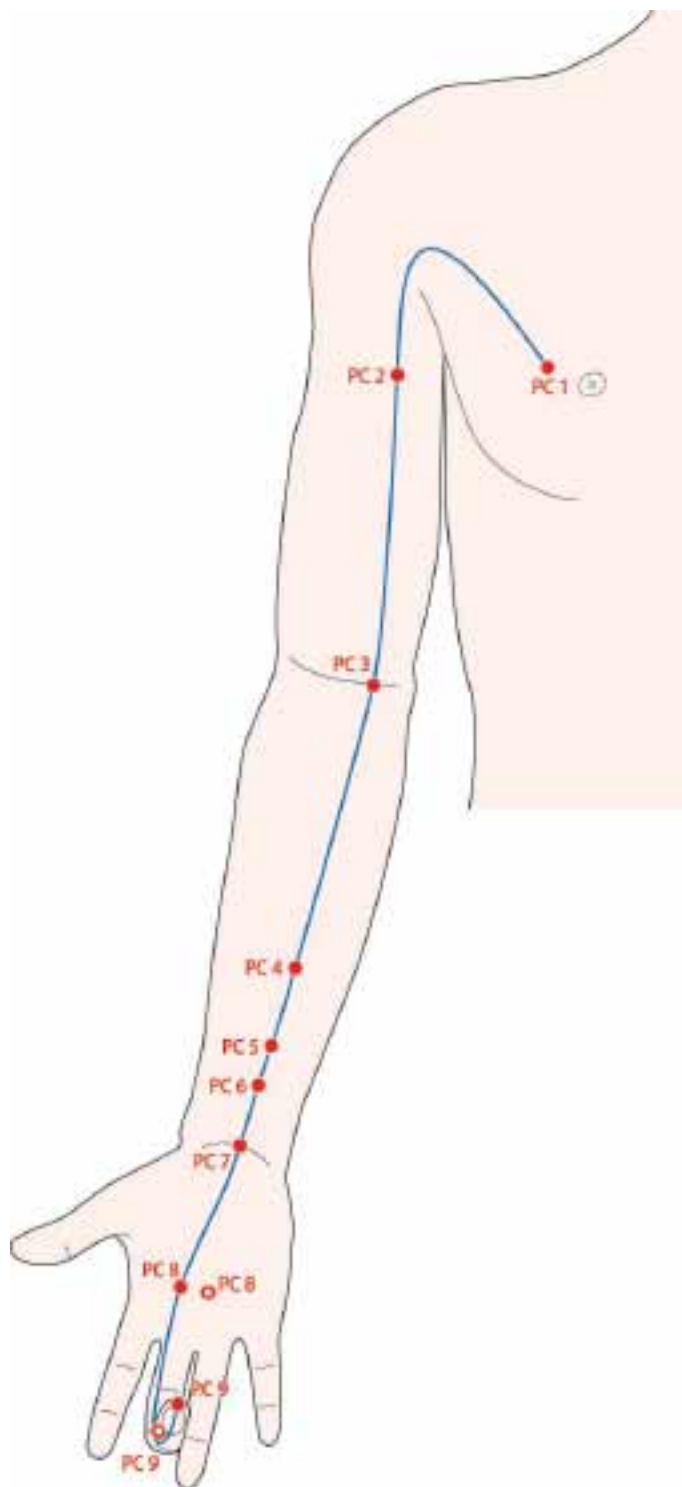


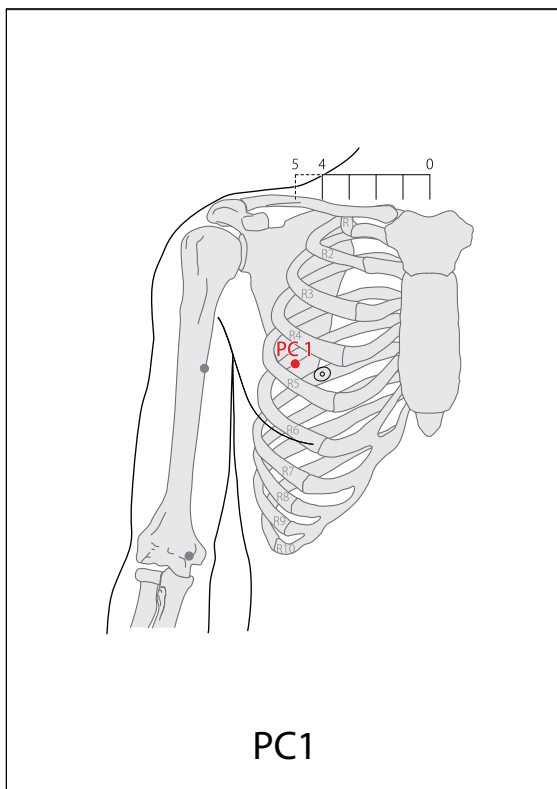
PERICARDIUM MERIDIAN

手厥陰(阴)心包(包)經(经, 經)



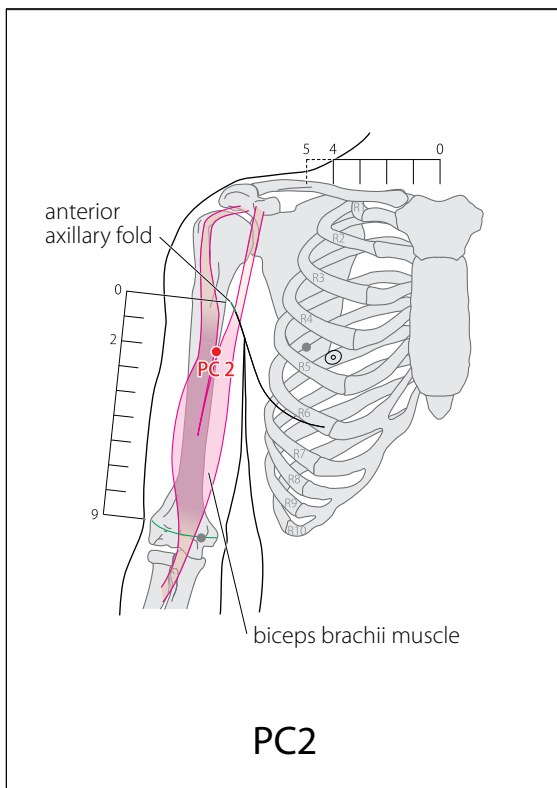
PC1: Tianchi 天池

In the anterior thoracic region, in the fourth intercostal space, 5 B-cun lateral to the anterior median line.



