to the fibula, 3 B-cun proximal to the prominence of the lateral malleolus.



GB40: Qiuxu 丘(坵)墟(墟)

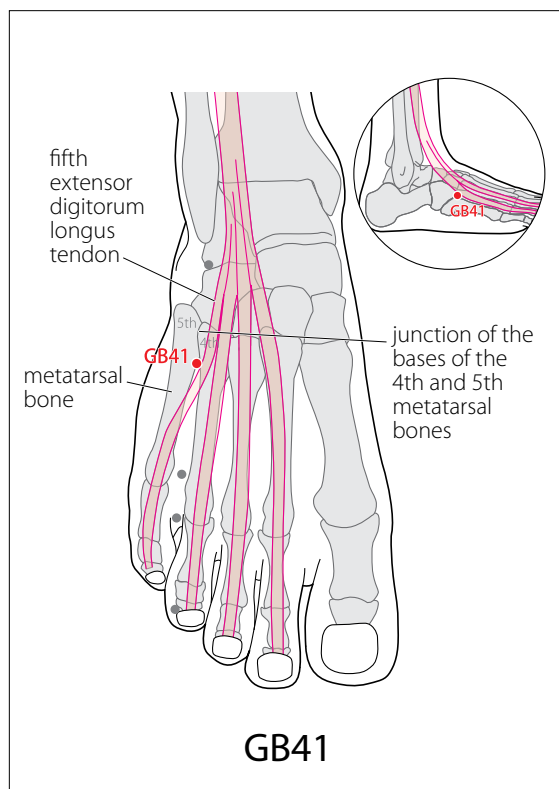
On the anterolateral aspect of the ankle, in the depression lateral to the extensor digitorum longus tendon, anterior and distal to the lateral malleolus.

Note: GB40 is easier to locate by finding the extensor digitorum longus tendon when the second to fifth toes are extended against resistance.



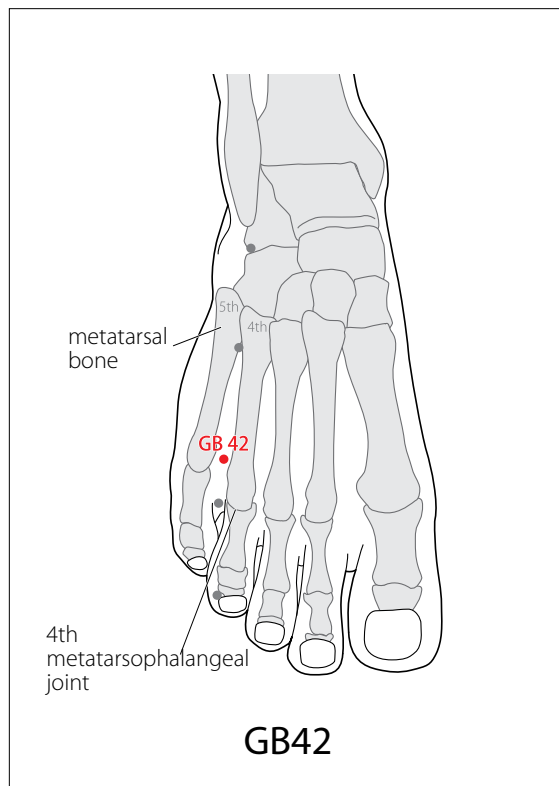
GB41: Zulinqi 足臨(临)泣

On the dorsum of the foot, distal to the junction of the bases of the fourth and fifth metatarsal bones, in the depression lateral to the fifth extensor digitorum longus tendon.



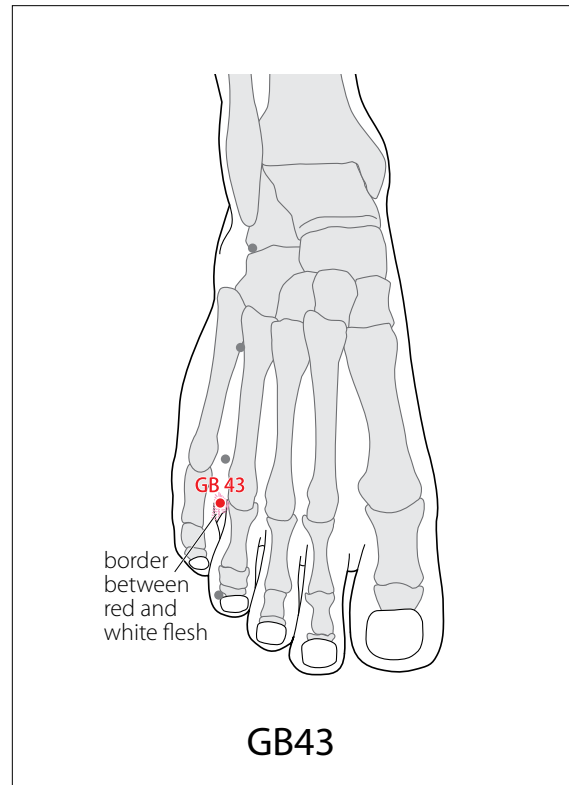
GB42: Diwuhui 地五會(会)

On the dorsum of the foot, between the fourth and fifth metatarsal bones, in the depression proximal to the fourth metatarsophalangeal joint.

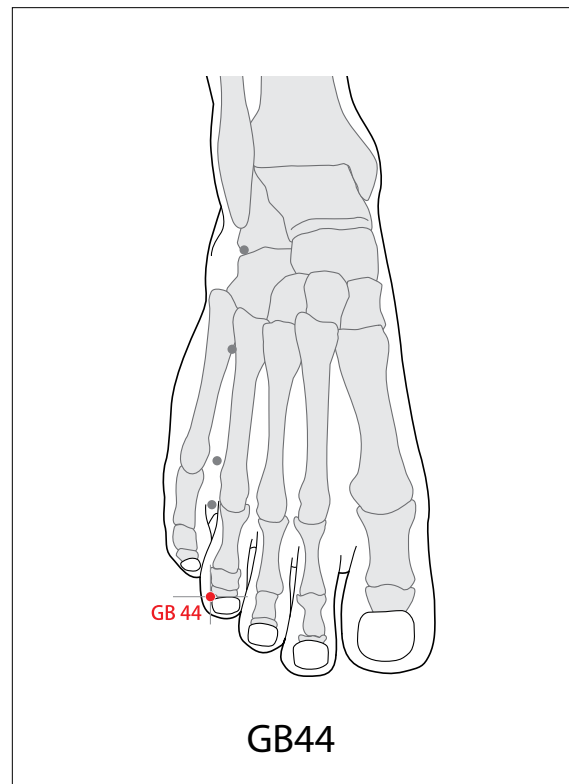


GB43: Xiashi 俠(俠)谿(溪)

On the dorsum of the foot, between the fourth and fifth toes, proximal to the web margin, at the border between the red and white flesh.

