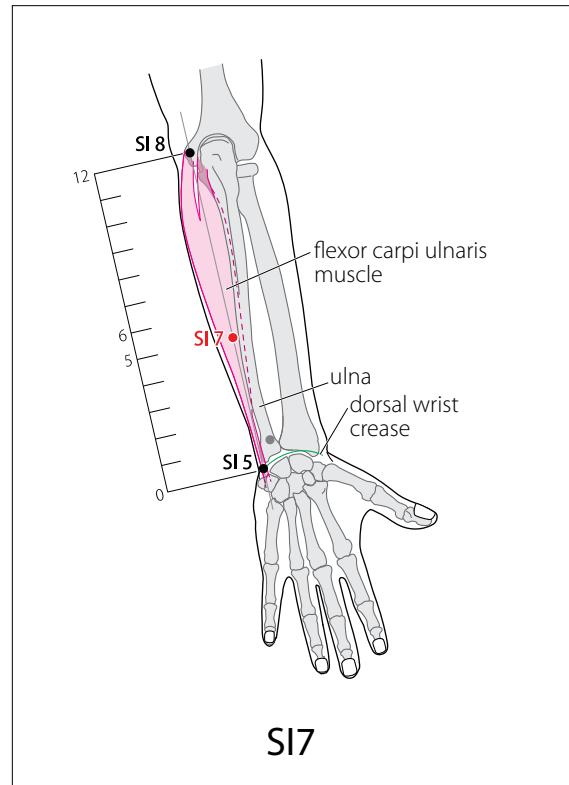


SI7: Zhizheng 支正

On the posteromedial aspect of the forearm, between the medial border of the ulnar bone and the flexor carpi ulnaris muscle, 5 B-cun proximal to the dorsal wrist crease.

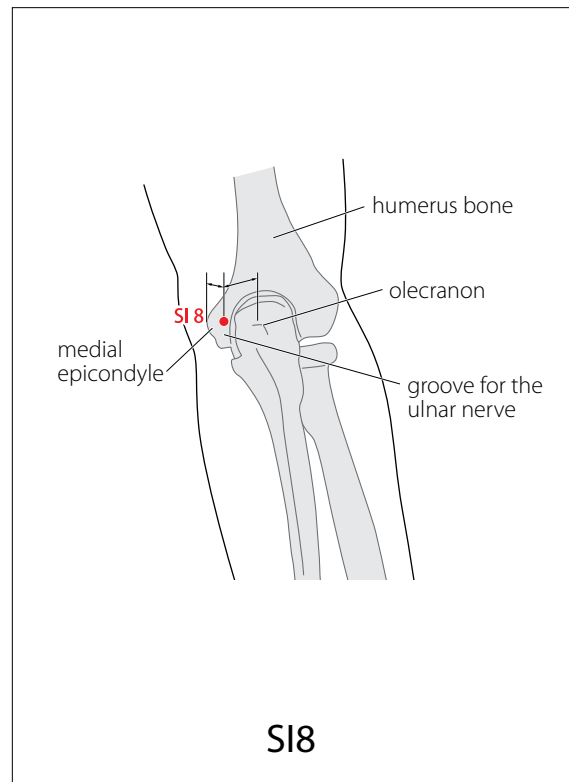
Note: 1 B-cun distal to the midpoint of the line connecting SI5 with SI8.



SI8: Xiaohai 小海 (海)

On the posteromedial aspect of the elbow, in the depression between the olecranon and the medial epicondyle of the humerus bone.

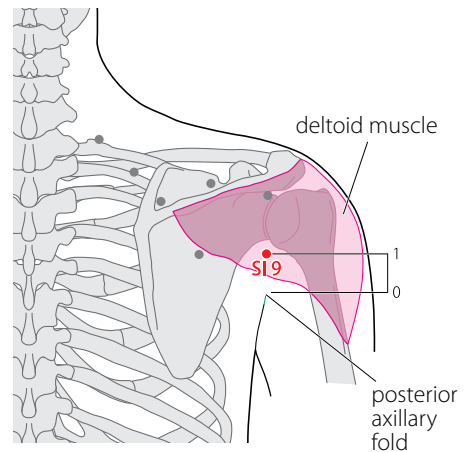
Note: When the elbow is slightly flexed, SI 8 is located in the groove for the ulnar nerve.



SI9: Jianzhen 肩貞(貞)

On the shoulder girdle, posteroinferior to the shoulder joint, 1 B-cun superior to the posterior axillary fold.

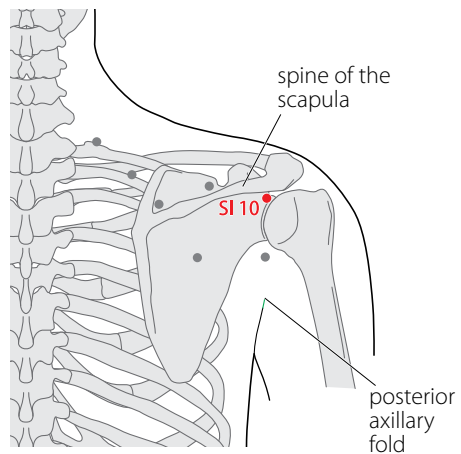
Note: When the arm is adducted, SI 9 is located 1 B-cun superior to the posterior axillary fold, posterior to the deltoid muscle.



SI9

SI10: Naoshu 臑俞(俞)

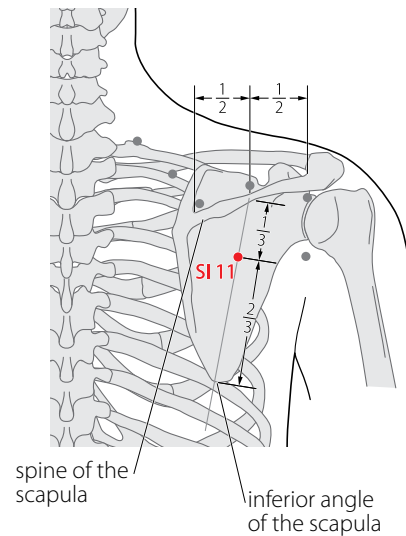
On the shoulder girdle, superior to the posterior axillary fold, in the depression inferior to the spine of the scapula.



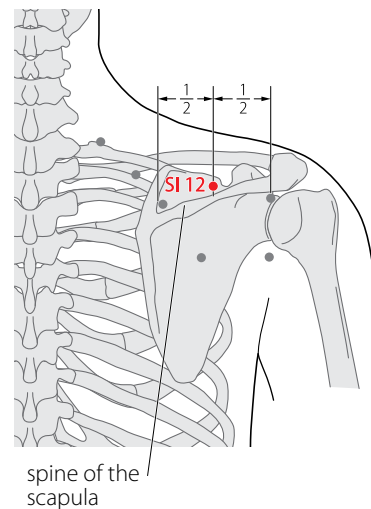
SI10

SI11: Tianzong 天宗

In the scapular region, in the depression between the upper one third and lower two thirds of the line connecting the midpoint of the spine of the scapula with the inferior angle of the scapula.

**SI11****SI12: Bingfeng 秉風 (风)**

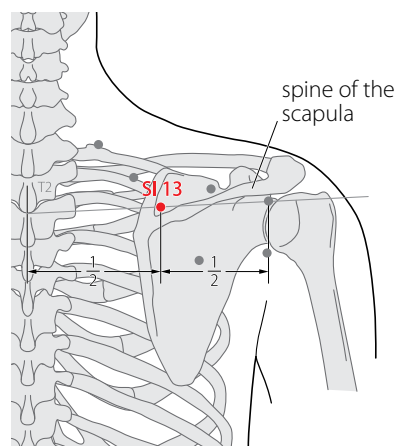
In the scapular region, in the supraspinatous fossa, superior to the midpoint of the spine of the scapula.

**SI12**

SI13: Quyuan 曲垣

In the scapular region, in the depression superior to the medial end of the spine of the scapula.

Note: SI13 is located at the midpoint of the line connecting SI10 with the spinous process of the second thoracic vertebra (T2).



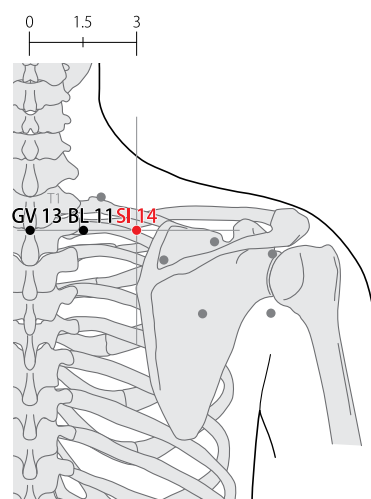
SI13

SI14: Jianwaishu 肩外俞 (俞)

In the upper back region, at the same level as the inferior border of the spinous process of the first thoracic vertebra (T1), 3 B-cun lateral to the posterior median line.

Note 1: SI14 is located at the intersection of two imaginary lines: the vertical line of the medial extremity of the spine of the scapula and the horizontal line inferior to the spinous process of the first thoracic vertebra (T1).

Note 2: SI14 is located at the same level as BL11, GV13, and the inferior border of the spinous process of the first thoracic vertebra (T1).

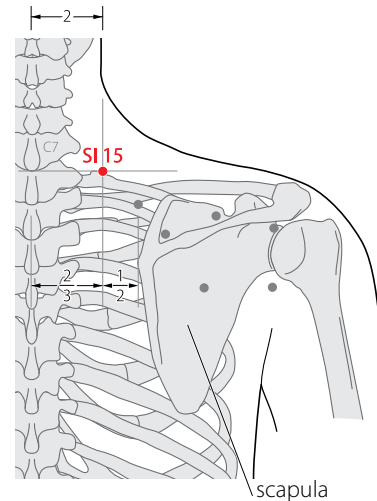


SI14

SI15: Jianzhongshu 肩中俞 (俞)

In the upper back region, at the same level as the inferior border of the spinous process of the seventh cervical vertebra (C7), 2 B-cun lateral to the posterior median line.

Note: SI15 is located at the intersection of two imaginary lines: the vertical line of the junction of the lateral one third and the medial two thirds of the line connecting the posterior median line with the medial border of the scapula and the horizontal line inferior to the spinous process of the seventh cervical vertebra (C7).