PC2: Tianquan 天泉

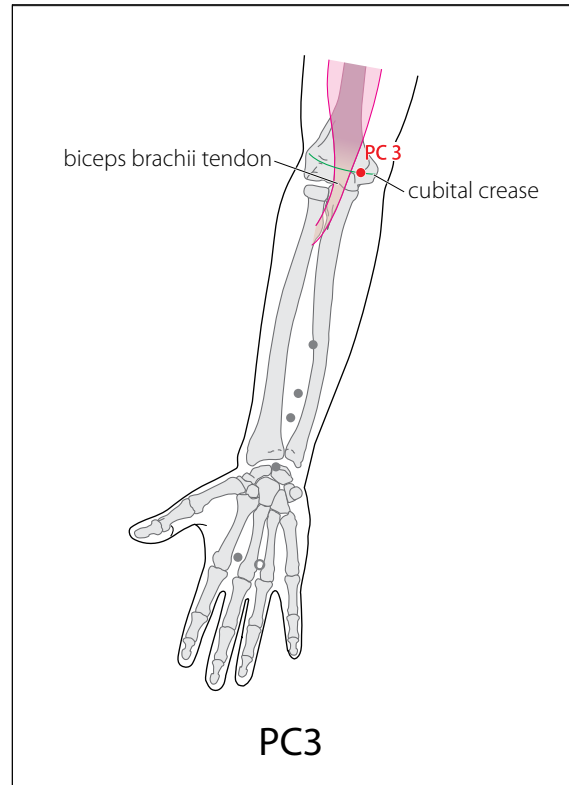
On the anterior aspect of the arm, between the long head and short head of the biceps brachii muscle, 2 B-cun distal to the anterior axillary fold.



PC3: Quze 曲澤 (泽, 沢)

On the anterior aspect of the elbow, at the cubital crease, in the depression medial to the biceps brachii tendon.

Note: When the elbow is flexed at 45 degrees, PC3 is located medial to the biceps brachii tendon.

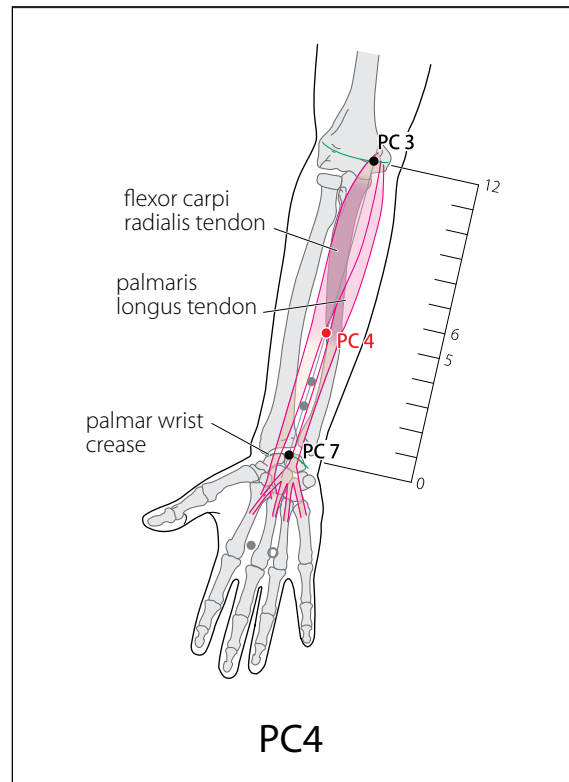


PC4: Ximen 郄門 (门)

On the anterior aspect of the forearm, between the tendons of the palmaris longus and the flexor carpi radialis, 5 B-cun proximal to the palmar wrist crease.

Note 1: With the fist clenched, the wrist supinated, and the elbow slightly flexed, the two tendons become more prominent. PC4 is located 1 B-cun distal to the midpoint of the line connecting PC3 with PC7.

Note 2: If the palmaris longus tendon is not present, PC4 is medial to the flexor carpi radialis tendon.

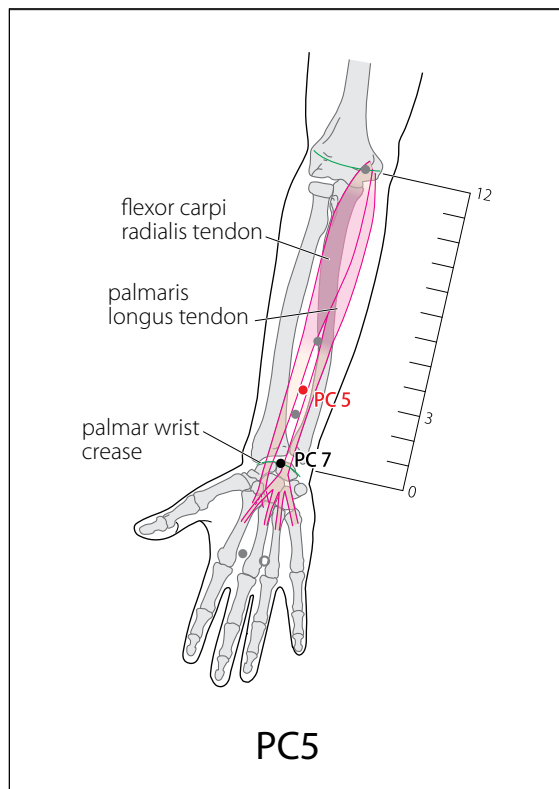


PC5: Jianshi 間(间)使

On the anterior aspect of the forearm, between the tendons of the palmaris longus and the flexor carpi radialis, 3 B-cun proximal to the palmar wrist crease.

Note 1: With the fist clenched, the wrist supinated and the elbow slightly flexed, the two tendons become more prominent. PC5 is located 3 B-cun proximal to PC7.

Note 2: If the palmaris longus tendon is not present, PC5 is medial to the flexor carpi radialis tendon.

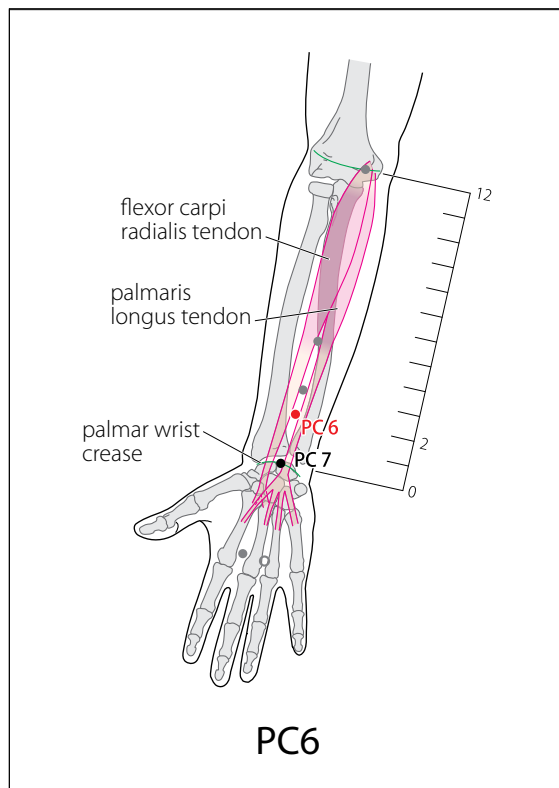


PC6: Neiguan 内關(关, 関)

On the anterior aspect of the forearm, between the tendons of the palmaris longus and the flexor carpi radialis, 2 B-cun proximal to the palmar wrist crease.