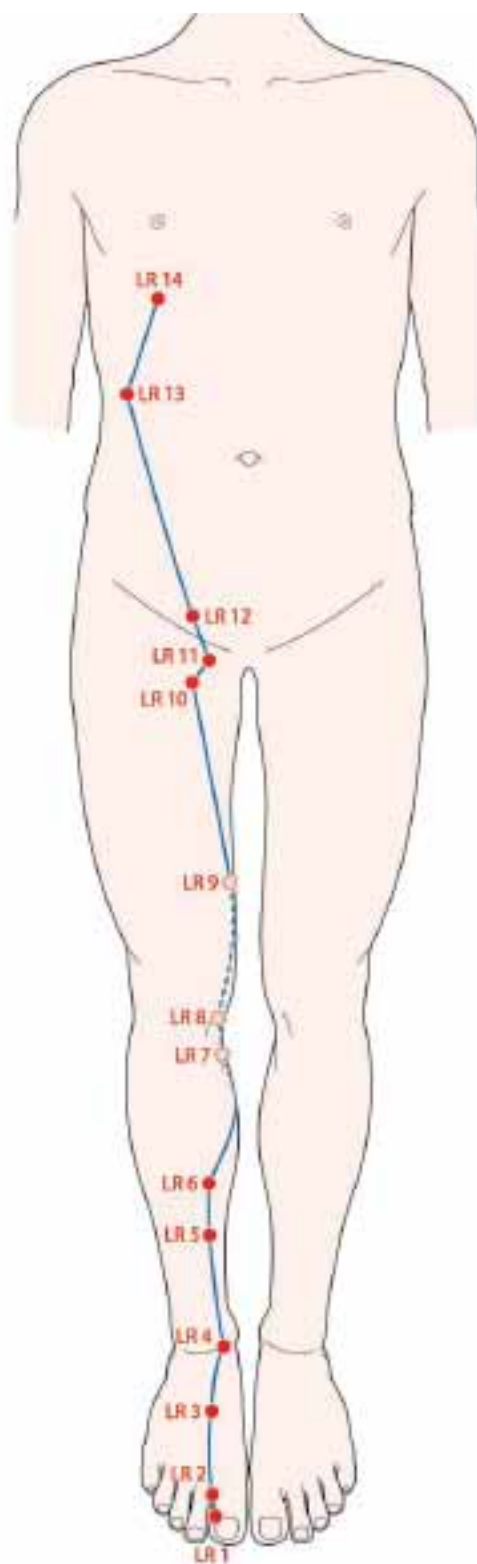
**GB44: Zuqiaoyin 足竅(窍)陰(阴)**

On the fourth 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 fourth toenail.



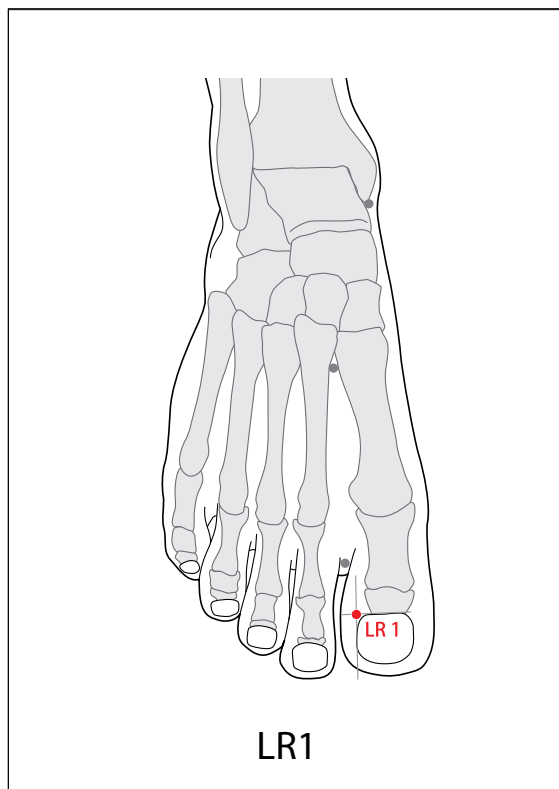
LIVER MERIDIAN

足厥陰(阴)肝經(经, 經)

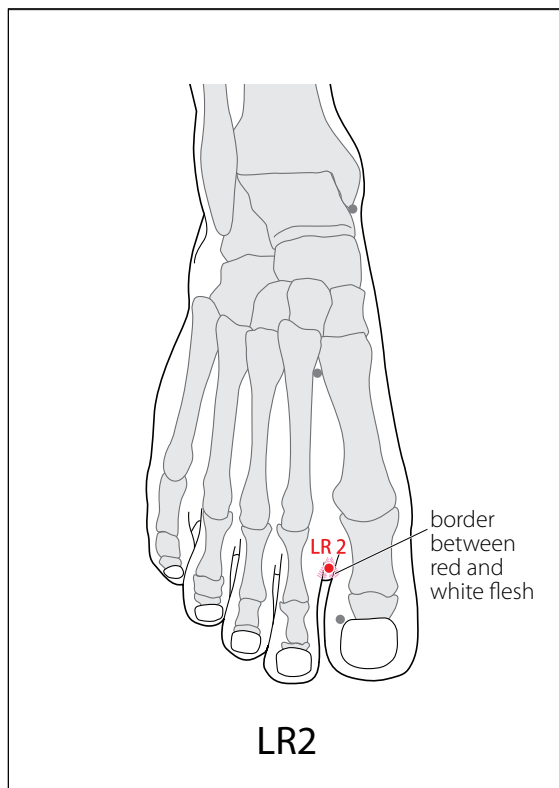


LR1: Dadun 大敦

On the great 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.

**LR2: Xingjian 行间 (间)**

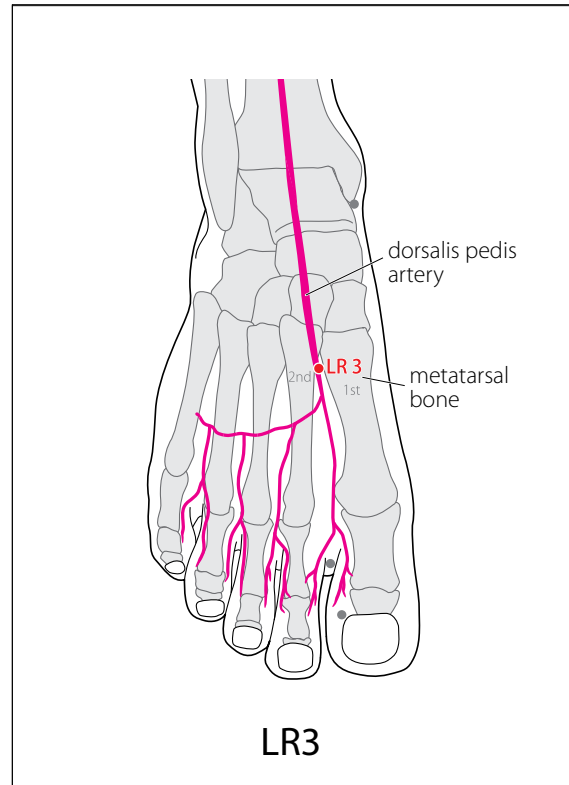
On the dorsum of the foot, between the first and second toes, proximal to the web margin, at the border between the red and white flesh.



LR3: Taichong 太衝 (冲)

On the dorsum of the foot, between the first and second metatarsal bones, in the depression distal to the junction of the bases of the two bones, over the dorsalis pedis artery.