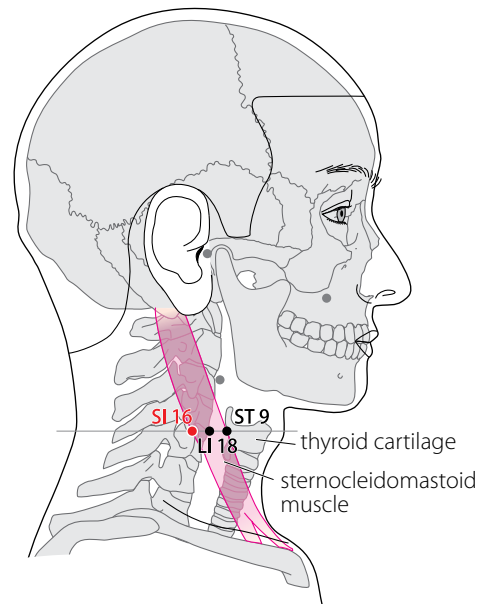
SI15

SI16: Tianchuang 天窗 (窓)

In the anterior region of the neck, posterior to the sternocleidomastoid muscle, at the same level as the superior border of the thyroid cartilage.

Note 1: The sternocleidomastoid muscle is more distinct when the head is turned to the opposite side against resistance.

Note 2: SI16 is located at the same level as ST9, LI18 and the superior border of the thyroid cartilage. ST9 is located anterior to the sternocleidomastoid muscle, SI16, posterior to the sternocleidomastoid muscle and LI18, midway between the anterior and posterior borders of the sternocleidomastoid muscle.

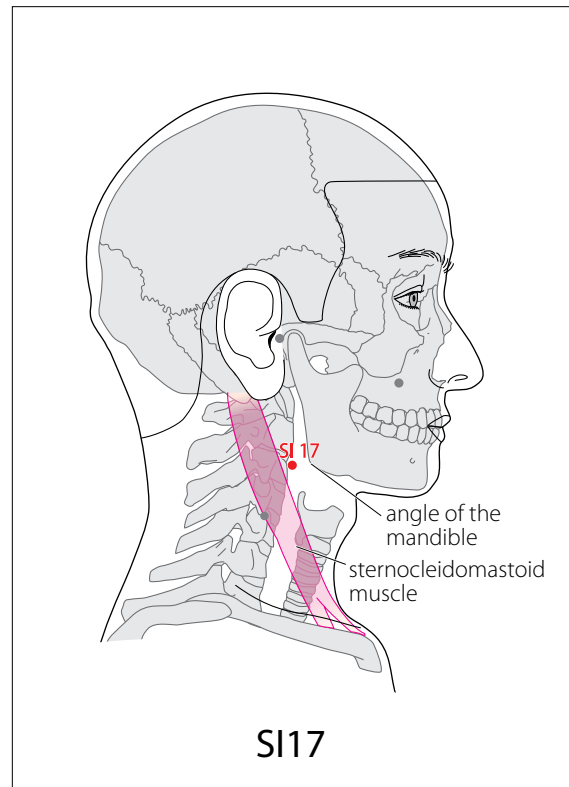


SI16

SI17: Tianrong 天容

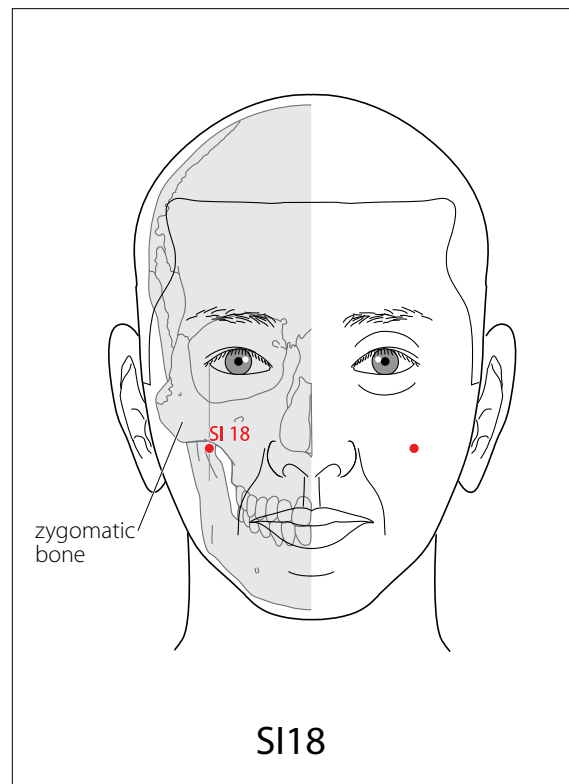
In the anterior region of the neck, posterior to the angle of the mandible, in the depression anterior to the sternocleidomastoid muscle.

Note: The sternocleidomastoid muscle is more distinct when the head is turned to the opposite side against resistance.



SI18: Quanliao 顴(顴)髎(髎)

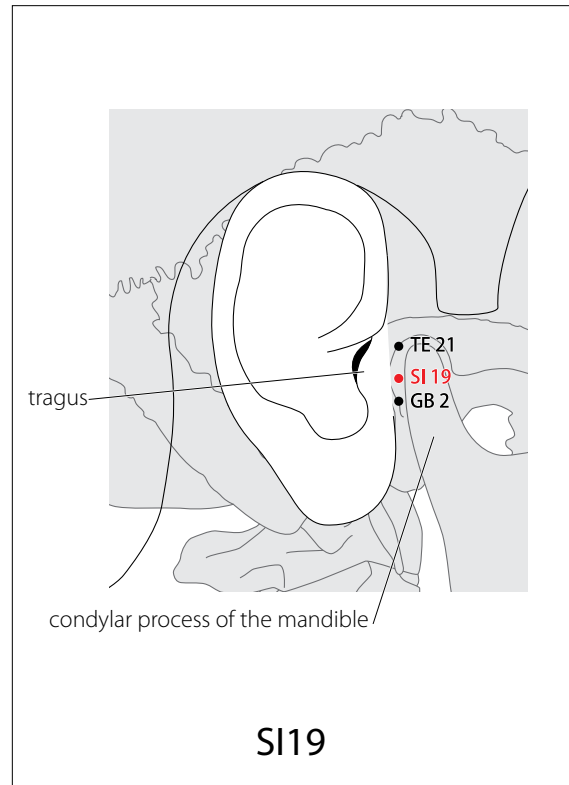
On the face, inferior to the zygomatic bone, in the depression directly inferior to the outer canthus of the eye.



SI19: Tinggong 聽(听, 聽)宮(宫)

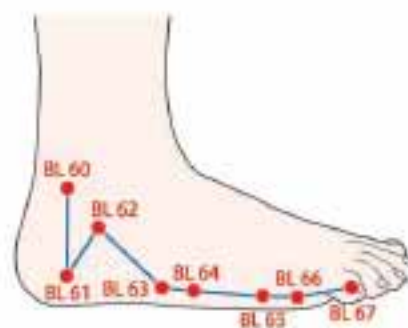
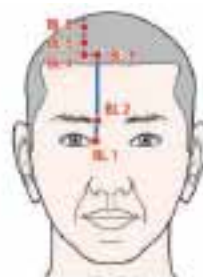
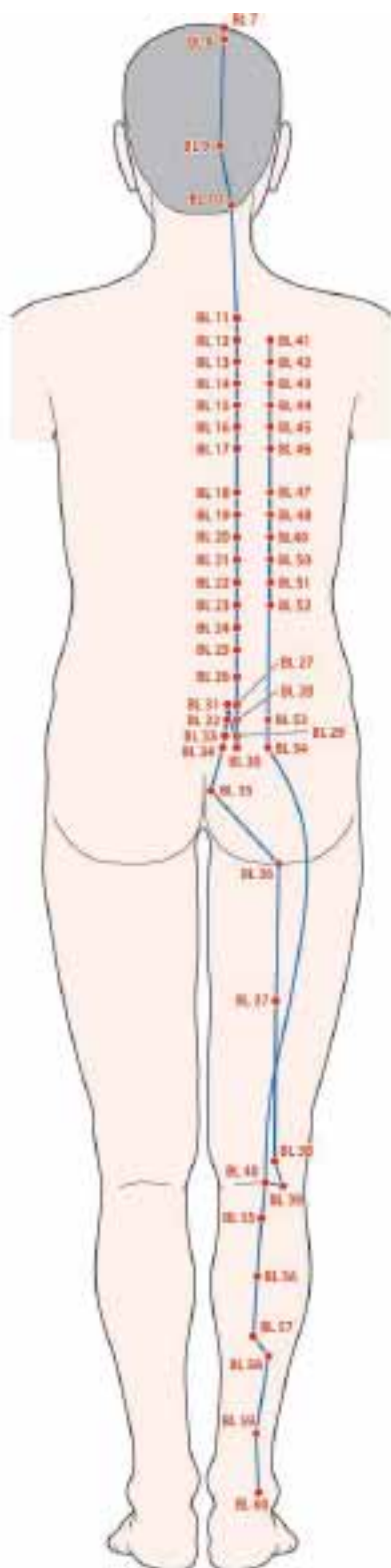
On the face, in the depression between the anterior border of the centre of the tragus and the posterior border of the condylar process of the mandible.

Note: When the mouth is slightly opened, SI19 is located in the depression anterior to the centre of the tragus, between TE21 and GB2.



BLADDER MERIDIAN

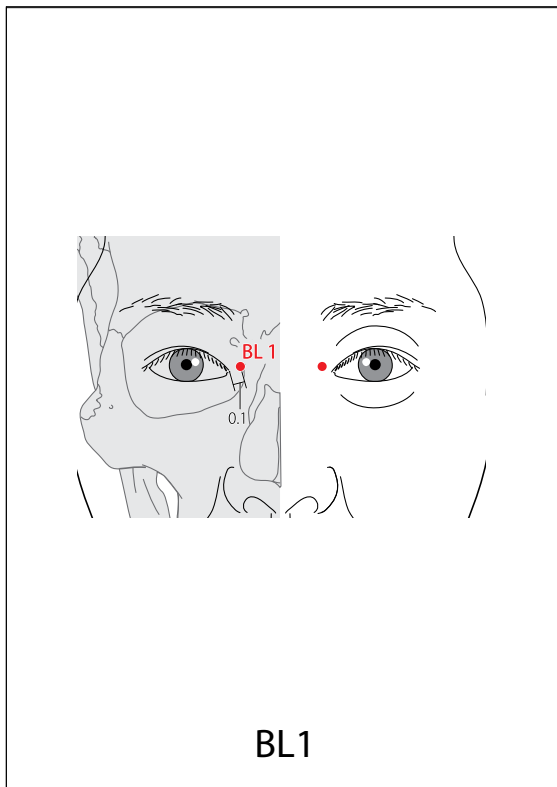
足太陽(阳)膀胱經(经, 經)



BL1: Jingming 睛(睛)明

On the face, in the depression between the superomedial parts of the inner canthus of the eye and the medial wall of the orbit.