Note 1: With the fist clenched, the wrist supinated and the elbow slightly flexed, the two tendons become more prominent. PC6 is located 2 B-cun proximal to PC7. The posterial point corresponding to PC6 is TE5.

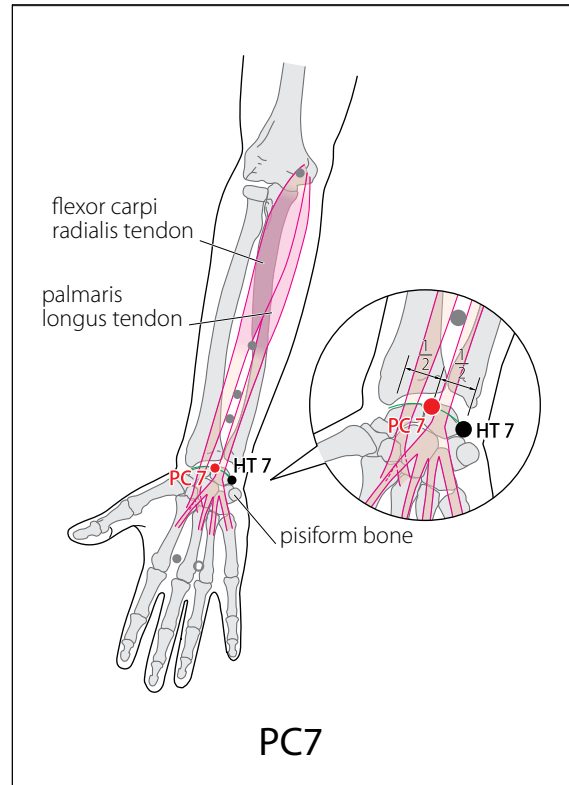
Note 2: If the palmaris longus tendon is not present, PC6 is medial to the flexor carpi radialis tendon.



PC7: Daling 大陵

On the anterior aspect of the wrist, between the tendons of palmaris longus and the flexor carpi radialis, on the palmar wrist crease.

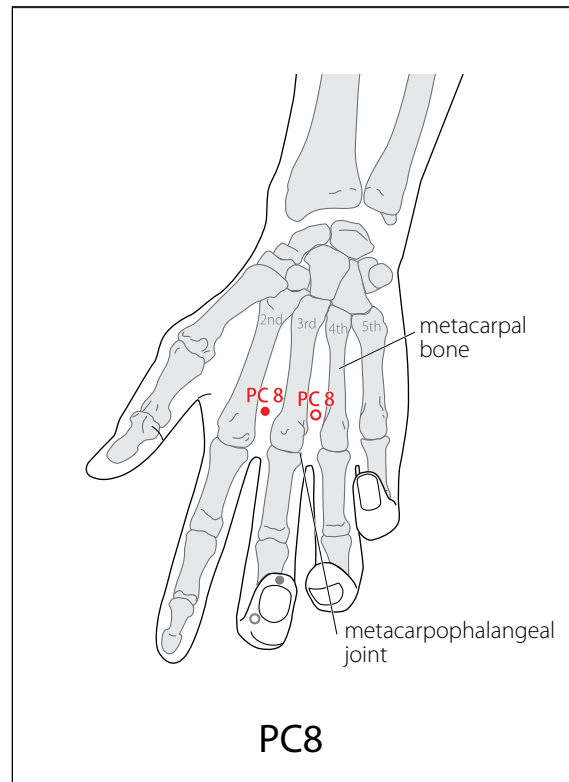
Note: With the fist clenched, the wrist slightly flexed, the two tendons become more prominent. PC7 is located at the midpoint of the palmar wrist crease, between the tendons of palmaris longus and the flexor carpi radialis, at the same level as HT7, at the proximal extremity of the pisiform bone.



PC8: Laogong 勞(勞, 勞)宮(宮)

On the palm of the hand, in the depression between the second and third metacarpal bones, proximal to the metacarpophalangeal joints.

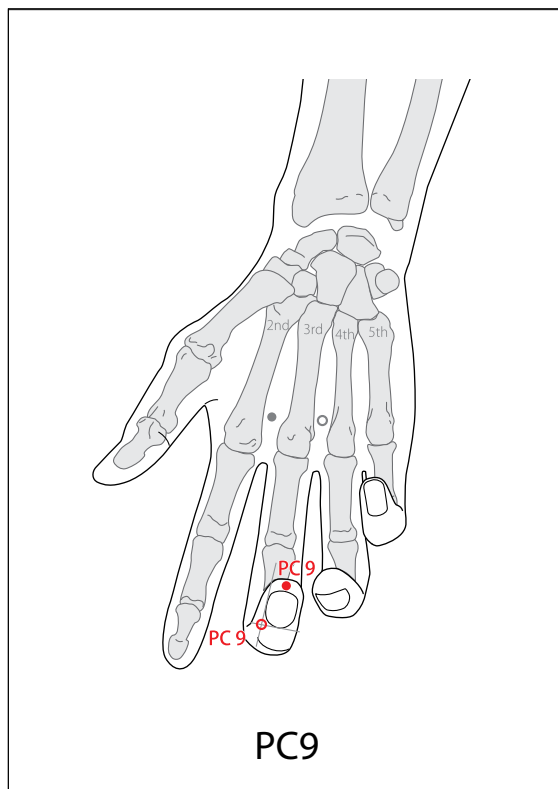
Remarks: Alternative location for PC8 - On the palm of the hand, in the depression, between the third and fourth metacarpal bones, proximal to the metacarpophalangeal joints.