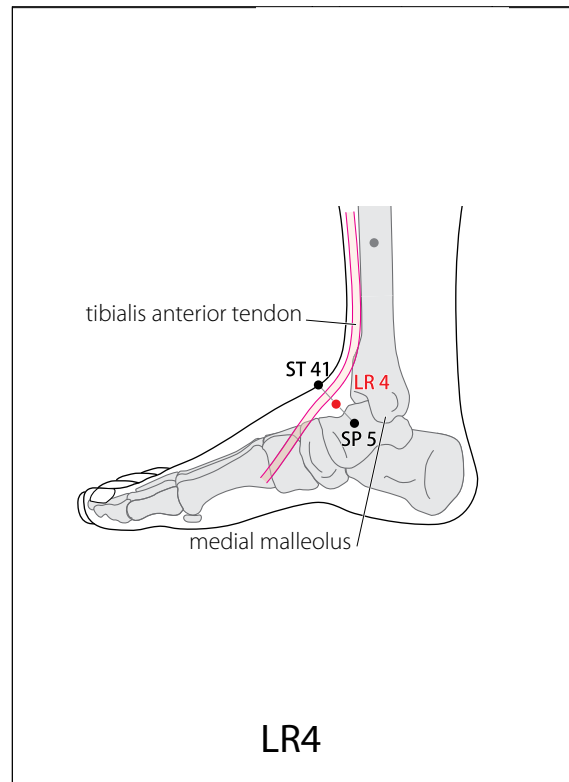
Note: LR3 can be felt in the depression when moving proximally from LR2 in the gap between the first and second metatarsal bones towards the base of two metatarsal bones.



LR4: Zhongfeng 中封

On the anteromedial aspect of the ankle, in the depression medial to the tibialis anterior tendon, anterior to the medial malleolus.

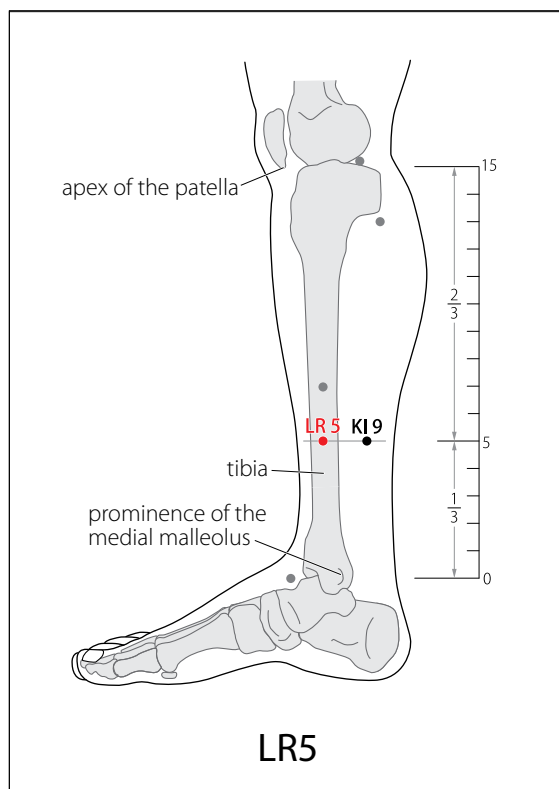
Note: LR4 is located midway between SP5 and ST41.



LR5: Ligou 蠡沟(沟)

On the anteromedial aspect of the leg, at the centre of the medial border (surface) of the tibia, 5 B-cun proximal to the prominence of the medial malleolus.

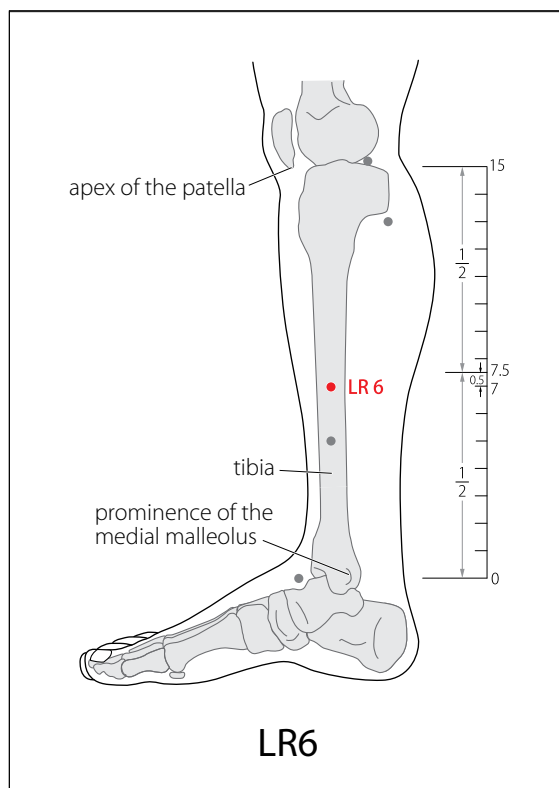
Note: LR5 is located at the same level as the upper two thirds and lower one third of the line connecting the apex of the patella with the prominence of the medial malleolus, at the centre of the medial border (surface) of the tibia, at the same level as KI9.



LR6: Zhongdu 中都(都)

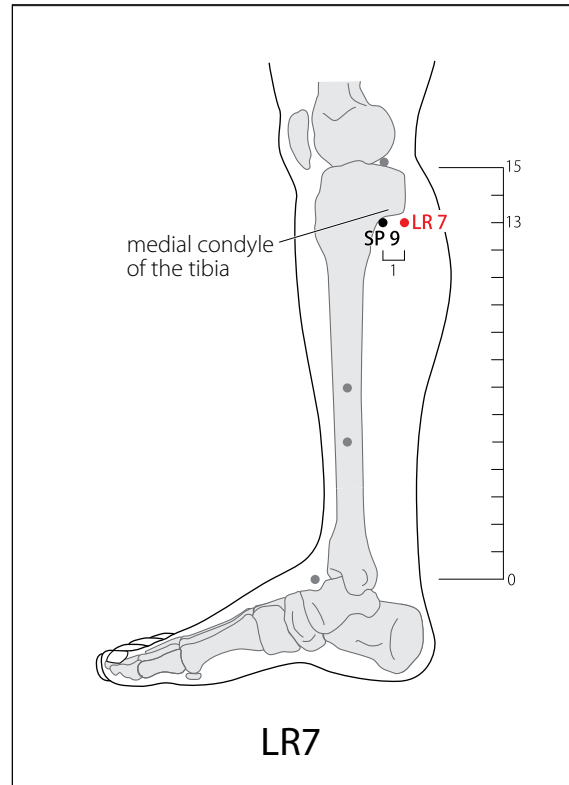
On the anteromedial aspect of the leg, at the centre of the medial border (surface) of the tibia, 7 B-cun proximal to the prominence of the medial malleolus.

Note: LR6 is located at 0.5 B-cun inferior to the midpoint of the line connecting the apex of the patella with the prominence of the medial malleolus, at the centre of the medial border (surface) of the tibia.