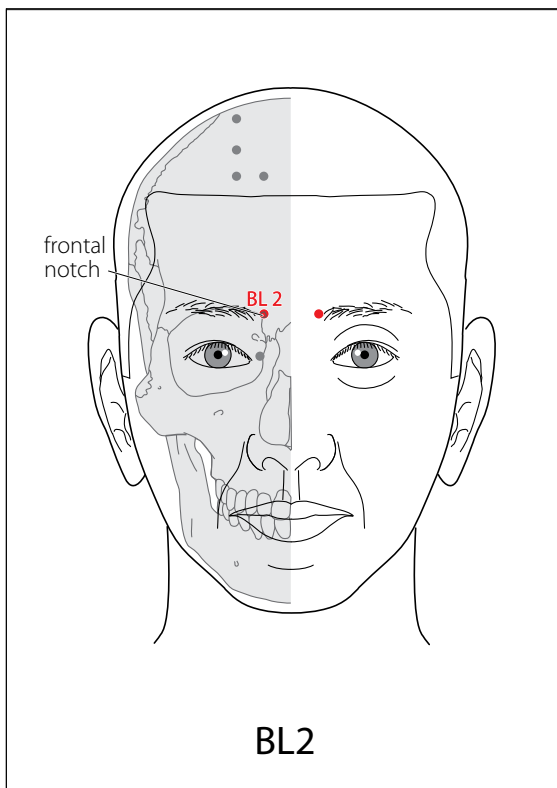
Note: When the eye is closed, BL1 is located in the depression 0.1 B-cun superior and medial to the inner canthus of the eye.



BL2: Cuanzhu 攒(攒, 攒)竹

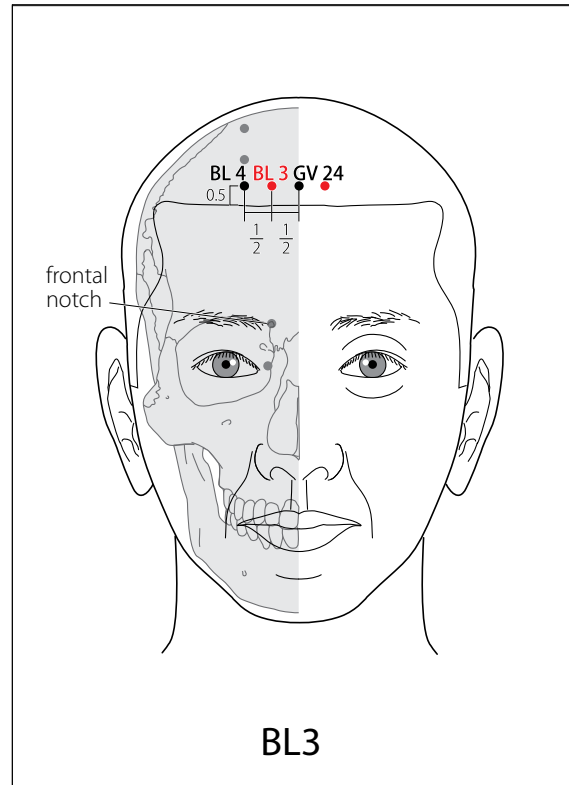
On the head, in the depression at the medial end of the eyebrow.

Note: A depression, the frontal notch, can often be palpated on the medial end of the eyebrow directly superior to BL1.



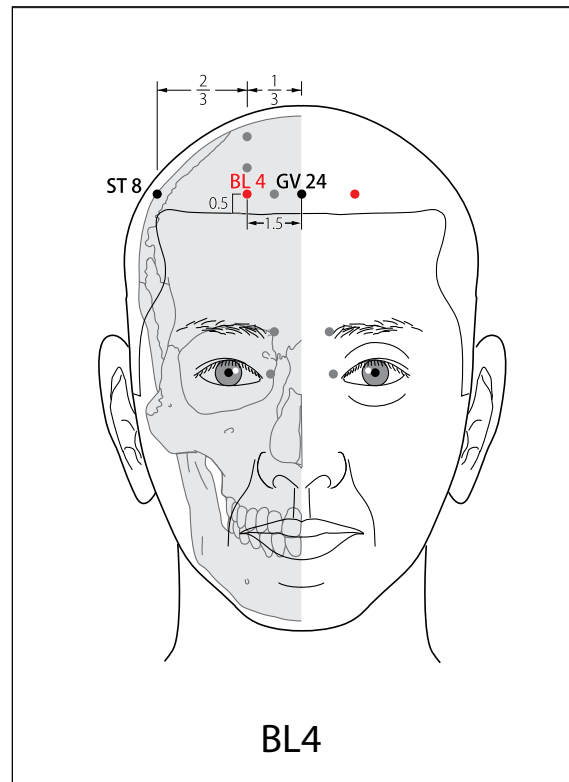
BL3: Meichong 眉衝 (冲)

On the head, superior to the frontal notch, 0.5 B-cun superior to the anterior hairline.
 Note: Midway between GV24 and BL4.

**BL4: Qucha 曲差**

On the head, 0.5 B-cun superior to the anterior hairline, 1.5 B-cun lateral to the anterior median line.

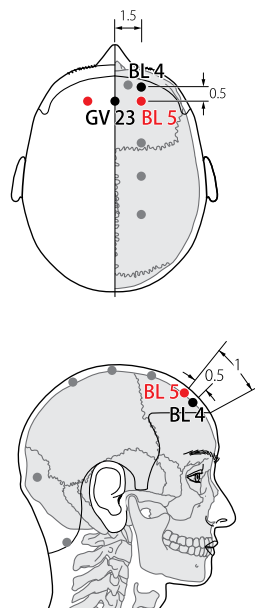
Note: At the junction of the medial one third and lateral two thirds of the line connecting GV24 with ST8.



BL5: Wuchu 五處(处, 处)

On the head, 1 B-cun superior to the anterior hairline, 1.5 B-cun lateral to the anterior median line.

Note: 0.5 B-cun superior to BL4, at the same level as GV23.

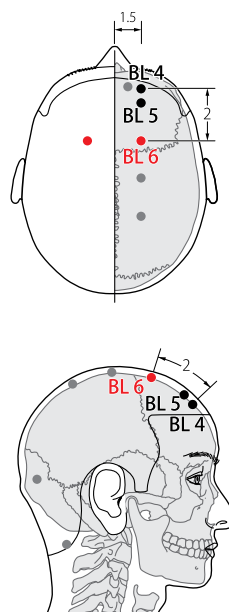


BL5

BL6: Chengguang 承光

On the head, 2.5 B-cun superior to the anterior hairline, 1.5 B-cun lateral to the anterior median line.

Note: 1.5 B-cun superior to BL5. 2 B-cun superior to BL4

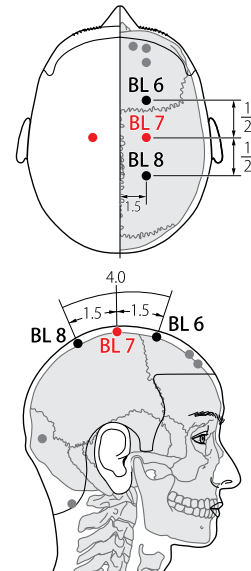


BL6

BL7: Tongtian 通(通)天

On the head, 4 B-cun superior to the anterior hairline, 1.5 B-cun lateral to the anterior median line.

Note: Midway between BL6 and BL8.

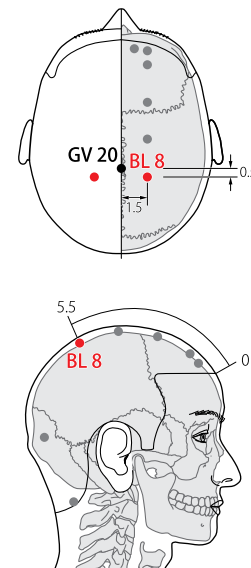


BL7

BL8: Luoque 絡(络)卻(却)

On the head, 5.5 B-cun superior to the anterior hairline, 1.5 B-cun lateral to the anterior median line.

Note: 0.5 B-cun posterior and 1.5 B-cun lateral to GV20.

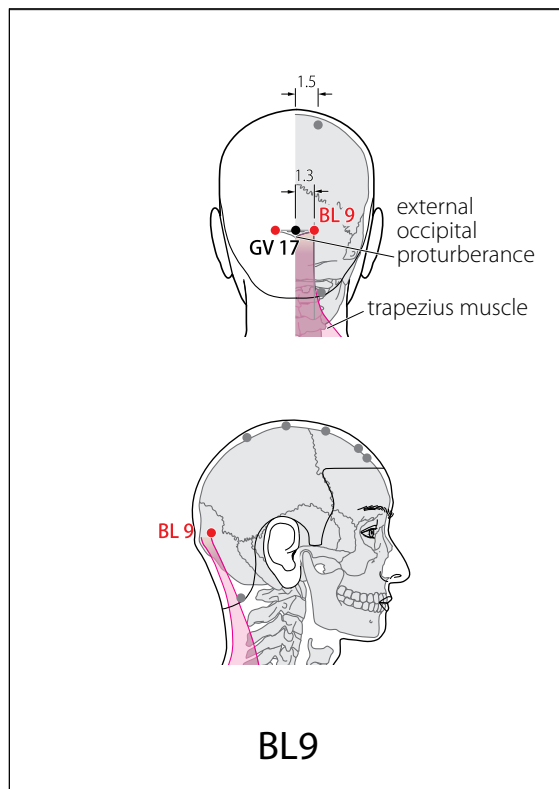


BL8

BL9: Yuzhen 玉枕

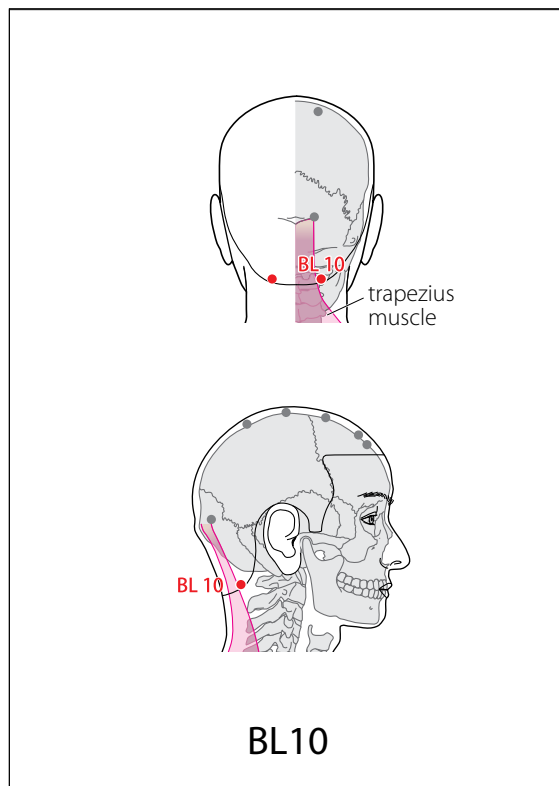
On the head, at the same level as the superior border of the external occipital protuberance, and 1.3 B-cun lateral to the posterior median line.