PC9: Zhongchong 中衝 (冲)

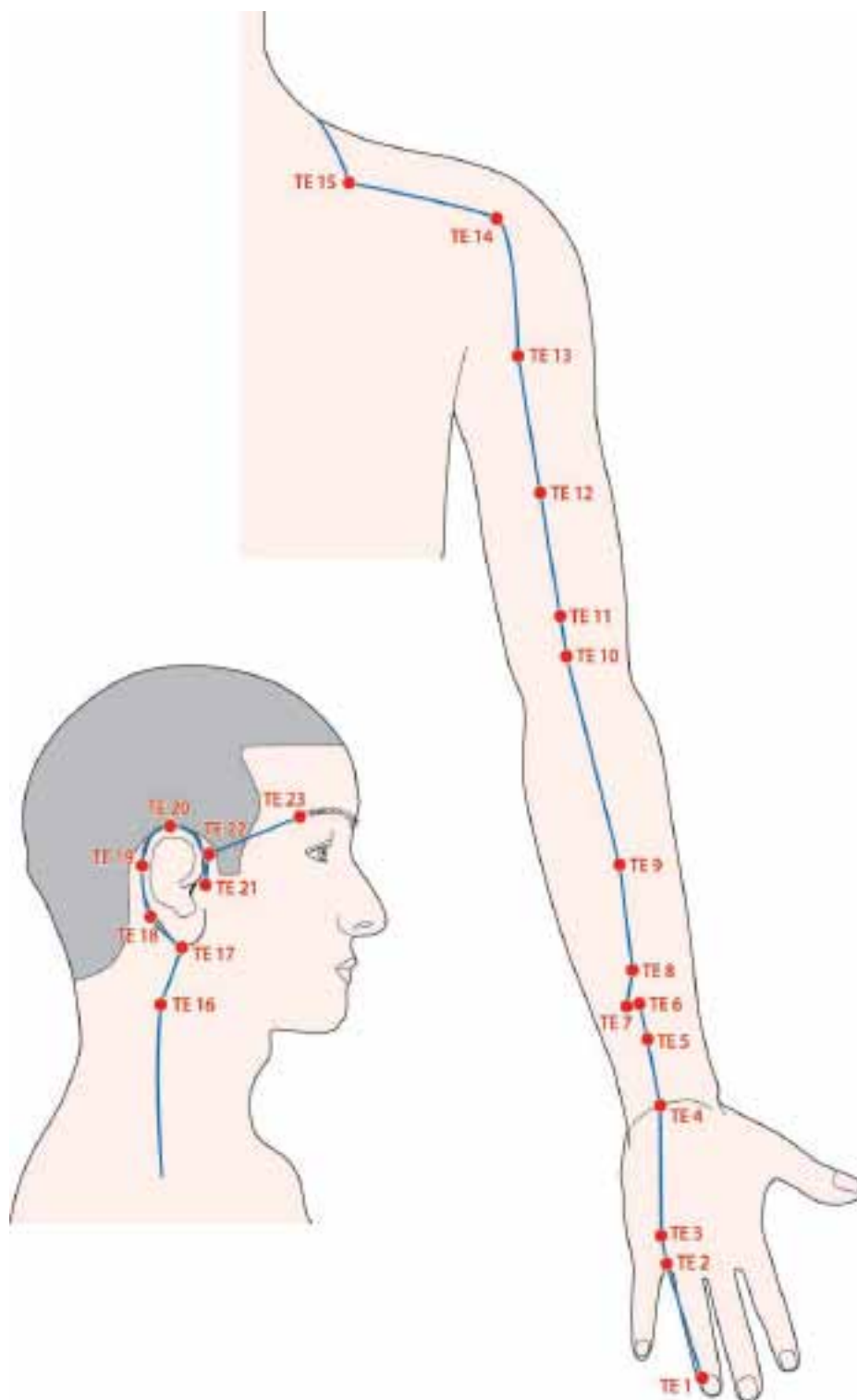
On the middle finger, at the centre of the tip of the middle finger.

Remarks: Alternative location for PC9 -
On the middle finger, 0.1 F-cun proximal to the radial corner of the middle fingernail, at the intersection of the vertical line of the radial side of the nail and the horizontal line of the base of the fingernail.



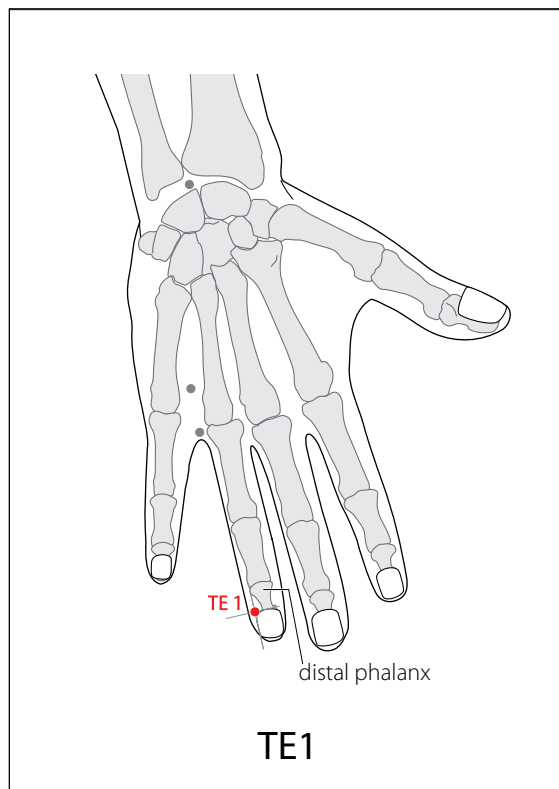
TRIPLE ENERGIZER MERIDIAN

手少陽(阳)三焦經(经, 經)

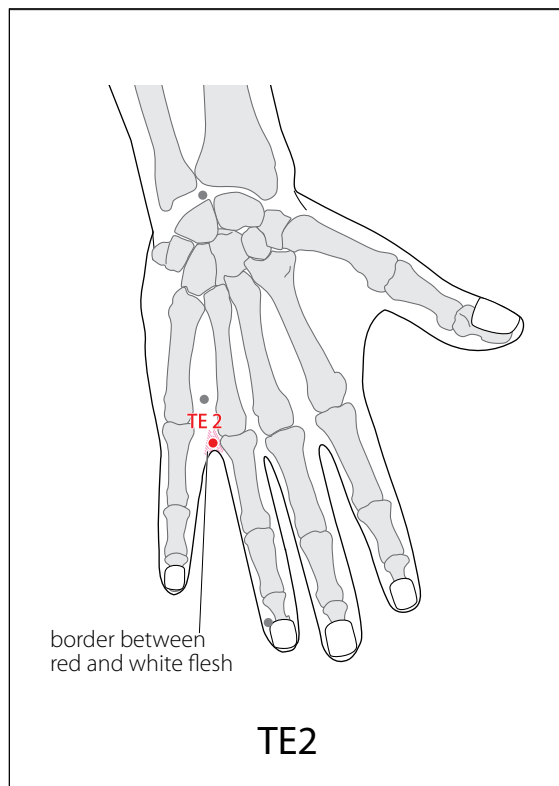


TE1: Guanchong 關(关, 関)衝(冲)