LR7: Xiguan 膝關 (关, 関)

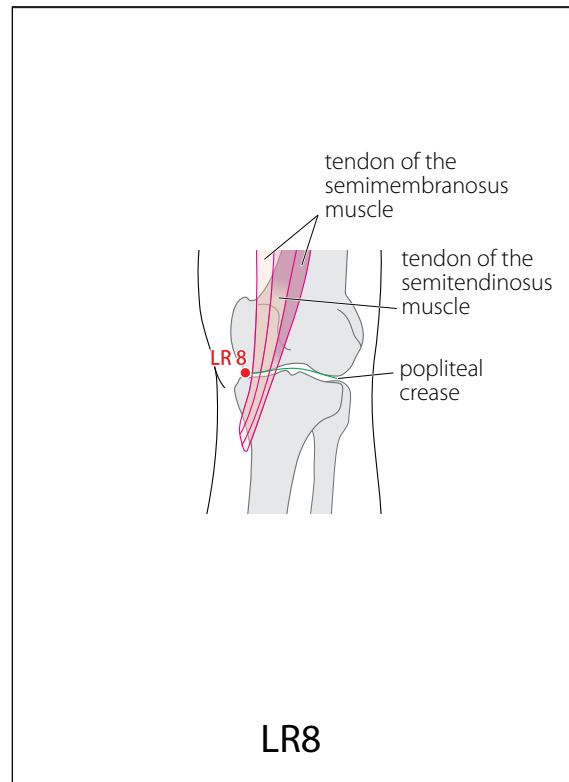
On the tibial aspect of the leg, inferior to the medial condyle of the tibia, 1 B-cun posterior to SP9.



LR8: Ququan 曲泉

On the medial aspect of the knee, in the depression medial to the tendons of the semitendinosus and the semimembranosus muscles, at the medial end of the popliteal crease.

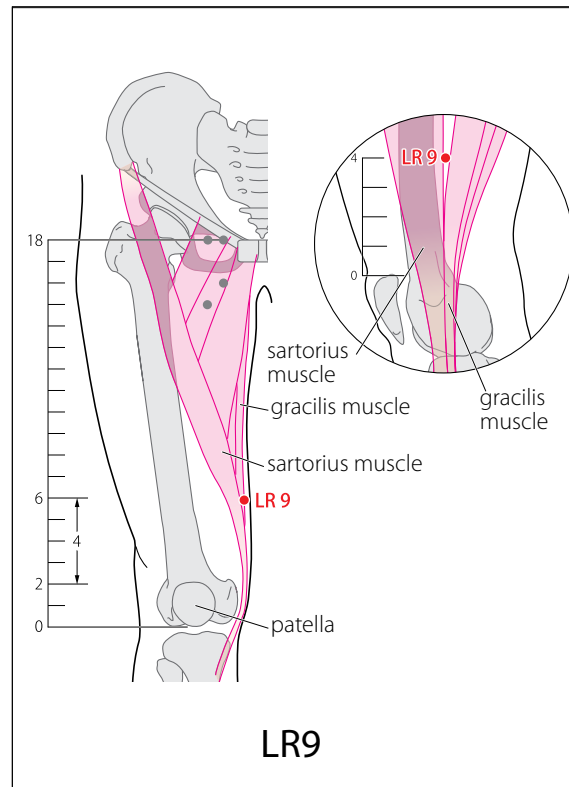
Note: With the knee flexed, LR8 is located in the depression medial to the most prominent tendon on the medial end of the popliteal crease.



LR9: Yinbao 陰(阴)包(包)

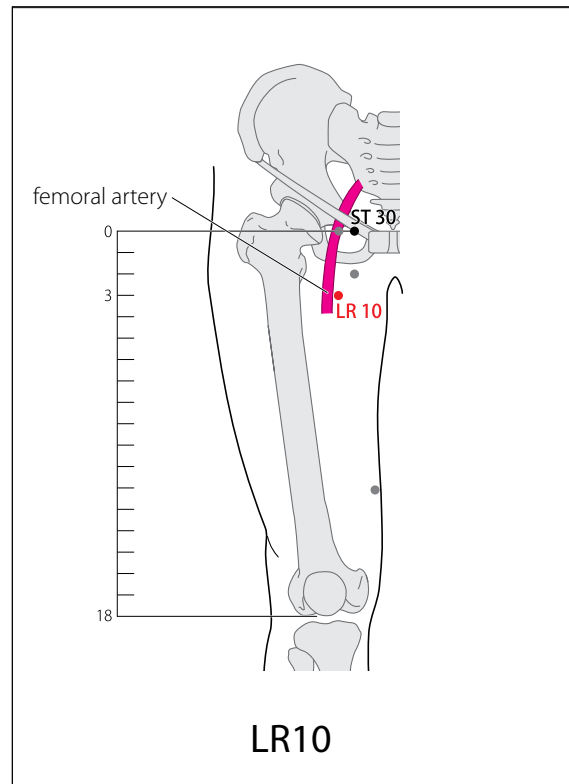
On the medial aspect of the thigh, between the gracilis and the sartorius muscles, 4 B-cun proximal to the base of the patella.

Note: With the hip slightly flexed and abducted and with the muscle under tension, the sartorius muscle becomes more distinct. LR 9 is located posterior to the sartorius muscle.



LR10: Zuwuli 足五里

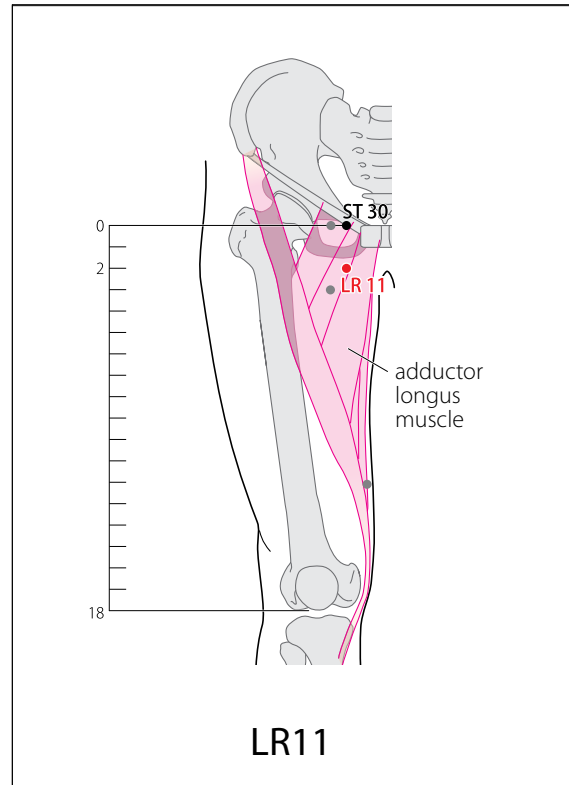
On the medial aspect of the thigh, 3 B-cun distal to ST30, over the artery.



LR11: Yinlian 陰(阴)廉

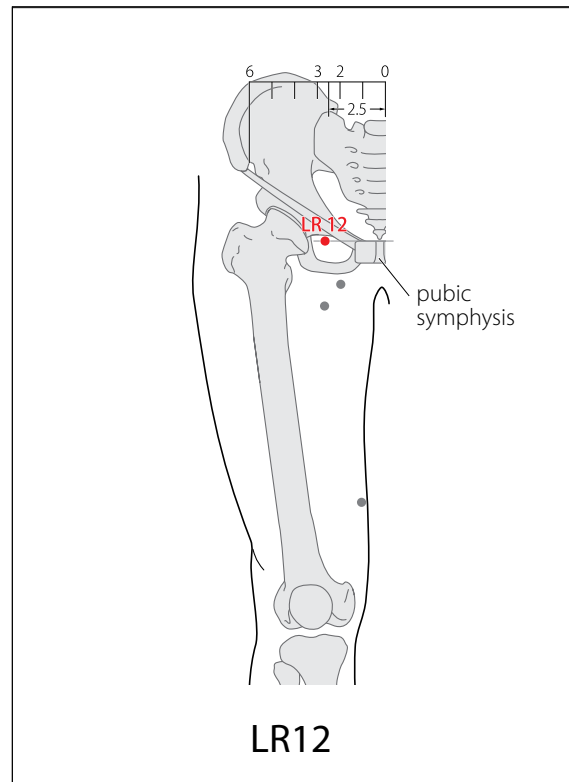
On the medial aspect of the thigh, 2 B-cun distal to ST30.