Note: BL9 is located at the intersection of two imaginary lines: the vertical line of the lateral border of the trapezius muscle and the horizontal line of the superior border of the external occipital protuberance. At the same level as GV17.



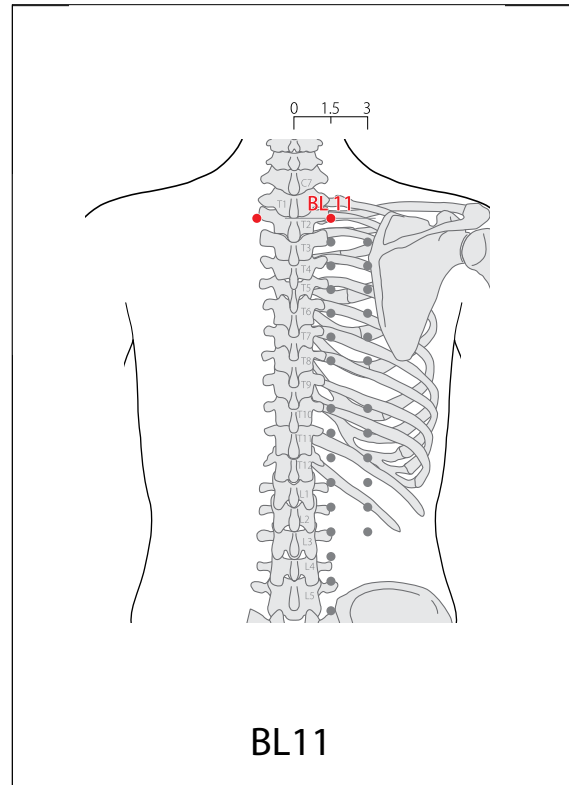
BL10: Tianzhu 天柱

In the posterior region of the neck, at the same level as the superior border of the spinous process of the second cervical vertebra (C2), in the depression lateral to the trapezius muscle.

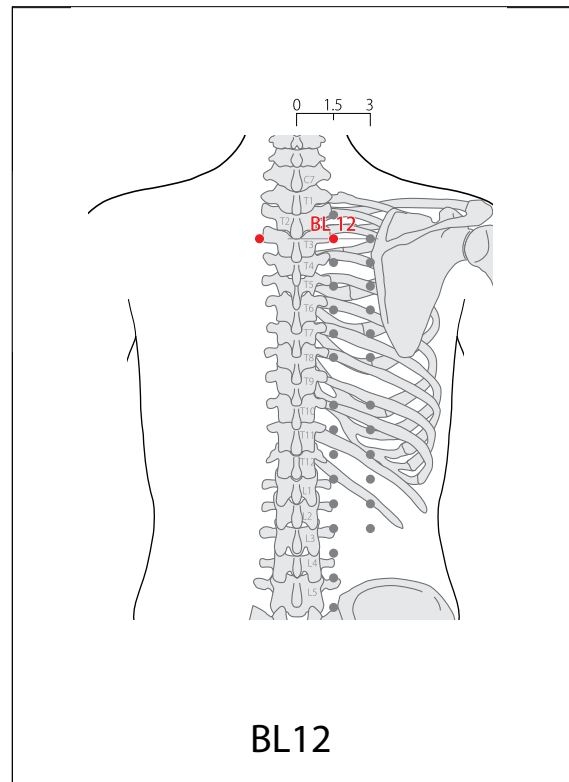


BL11: Dazhu 大杼

In the upper back region, at the same level as the inferior border of the spinous process of the first thoracic vertebra (T1), 1.5 B-cun lateral to the posterior median line.

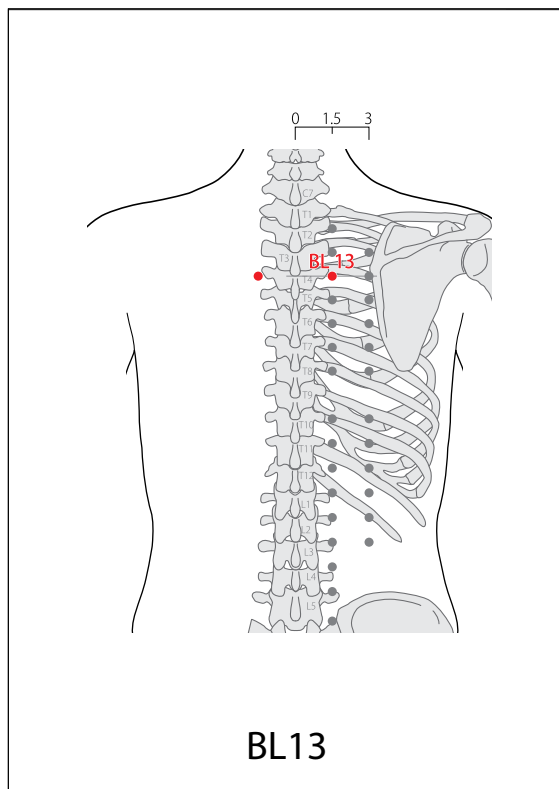
**BL12: Fengmen 風(风)門(门)**

In the upper back region, at the same level as the inferior border of the spinous process of the second thoracic vertebra (T2), 1.5 B-cun lateral to the posterior median line.



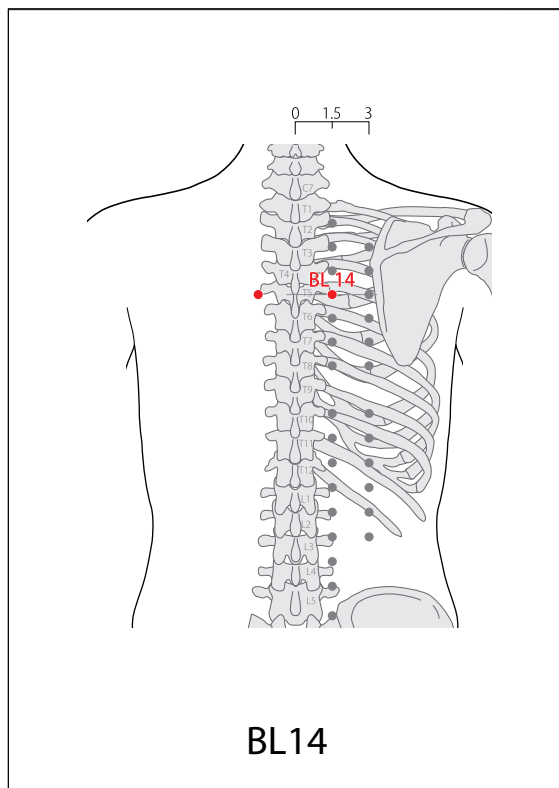
BL13: Feishu 肺俞 (俞)

In the upper back region, at the same level as the inferior border of the spinous process of the third thoracic vertebra (T3), 1.5 B-cun lateral to the posterior median line.



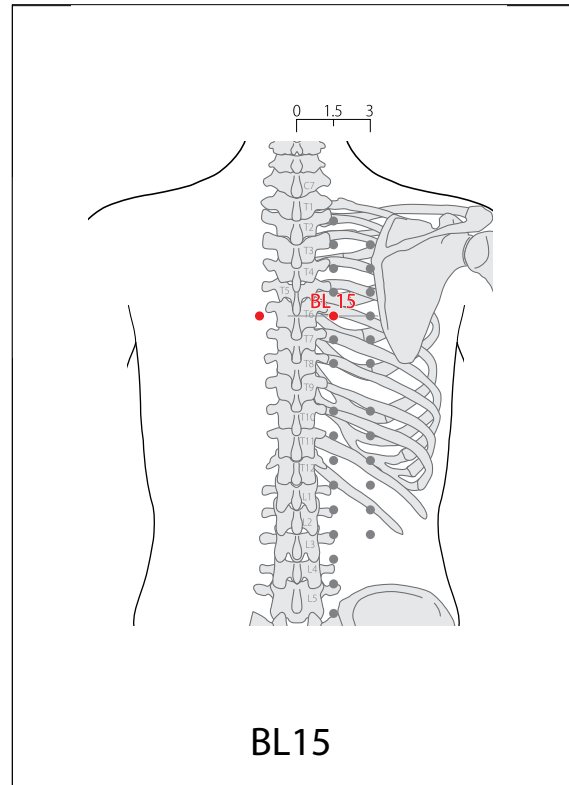
BL14: Jueyinshu 厥陰 (陰) 俞 (俞)

In the upper back region, at the same level as the inferior border of the spinous process of the fourth thoracic vertebra (T4), 1.5 B-cun lateral to the posterior median line.

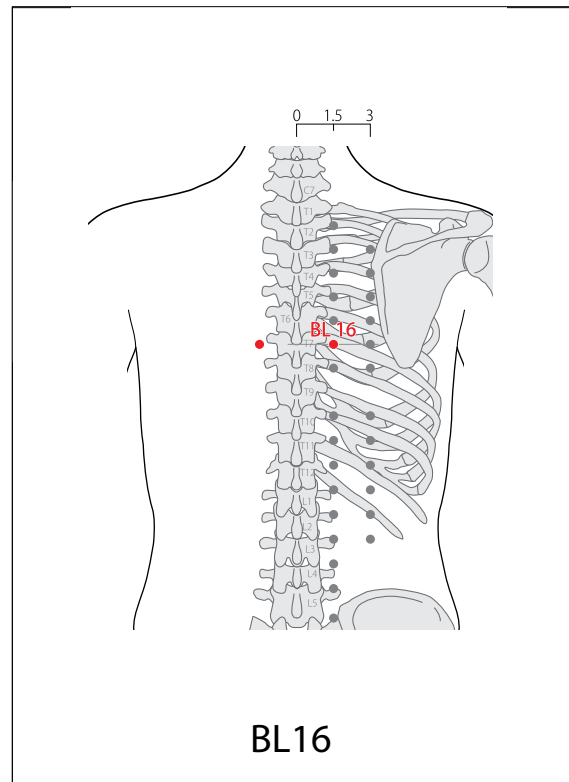


BL15: Xinshu 心俞(俞)

In the upper back region, at the same level as the inferior border of the spinous process of the fifth thoracic vertebra (T5), 1.5 B-cun lateral to the posterior median line.