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

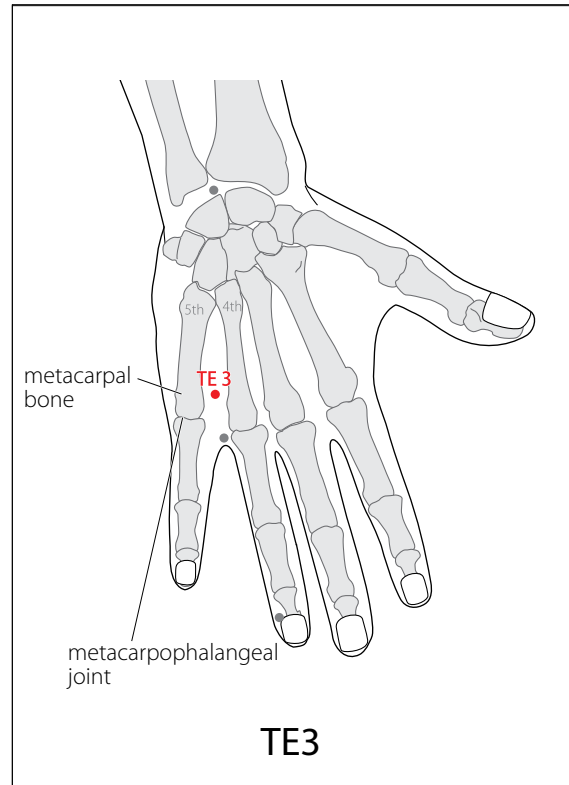
**TE2: Yemen 液門(门)**

On the dorsum of the hand, in the depression superior to the web margin between the ring and little fingers, at the border between the red and white flesh.



TE3: Zhongzhu 中渚 (渚)

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

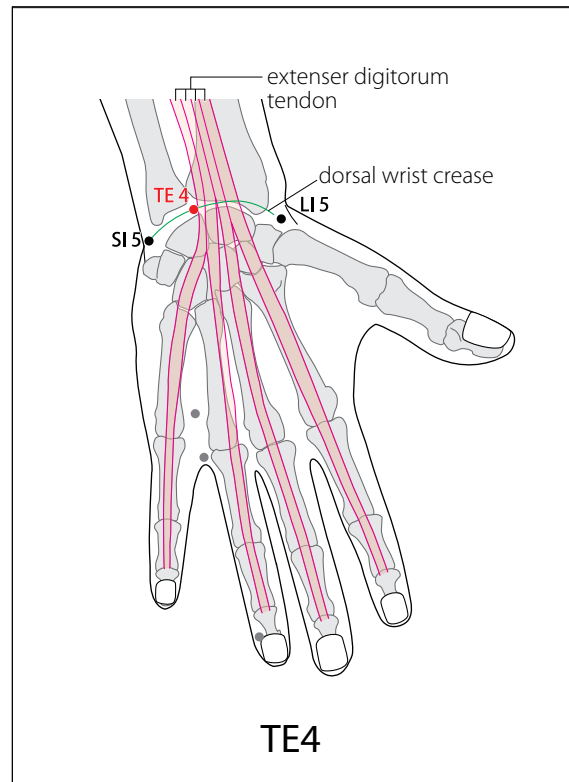


TE4: Yangchi 陽 (阳) 池

On the posterior aspect of the wrist, in the depression ulnar to the extensor digitorum tendon, on the dorsal wrist crease.

Note 1: TE4 can be palpated when moving proximally along the gap between the fifth and fourth metacarpal bones, at the same level as LI5 and SI5.

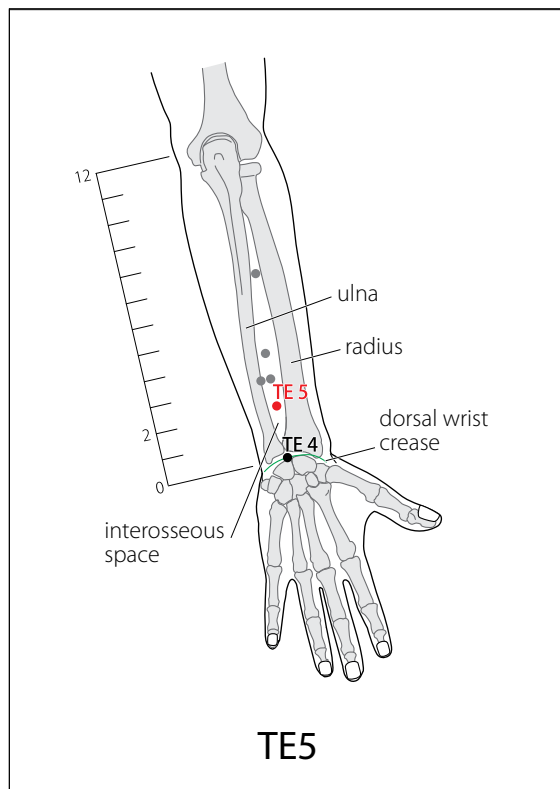
Note 2: When the wrist is extended against resistance, the extensor digitorum tendon can be palpated more easily.



TE5: Waiguan 外關 (关, 関)

On the posterior aspect of the forearm, midpoint of the interosseous space between the radius and the ulna, 2 B-cun proximal to the dorsal wrist crease.

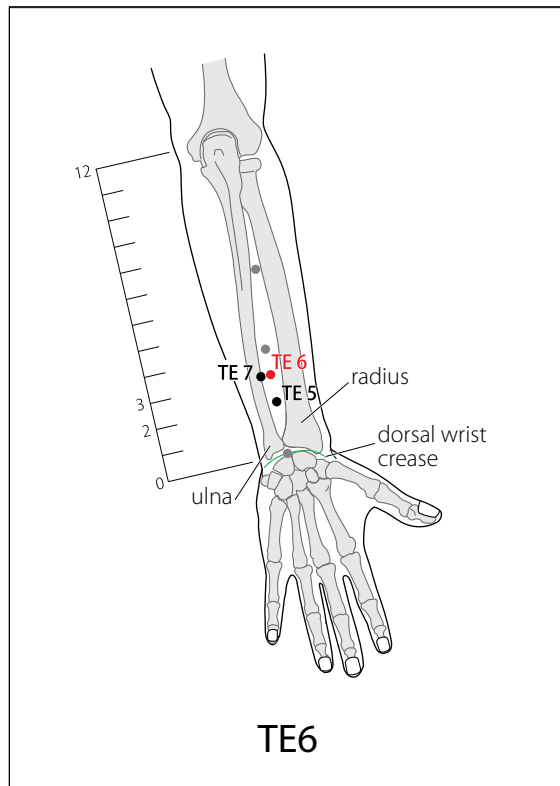
Note: 2 B-cun proximal to TE4, in the depression between the radius and the ulna. The anterior point corresponding to TE5 is PC6.