Note: LR11 is located lateral to the adductor longus muscle. When the thigh is adducted against resistance with the hip slightly flexed and abducted, the knee flexed, the adductor longus muscle becomes more distinct.



LR12: Jimai 急脈(脉)

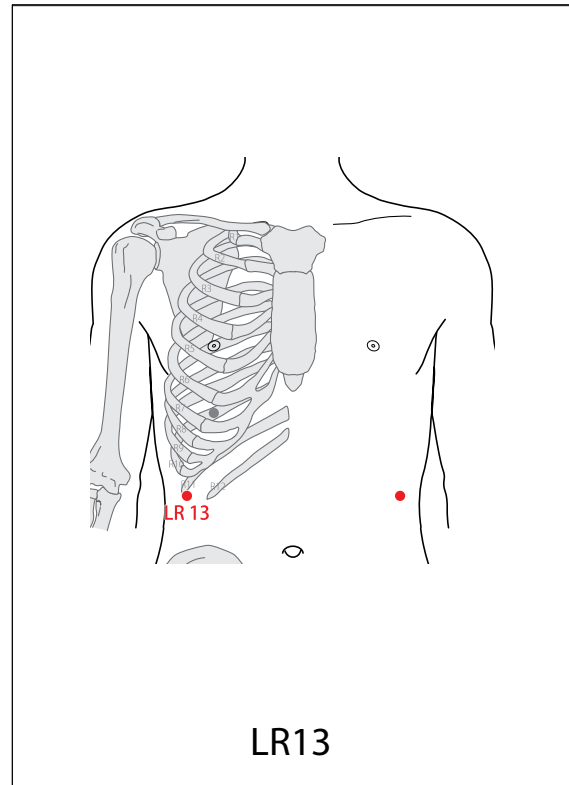
In the groin region, at the same level as the superior border of the pubic symphysis, and 2.5 B-cun lateral to the anterior median line.



LR13: Zhangmen 章門 (门)

On the lateral abdomen, inferior to the free extremity of the 11th rib.

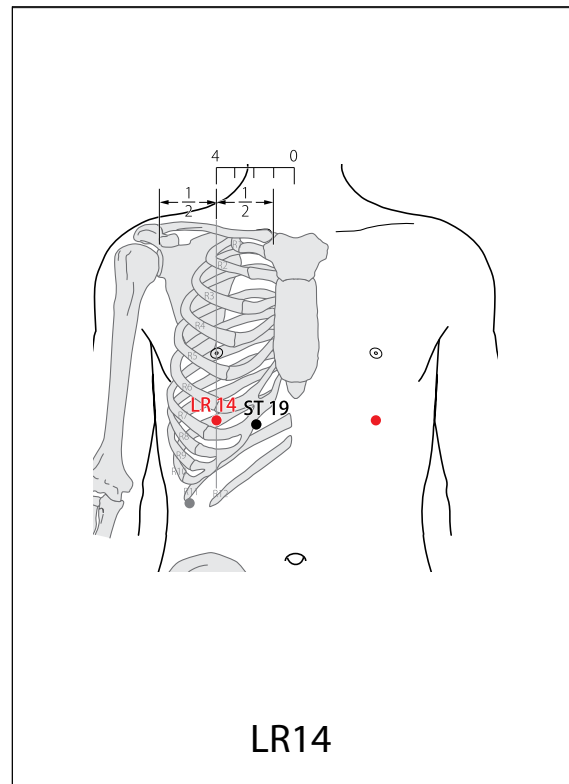
Note: LR13 can be located while the subject is lying on the side with the shoulder flexed. The free extremity of the 11th rib can be palpated below the inferior border of the costal arch.



LR14: Qimen 期門 (门)

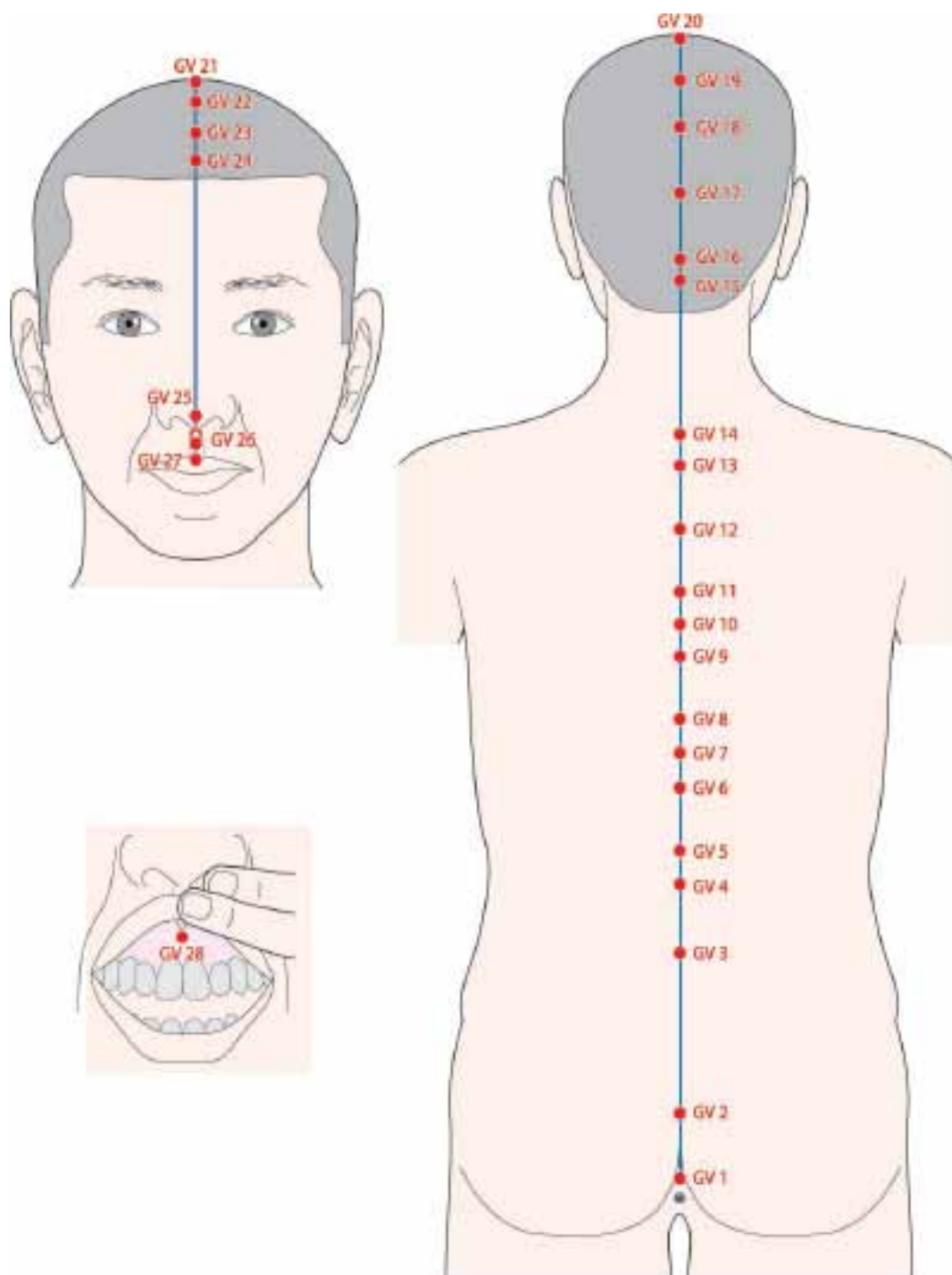
In the anterior thoracic region, in the sixth intercostal space, 4 B-cun lateral to the anterior median line.