**BL16: Dushu 督俞(俞)**

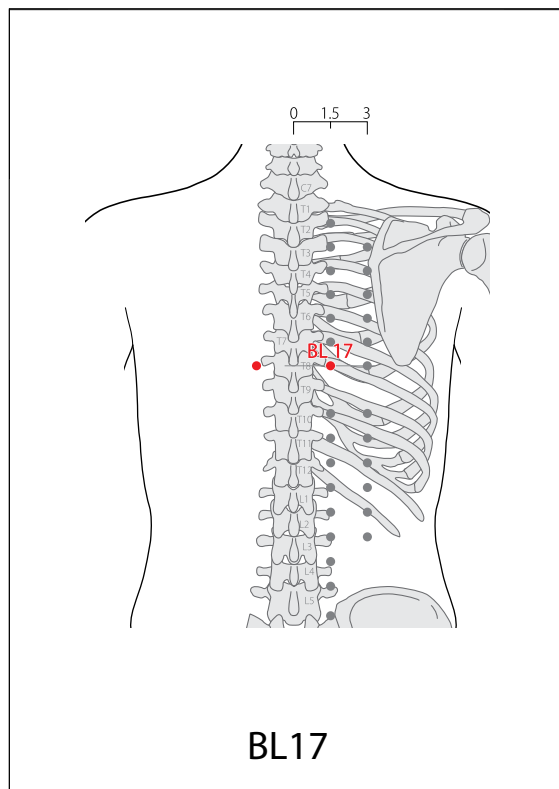
In the upper back region, level with the inferior border of the spinous process of the sixth thoracic vertebra (T6), 1.5 B-cun lateral to the posterior median line.



BL17: Geshu 膈俞 (俞)

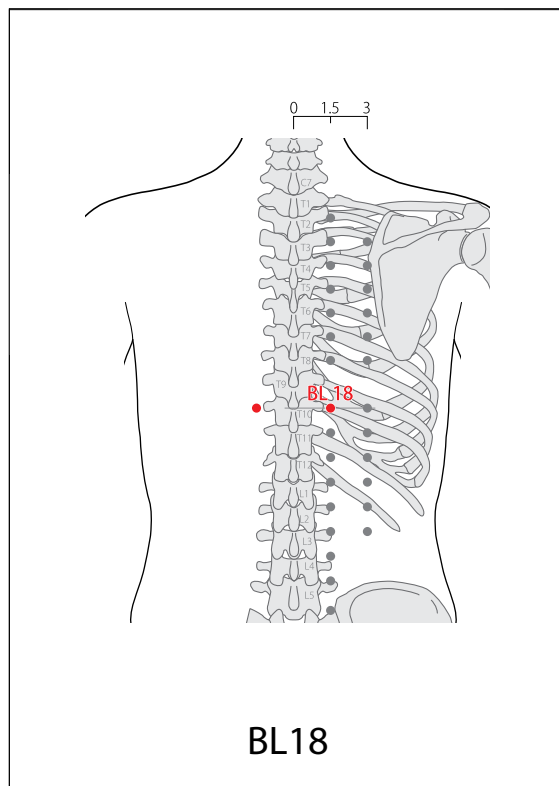
In the upper back region, at the same level as the inferior border of the spinous process of the seventh thoracic vertebra (T7), 1.5 B-cun lateral to the posterior median line.

Note: The inferior angle of the scapula is at the same level as the spinous process of the seventh thoracic vertebra.



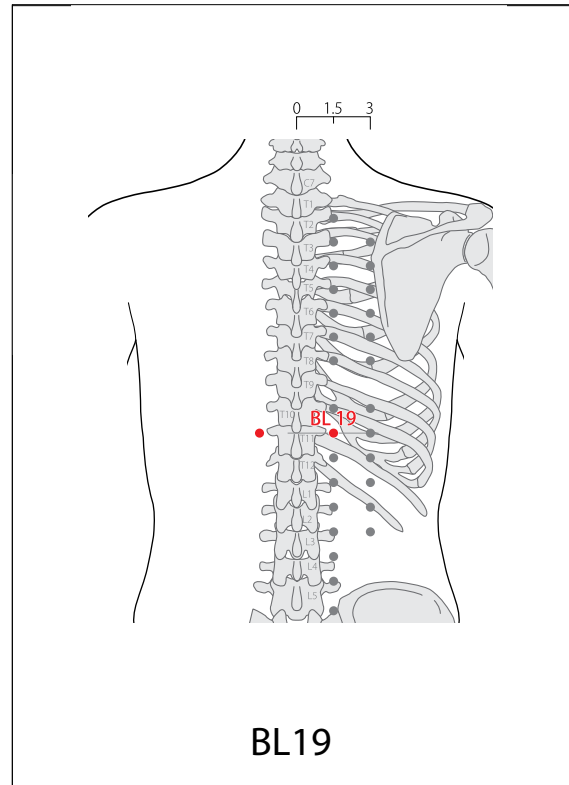
BL18: Ganshu 肝俞 (俞)

In the upper back region, at the same level as the inferior border of the spinous process of the ninth thoracic vertebra (T9), 1.5 B-cun lateral to the posterior median line.

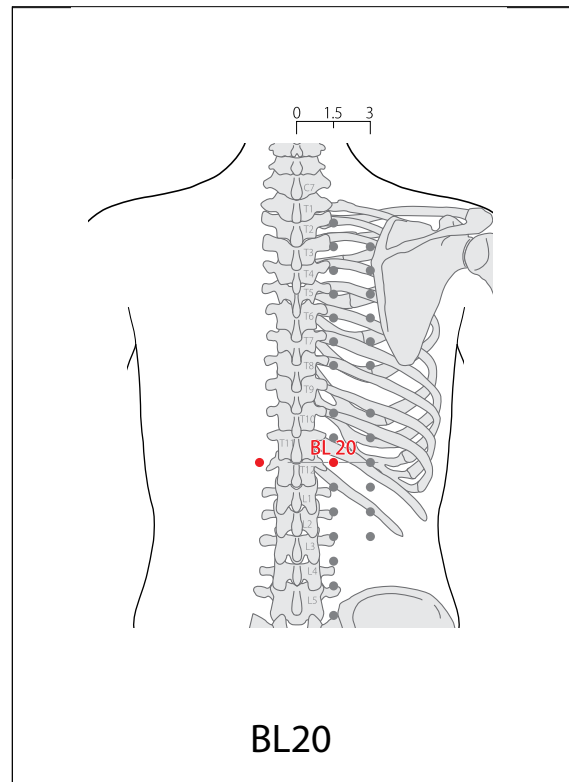


BL19: Danshu 膽俞(俞)

In the upper back region, at the same level as the inferior border of the spinous process of the tenth thoracic vertebra (T10), 1.5 B-cun lateral to the posterior median line.

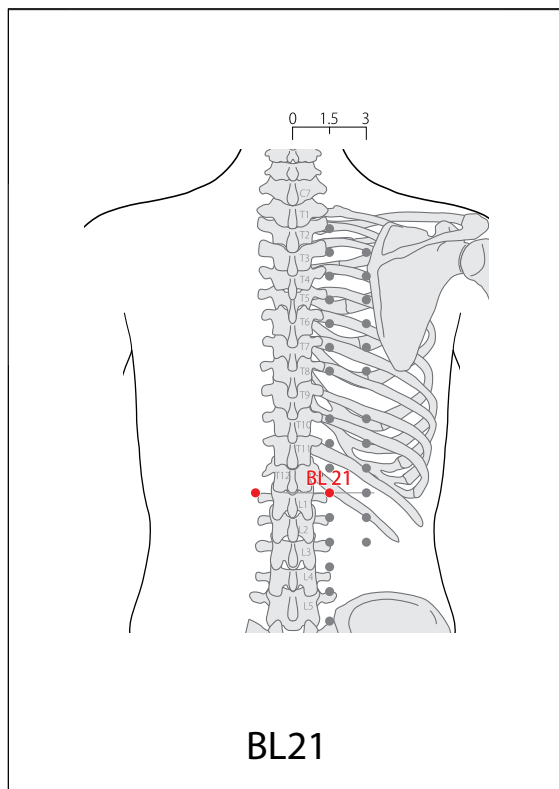
**BL20: Pishu 脾俞(俞)**

In the upper back region, at the same level as the inferior border of the spinous process of the 11th thoracic vertebra (T11), 1.5 B-cun lateral to the posterior median line.



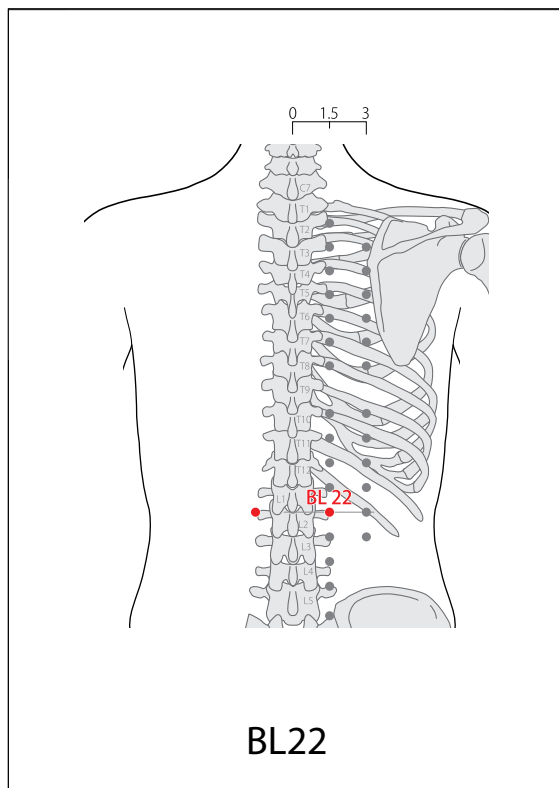
BL21: Weishu 胃俞(俞)

In the upper back region, at the same level as the inferior border of the spinous process of the 12th thoracic vertebra (T12), 1.5 B-cun lateral to the posterior median line.