TE6: Zhigou 支溝 (沟)

On the posterior aspect of the forearm, midpoint of the interosseous space between the radius and the ulna, 3 B-cun proximal to the dorsal wrist crease.

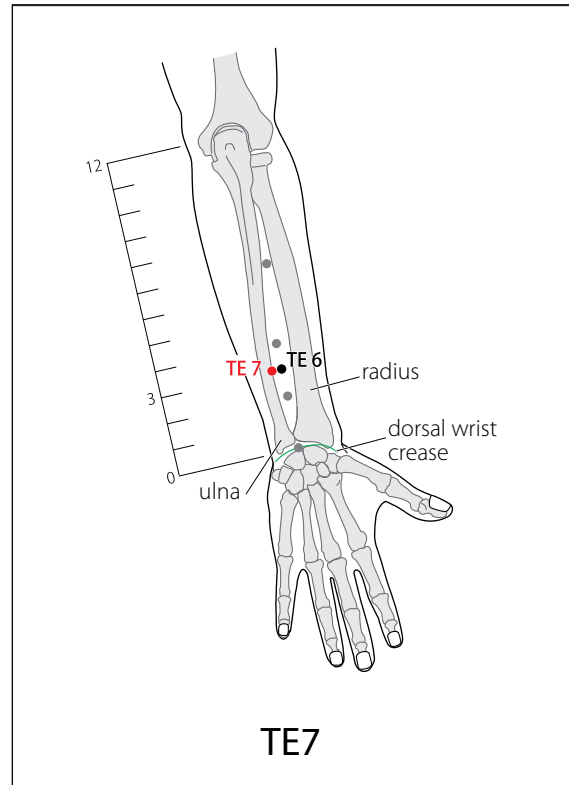
Note: 1 B-cun proximal to TE5, between the radius and the ulna, at the same level as TE7.



TE7: Huizong 會(会)宗

On the posterior aspect of the forearm, just radial to the ulna, 3 B-cun proximal to the dorsal wrist crease.

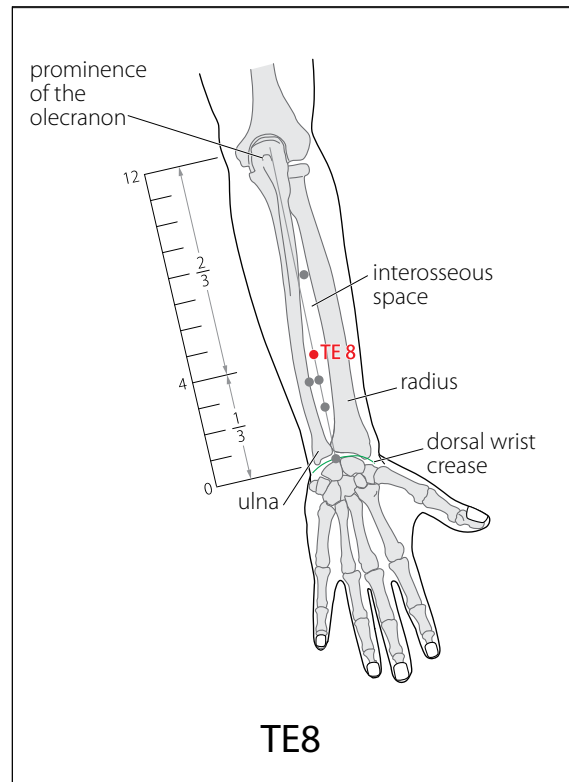
Note: TE7 is ulnar to TE6.



TE8: Sanyangluo 三陽(阳)絡(络)

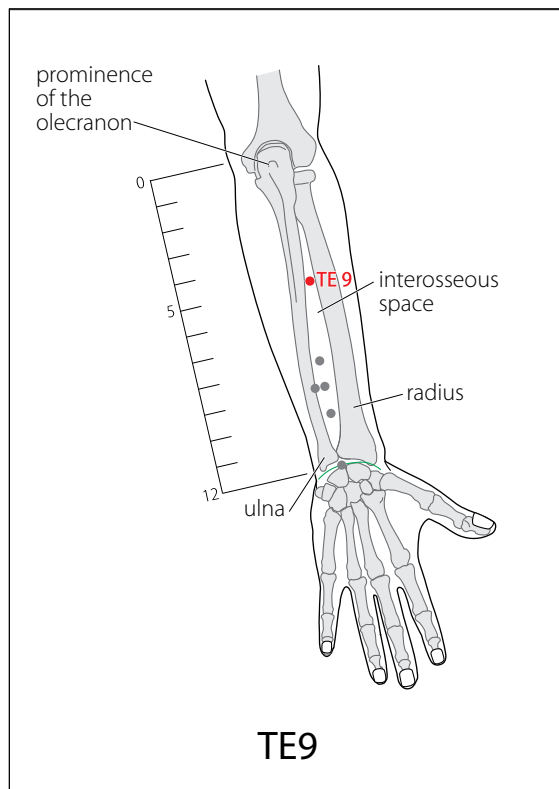
On the posterior aspect of the forearm, midpoint of the interosseous space between the radius and the ulna, 4 B-cun proximal to the dorsal wrist crease.

Note: At the junction of the upper two thirds and lower one third of the line connecting TE4 with the tip of the elbow.



TE9: Sidu 四瀆 (渎)

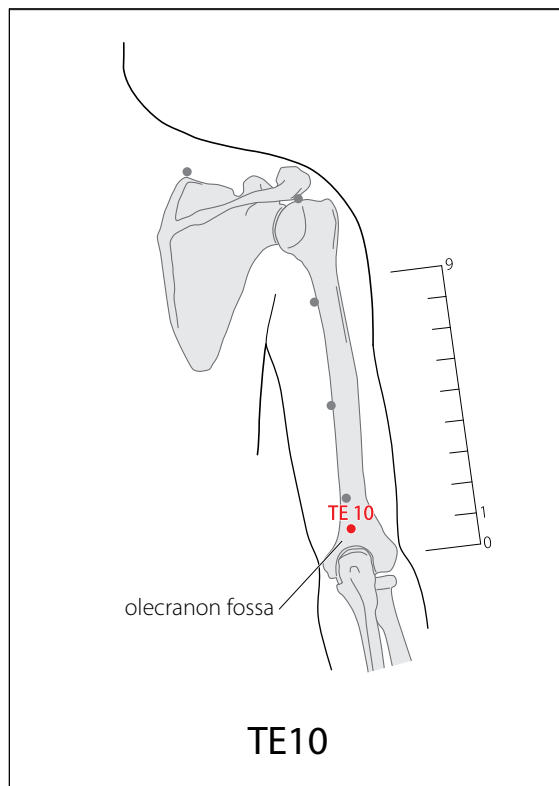
On the posterior aspect of the forearm, midpoint of the interosseous space between the radius and the ulna, 5 B-cun distal to the prominence of the olecranon.