Note: LR14 is inferior to the centre of the nipple, 2 B-cun lateral to ST19. In females, LR14 is located at the intersection of the midclavicular line and the sixth intercostal space.



GOVERNOR VESSEL

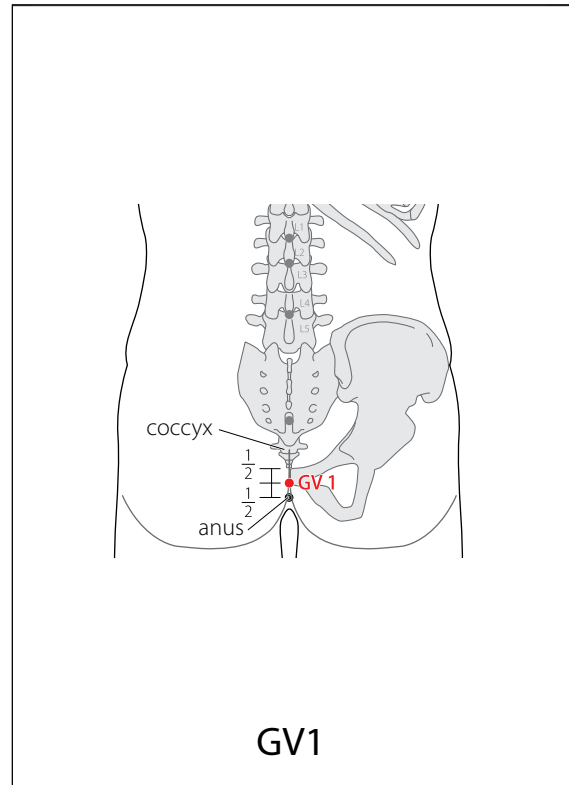
督脈(脉)



GV1: Changqiang 長(长)強

In the perineal region, inferior to the coccyx, midway between the tip of the coccyx and the anus.

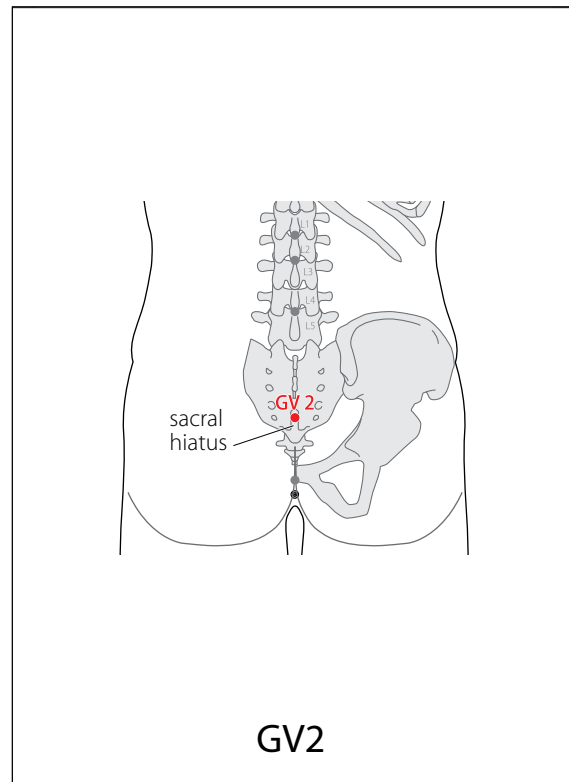
Note: The subject may be in prone position or knee-chest position.



GV2: Yaoshu 腰俞(俞)

In the sacral region, at the sacral hiatus, on the posterior median line.

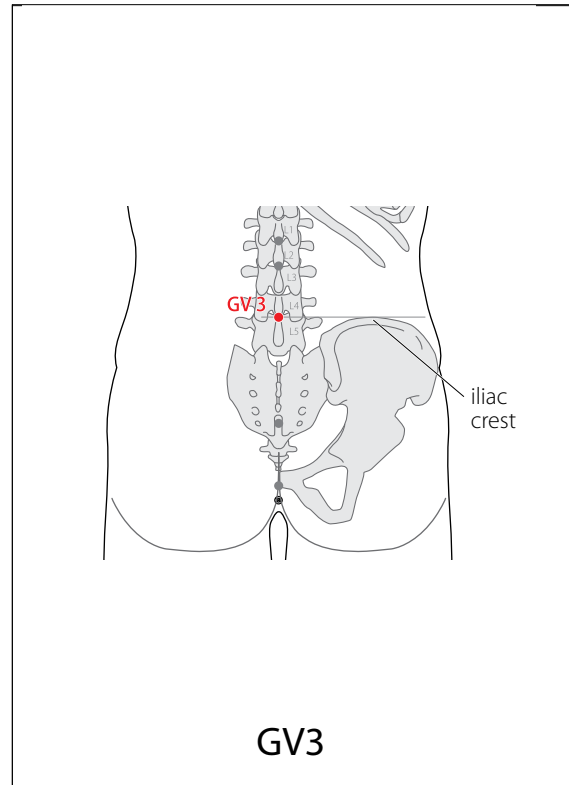
Note: The sacral hiatus is a small depression immediately above the anal cleft.



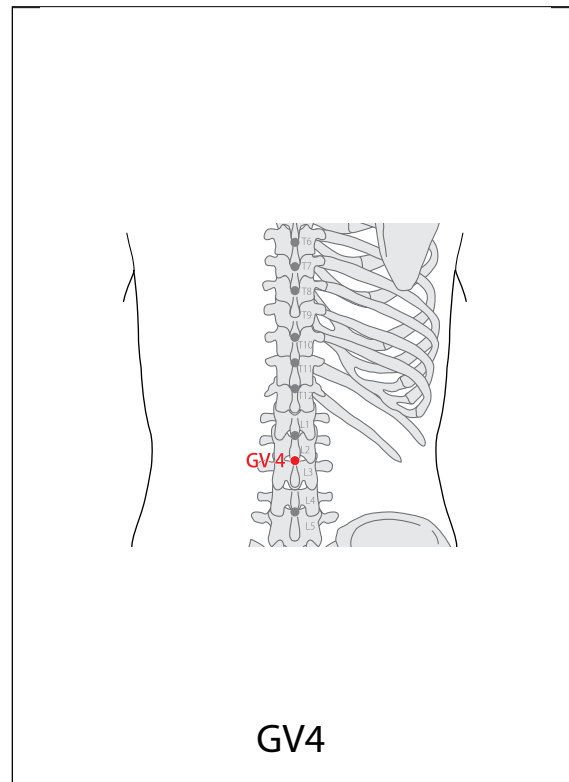
GV3: Yaoyangguan 腰陽(阳)關(关, 関)

In the lumbar region, in the depression inferior to the spinous process of the fourth lumbar vertebra (L4), on the posterior median line.