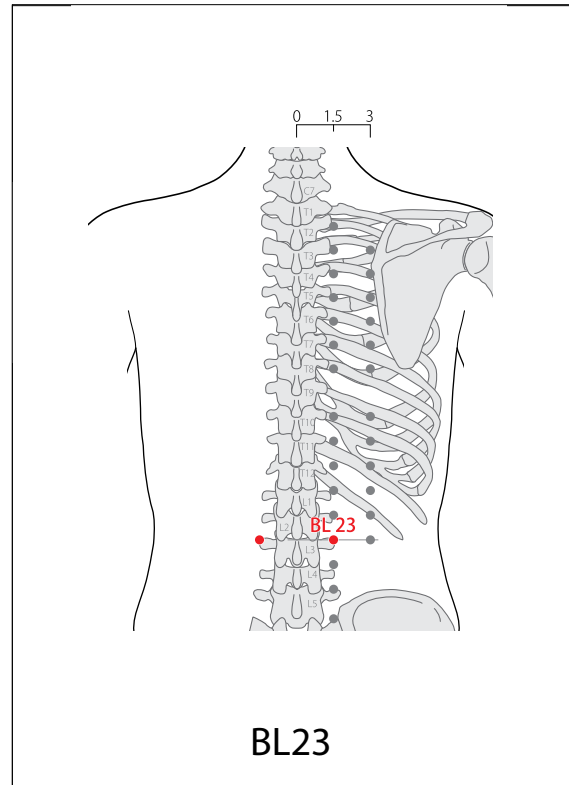
BL22: Sanjiaoshu 三焦俞(俞)

In the lumbar region, at the same level as the inferior border of the spinous process of the first lumbar vertebra (L1), 1.5 B-cun lateral to the posterior median line.

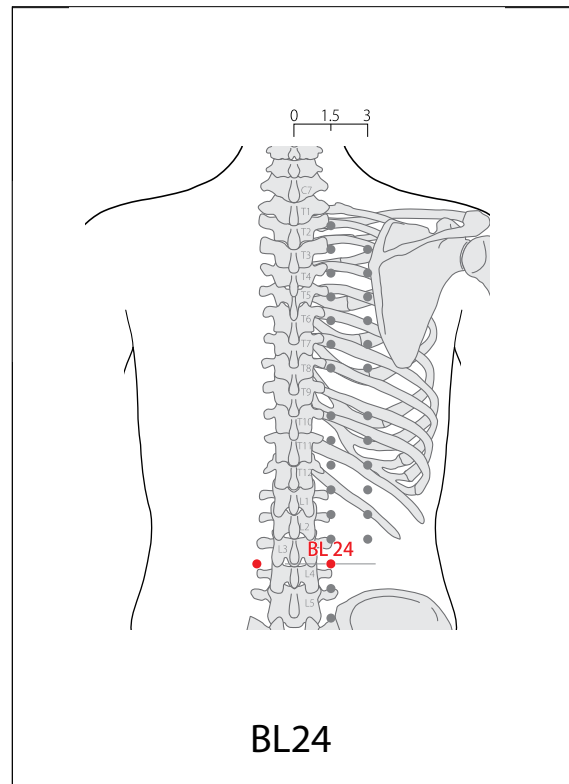


BL23: Shenshu 腎俞(俞)

In the lumbar region, at the same level as the inferior border of the spinous process of the second lumbar vertebra (L2), 1.5 B-cun lateral to the posterior median line.

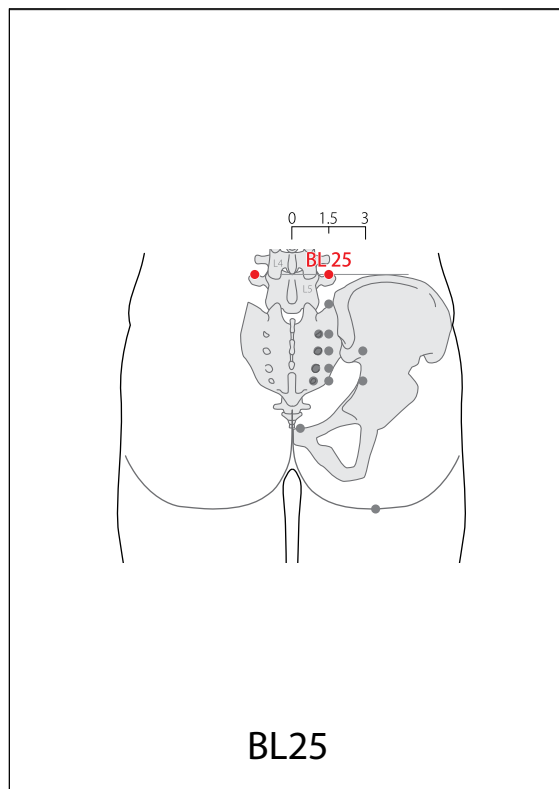
**BL24: Qihaishu 氣(气, 氣)海(海)俞(俞)**

In the lumbar region, at the same level as the inferior border of the spinous process of the third lumbar vertebra (L3), 1.5 B-cun lateral to the posterior median line.



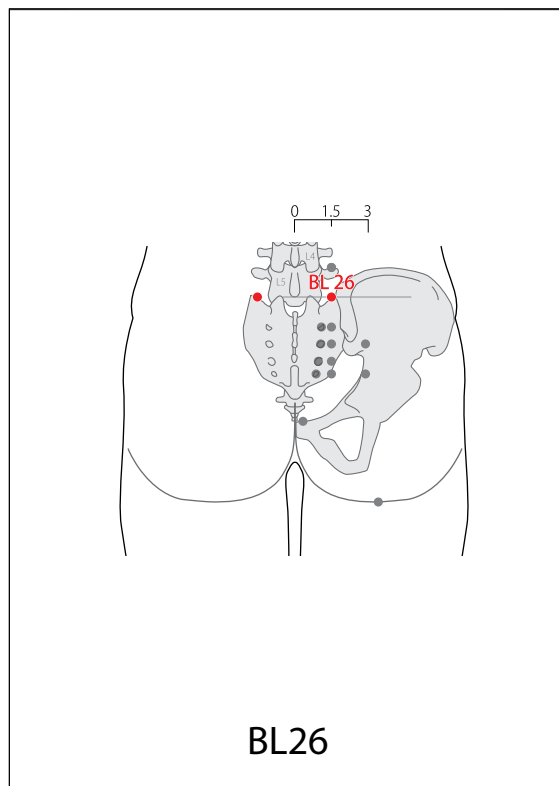
BL25: Dachangshu 大腸俞 (俞)

In the lumbar region, at the same level as the inferior border of the spinous process of the fourth lumbar vertebra (L4), 1.5 B-cun lateral to the posterior median line.



BL26: Guanyuanshu 關(关, 関)元俞 (俞)

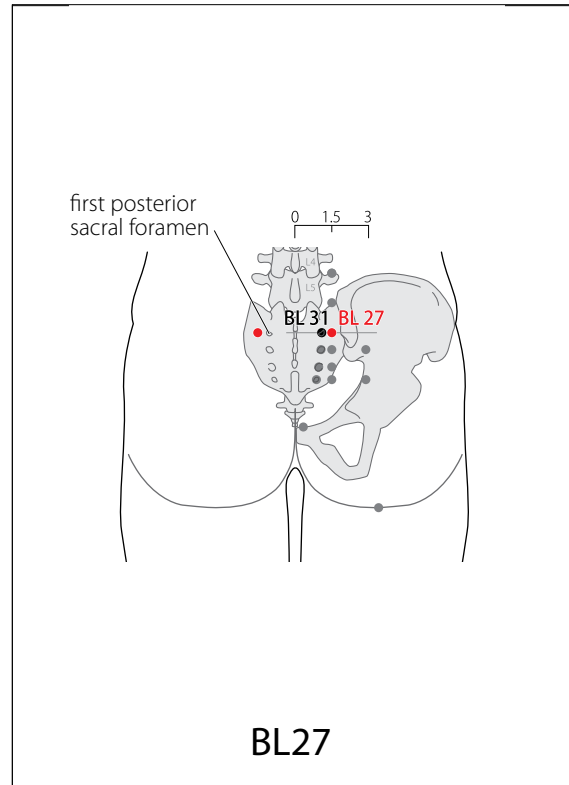
In the lumbar region, at the same level as the inferior border of the spinous process of the fifth lumbar vertebra (L5), 1.5 B-cun lateral to the posterior median line.



BL27: Xiaochangshu 小腸(腸)俞(俞)

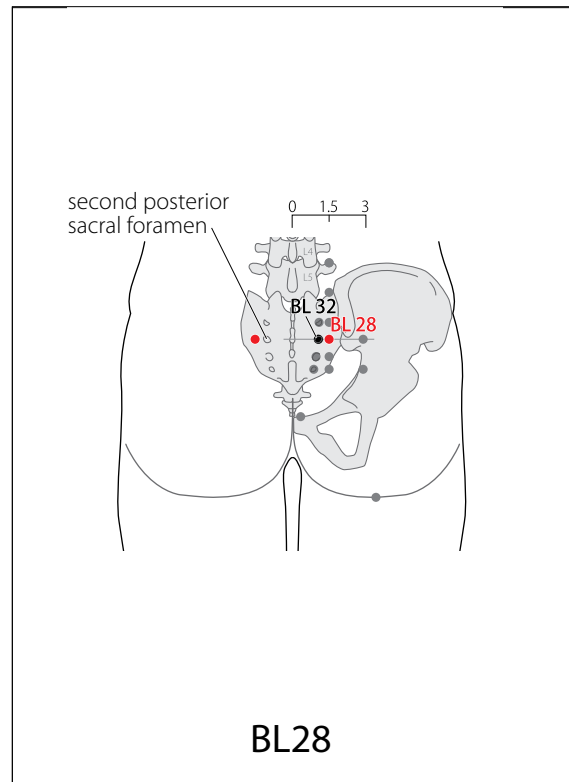
In the sacral region, at the same level as the first posterior sacral foramen, and 1.5 B-cun lateral to the median sacral crest.

Note: At the same level as BL31.

**BL28: Pangguangshu 膀胱俞(俞)**

In the sacral region, at the same level as the second posterior sacral foramen, and 1.5 B-cun lateral to the median sacral crest.

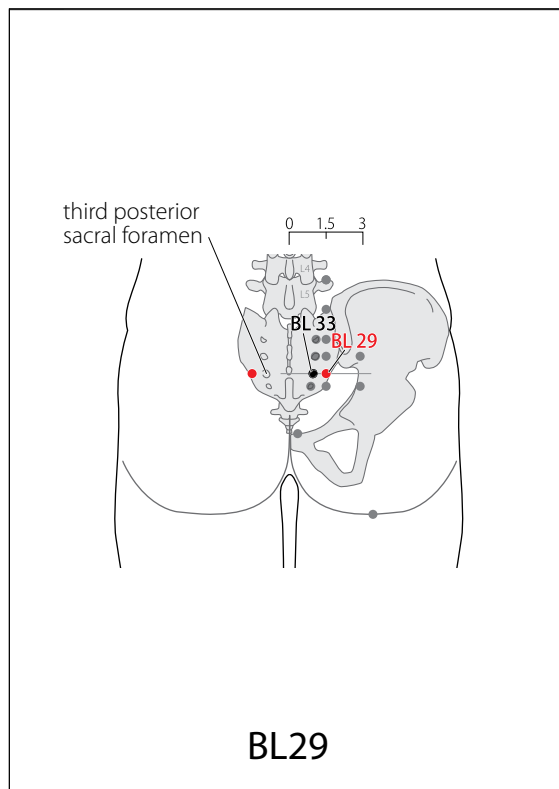
Note: At the same level as BL32.