TE10: Tianjing 天井

On the posterior aspect of the elbow, in the depression 1 B-cun proximal to the prominence of the olecranon.

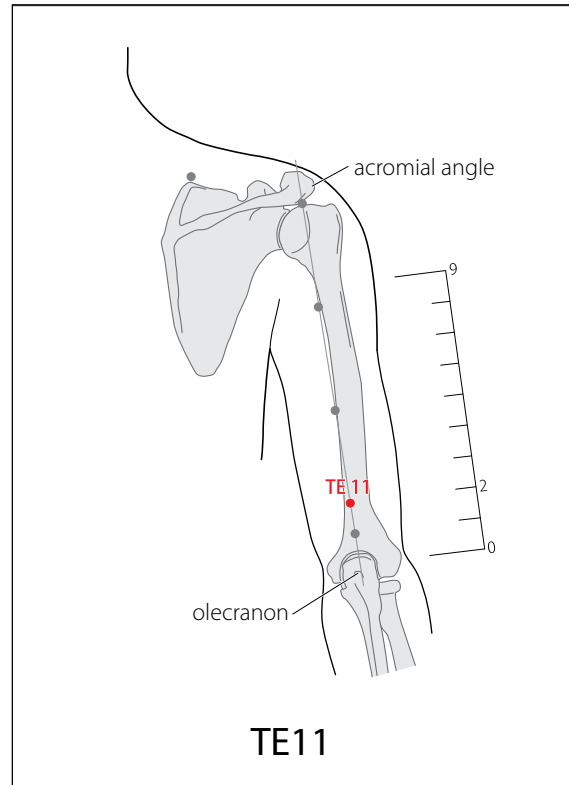
Note: When the elbow is flexed, TE10 is located in the olecranon fossa.



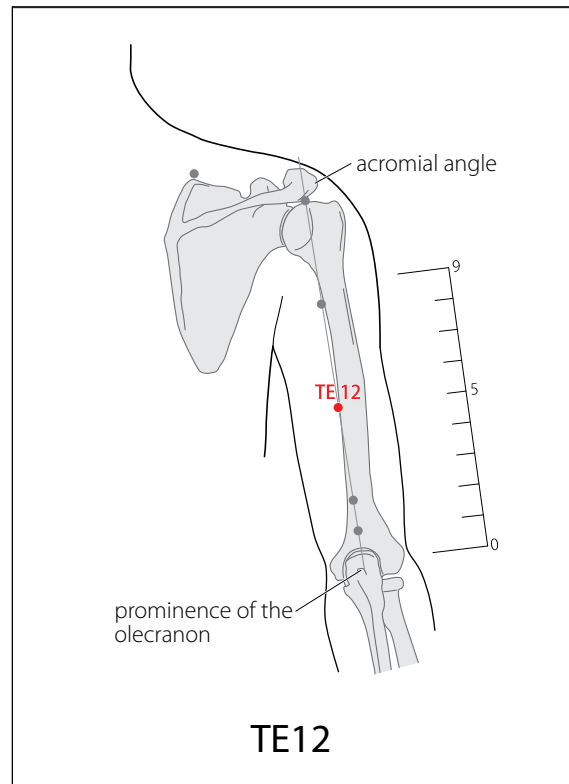
TE11: Qinglengyuan 清(清)冷(令)淵(渊)

On the posterior aspect of the arm, on the line connecting the prominence of olecranon with the acromial angle, 2 B-cun proximal to the prominence of the olecranon.

Note: With the elbow extended, 2 B-cun superior to the prominence of the olecranon.

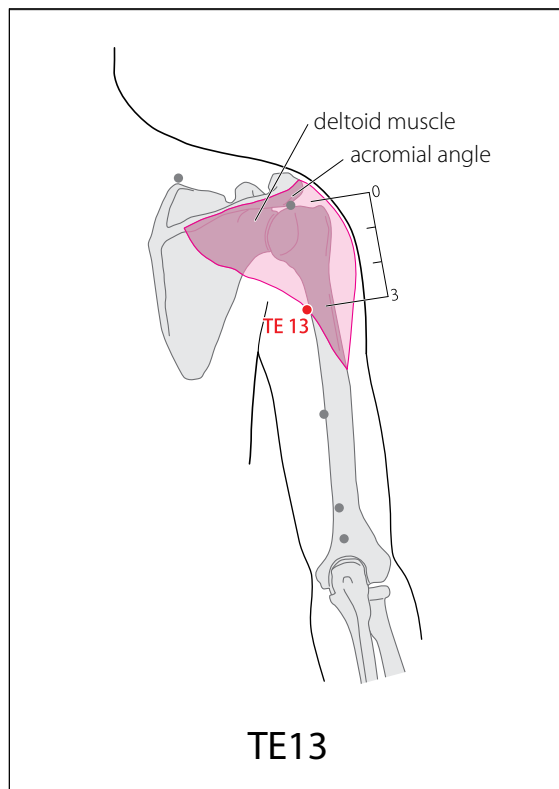
**TE12: Xiaoluo 消瀾(冻)**

On the posterior aspect of the arm, on the line connecting the prominence of the olecranon with the acromial angle, 5 B-cun proximal to the prominence of the olecranon.



TE13: Naohui 臑會(会)

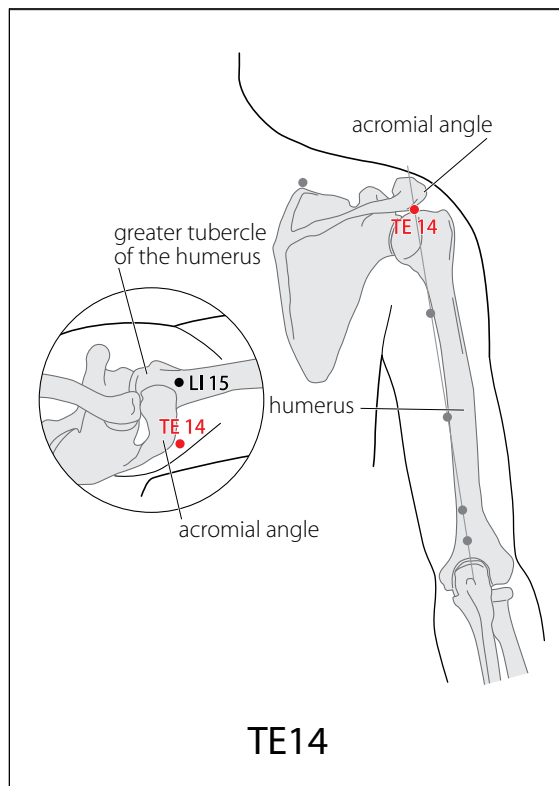
On the posterior aspect of the arm, postero-inferior to the border of the deltoid muscle, 3 B-cun inferior to the acromial angle.