Note: GV3 can be located by first palpating the highest points of the iliac crests and the spinous process of the fourth lumbar vertebra (L4) can then be found at the midpoint of the highest points of both iliac crests.

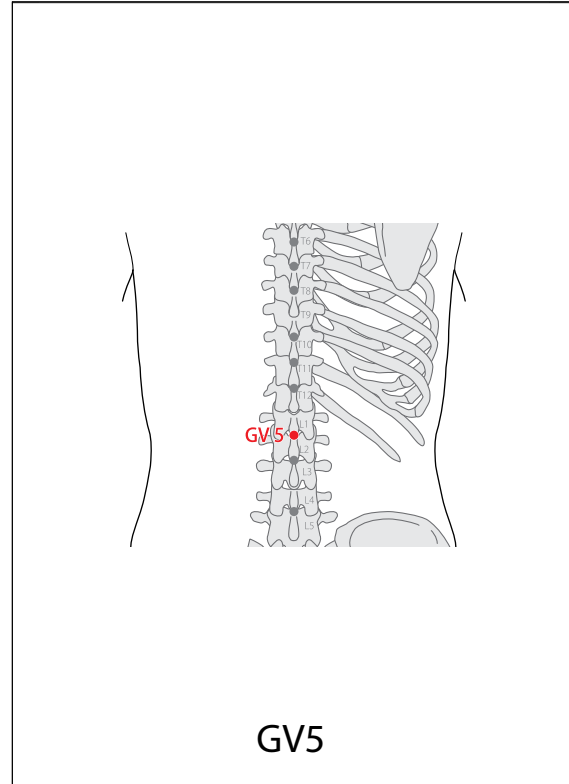
**GV4: Mingmen 命門(门)**

In the lumbar region, in the depression inferior to the spinous process of the second lumbar vertebra (L2), on the posterior median line.



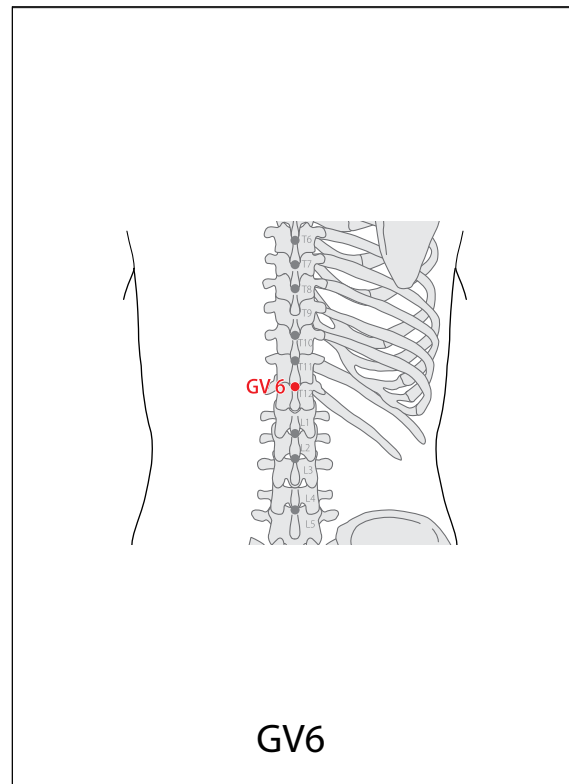
GV5: Xuanshu 懸(悬)樞(枢)

In the lumbar region, in the depression inferior to the spinous process of the first lumbar vertebra (L1), on the posterior median line.



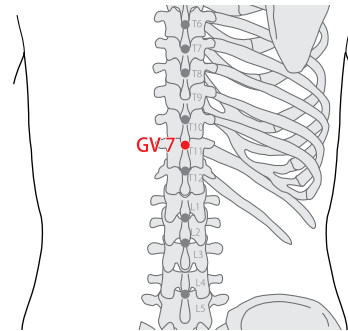
GV6: Jizhong 脊中

In the upper back region, in the depression inferior to the spinous process of the 11th thoracic vertebra (T11), on the posterior median line.

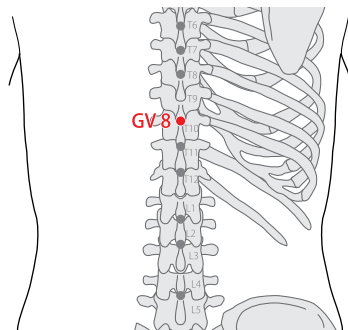


GV7: Zhongshu 中樞(枢)

In the upper back region, in the depression inferior to the spinous process of the tenth thoracic vertebra (T10), on the posterior median line.

**GV7****GV8: Jinsuo 筋縮(缩)**

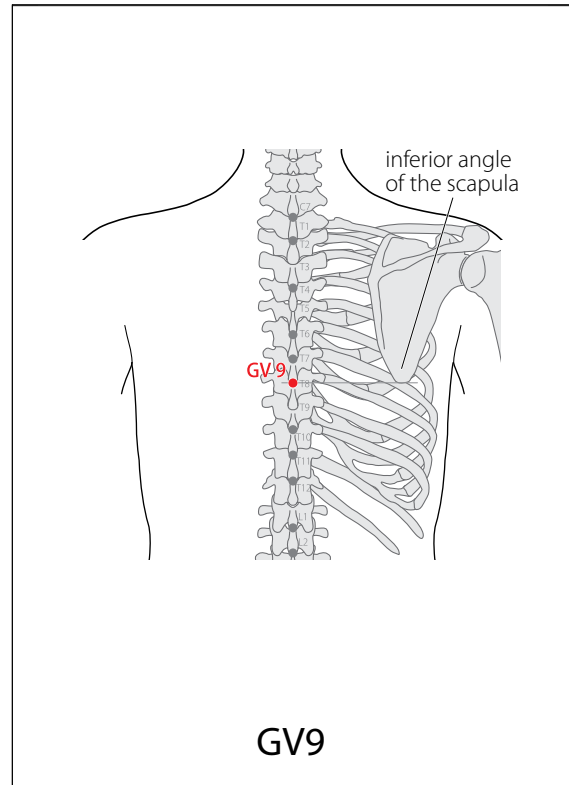
In the upper back region, in the depression inferior to the spinous process of the ninth thoracic vertebra (T9), on the posterior median line.