BL29: Zhonglushu 中膺俞(俞)

In the sacral region, at the same level as the third posterior sacral foramen, 1.5 B-cun lateral to the median sacral crest.

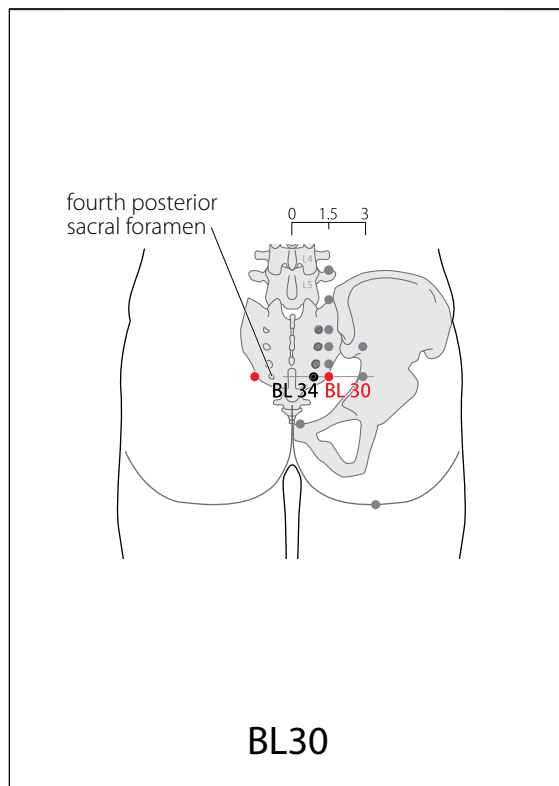
Note: At the same level as BL33.



BL30: Baihuanshu 白環(环)俞(俞)

In the sacral region, at the same level as the fourth posterior sacral foramen, 1.5 B-cun lateral to the median sacral crest.

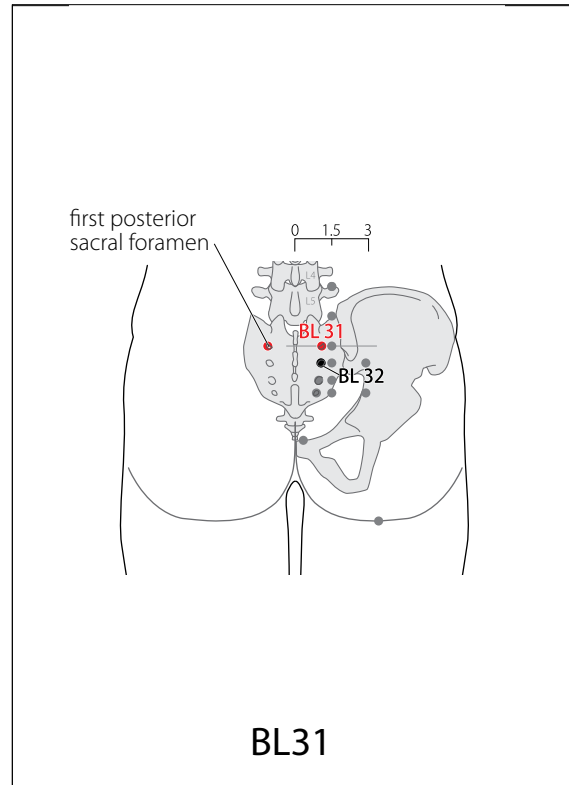
Note: 1.5 B-cun lateral to the sacral hiatus, at the same level as BL34.



BL31: Shangliao 上髎(髎)

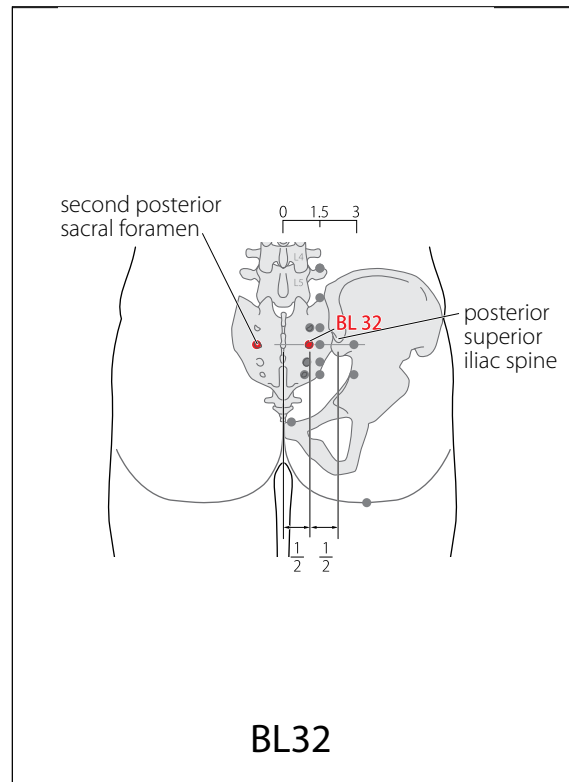
In the sacral region, in the first posterior sacral foramen.

Note: The first posterior sacral foramen is palpated in the depression, moving superiorly from BL32.

**BL32: Ciliao 次髎(髎)**

In the sacral region, in the second posterior sacral foramen.

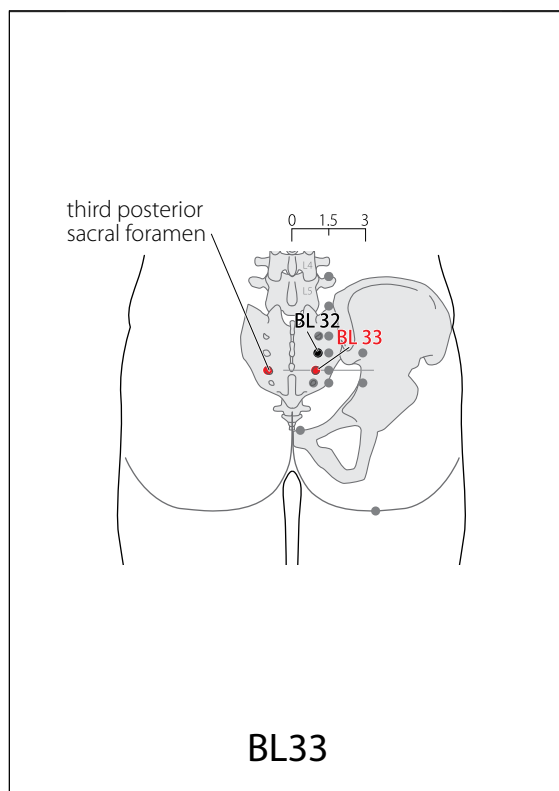
Note: The second posterior sacral foramen is located in the depression, midway between the posterior superior iliac spine and the spinous process of the second sacral vertebra.



BL33: Zhongliao 中髎(髎)

In the sacral region, in the third posterior sacral foramen.

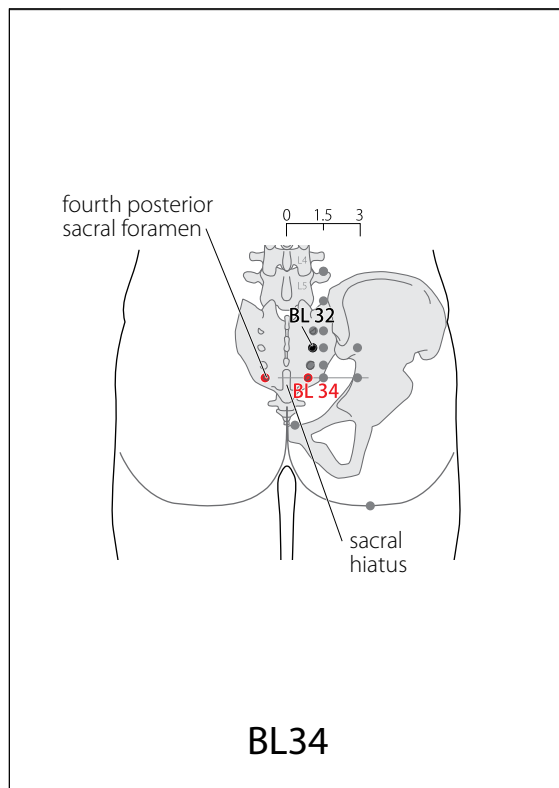
Note: The third posterior sacral foramen is located in the first depression, moving downward from BL32.



BL34: Xialiao 下髎(髎)

In the sacral region, in the fourth posterior sacral foramen.

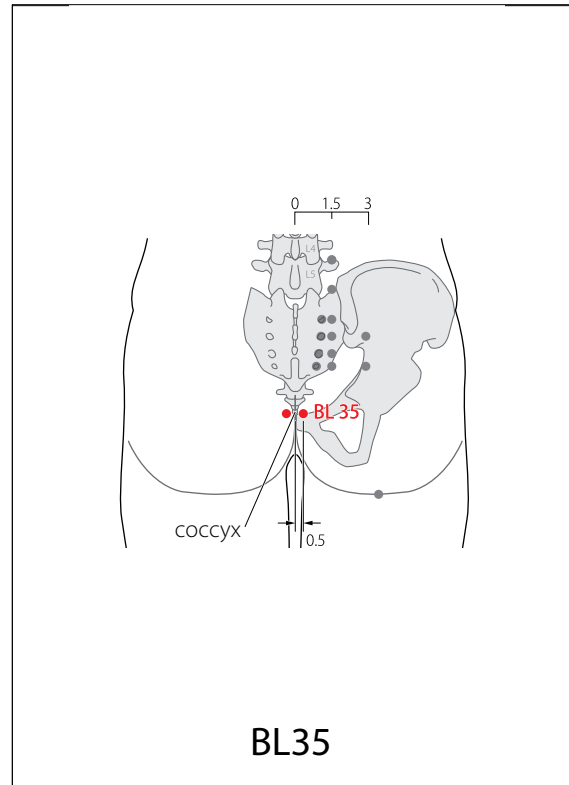
Note: The fourth posterior sacral foramen is located in the second depression, moving downward from BL32, at the same level as the sacral hiatus.



BL35: Huiyang 會(会)陽(阳)

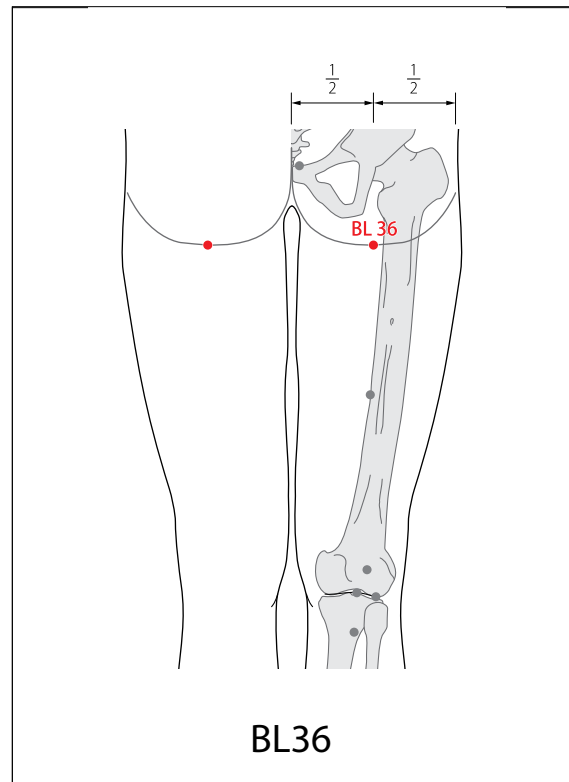
In the buttock region, 0.5 B-cun lateral to the extremity of the coccyx.

Note: The subject may be in prone position or knee-chest position. BL35 is located at the soft depression lateral to the extremity of the coccyx.



BL36: Chengfu 承扶

In the buttock region, at the midpoint of the gluteal fold.

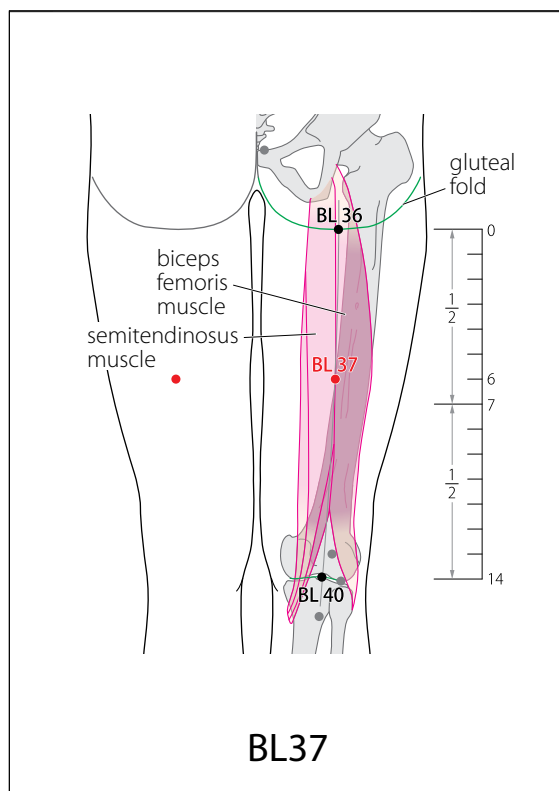


BL37: Yinmen 殷門 (門)

On the posterior aspect of the thigh, between the biceps femoris and the semitendinosus muscles, 6 B-cun inferior to the gluteal fold.

Note 1: In the prone position, the semitendinosus and the biceps femoris muscles are more distinct when the knee is flexed against resistance. In addition, it is easier to find the two muscles with internal and external rotation of the hip.

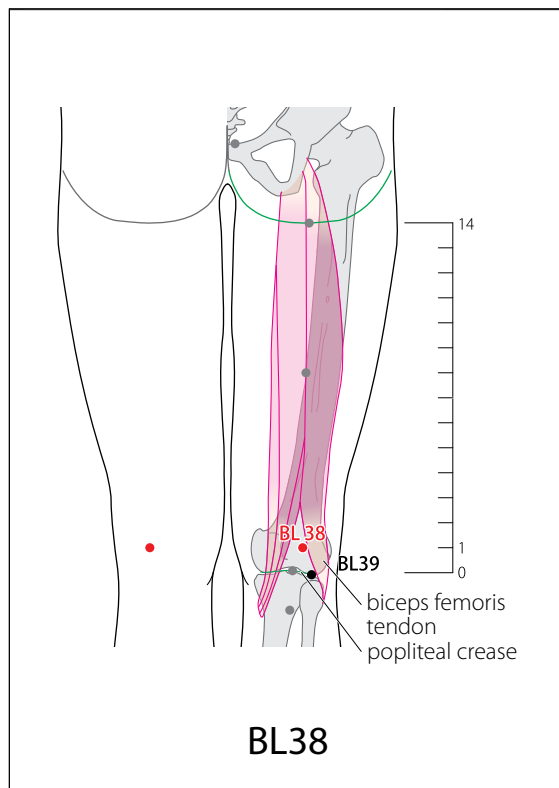
Note 2: 1 B-cun superior to the midpoint of the line connecting BL36 with BL40.



BL38: Fuxi 浮(浮) 郤

On the posterior aspect of the knee, just medial to the biceps femoris tendon, 1 B-cun proximal to the popliteal crease.

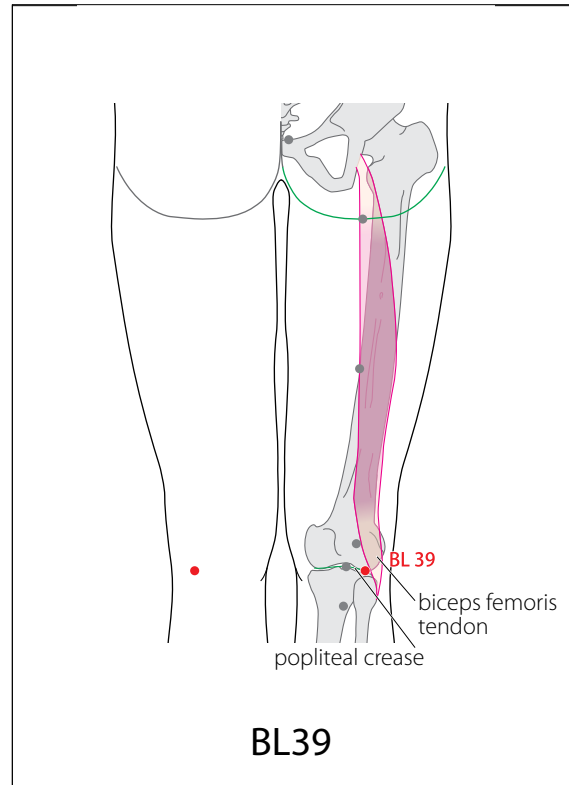
Note: With the knee in slight flexion, BL38 is located medial to the biceps femoris tendon, 1 B-cun proximal to BL39.



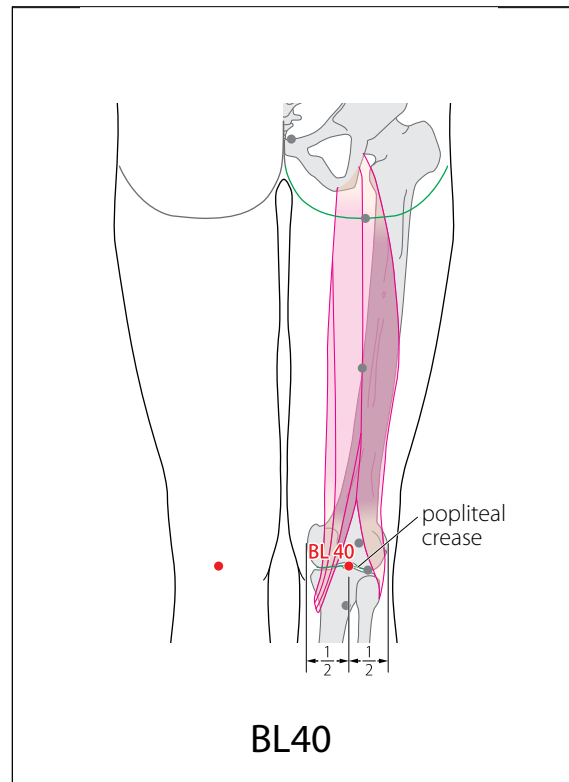
BL39: Weiyang 委陽(阳)

On the posterolateral aspect of the knee, just medial to the biceps femoris tendon in the popliteal crease.

Note: The biceps femoris tendon is more prominent when the knee is slightly flexed.

**BL40: Weizhong 委中**

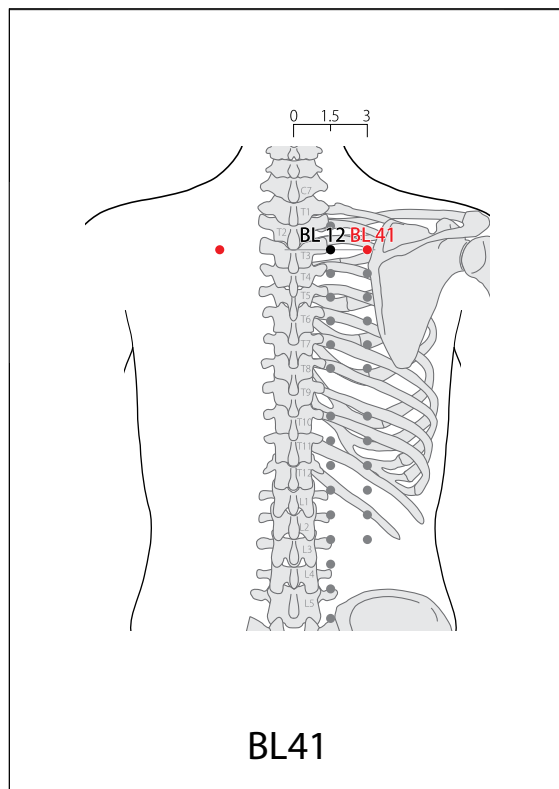
On the posterior aspect of the knee, at the midpoint of the popliteal crease.



BL41: Fufen 附分

In the upper back region, at the same level as the inferior border of the spinous process of the second thoracic vertebra (T2), 3 B-cun lateral to the posterior median line.

Note: BL41 and BL12 are located at the same level as the inferior border of the spinous process of the second thoracic vertebra (T2).



BL42: Pohu 魄户

In the upper back region, at the same level as the inferior border of the spinous process of the third thoracic vertebra (T3), 3 B-cun lateral to the posterior median line.

Note: BL42, BL13 and GV12 are located at the same level as the inferior border of the third thoracic vertebra (T3).