**GV8**

GV9: Zhiyang 至陽(阳)

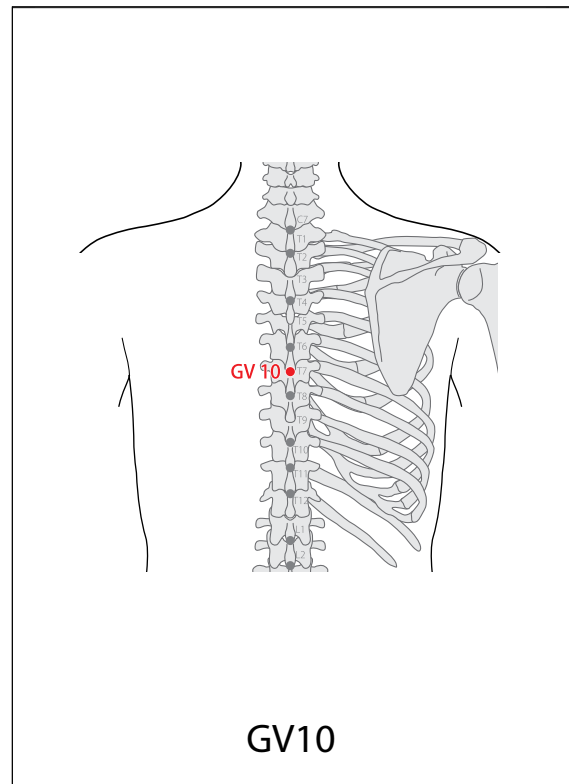
In the upper back region, in the depression inferior to the spinous process of the seventh thoracic vertebra (T7), on the posterior median line.

Note: The depression inferior to the spinous process of the seventh thoracic vertebra (T7) which is at the intersection of two imaginary lines: the posterior midline and the horizontal line of the inferior border of the inferior angle of the scapula.



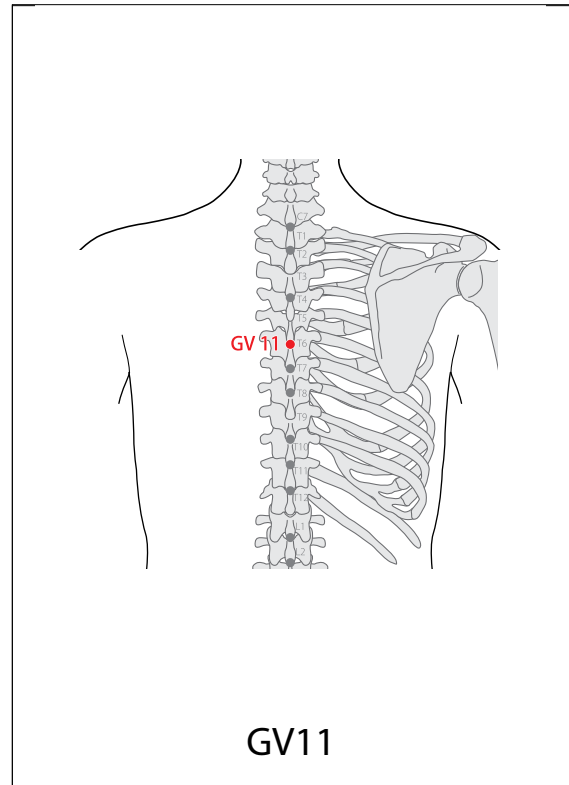
GV10: Lingtai 靈(灵, 靈)臺(台)

In the upper back region, in the depression inferior to the spinous process of the sixth thoracic vertebra (T6), on the posterior median line.



GV11: Shendao 神(神)道(道)

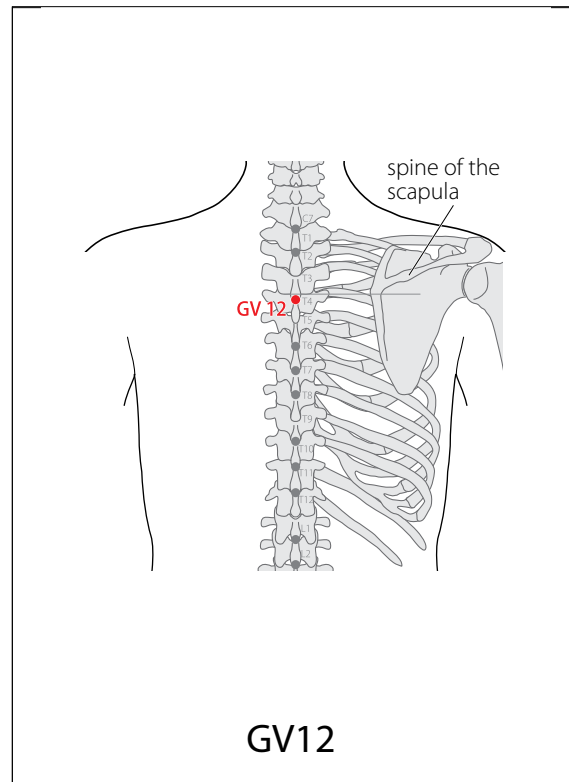
In the upper back region, in the depression inferior to the spinous process of the fifth thoracic vertebra (T5), on the posterior median line.



GV12: Shenzhu 身柱

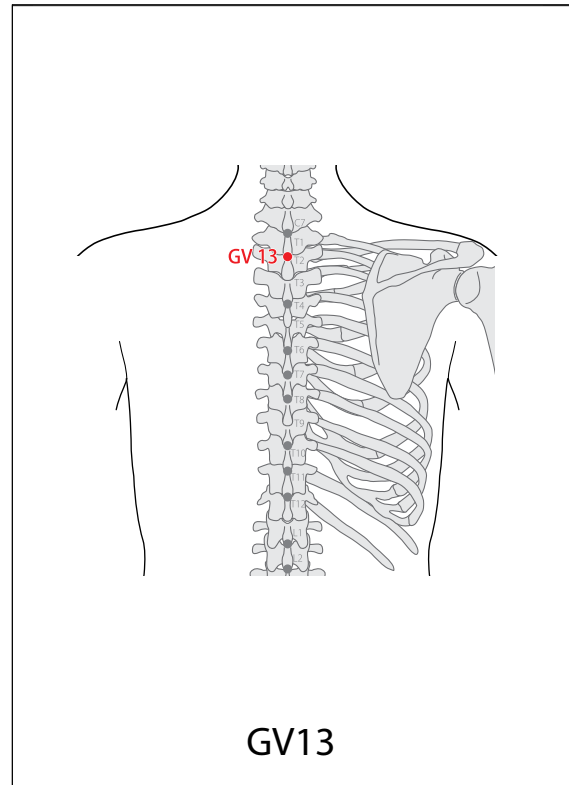
In the upper back region, in the depression inferior to the spinous process of the third thoracic vertebra (T3), on the posterior median line.

Note: The depression inferior to the spinous process of the third thoracic vertebra (T3) which is at the intersection of two imaginary lines: the posterior median line and the horizontal line of the medial end of the spine of the scapula.



GV13: Taodao 陶道 (道)

In the upper back region, in the depression inferior to the spinous process of the first thoracic vertebra (T1), on the posterior median line.

**GV14: Dazhui 大椎**

In the posterior region of the neck, in the depression inferior to the spinous process of the seventh cervical vertebra (C7), on the posterior median line.

Note 1: When the head is in a neutral position while the subject is seated, the most prominent site on the posterior aspect of the neck is the spinous process of the seventh cervical vertebra (C7). Forward flexion of the neck may facilitate palpation of the C7 spinous process.

Note 2: Slight rotation of C7 can be palpated by rotating the head with the neck slightly flexed.