TE14: Jianliao 肩髃(髃)

On the shoulder girdle, in the depression between the acromial angle and the greater tubercle of the humerus.

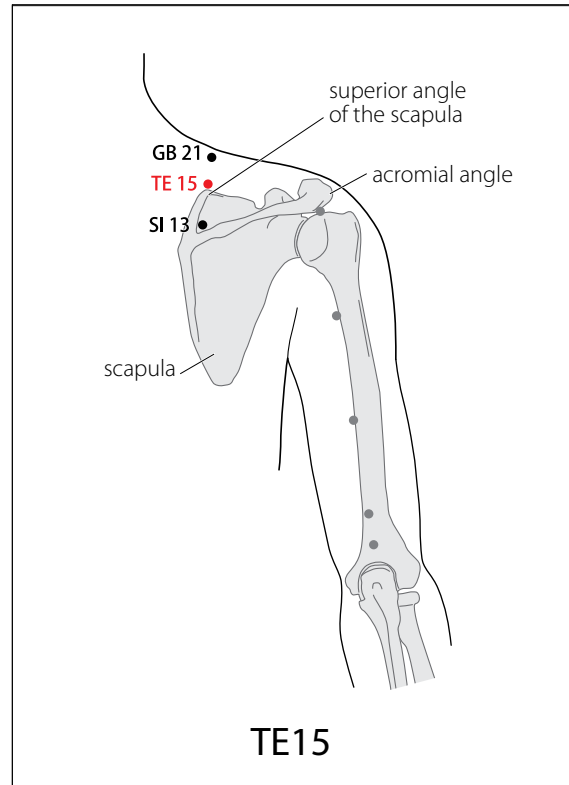
Note: When the elbow is flexed and the arm is abducted, two depressions appear respectively anterior and posterior to the acromion. LI15 is located in the anterior one, deeper than the posterior one, in which TE14 is located.



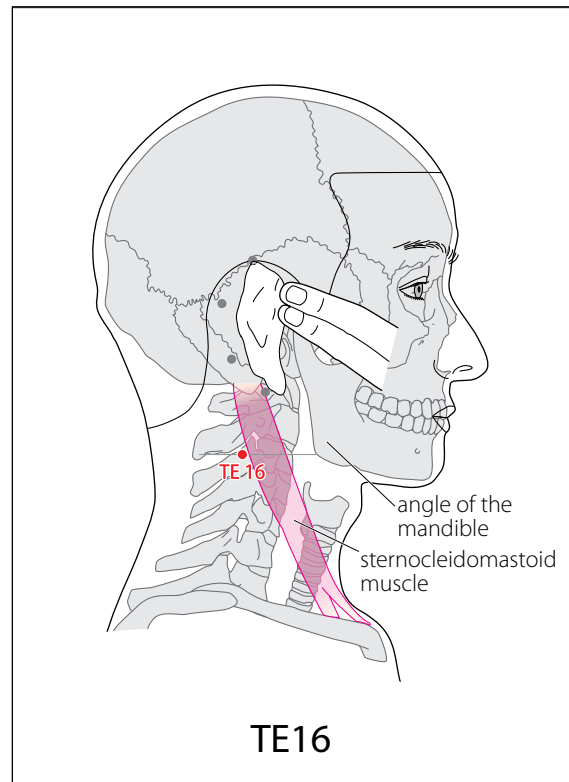
TE15: Tianliao 天膠(膠)

In the scapular region, in the depression superior to the superior angle of the scapula.

Note: With the upper limb hanging by the side of trunk in a seated position, TE15 is located midway between GB21 and SI13.

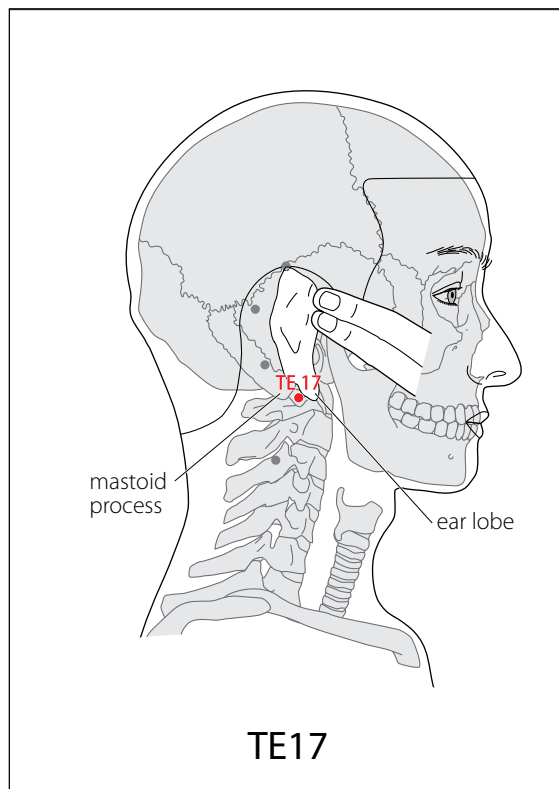
**TE16: Tianyou 天牖**

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



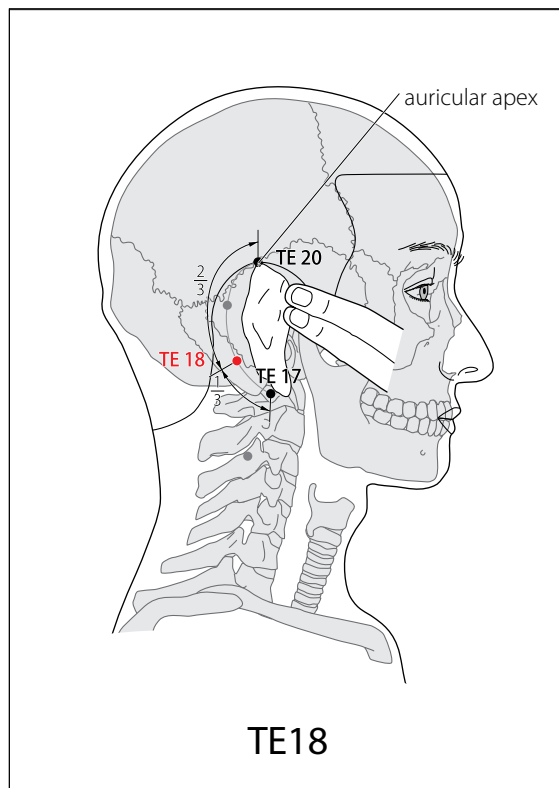
TE17: Yifeng 翳風 (风)

In the anterior region of the neck, posterior to the ear lobe, in the depression anterior to the inferior end of the mastoid process.



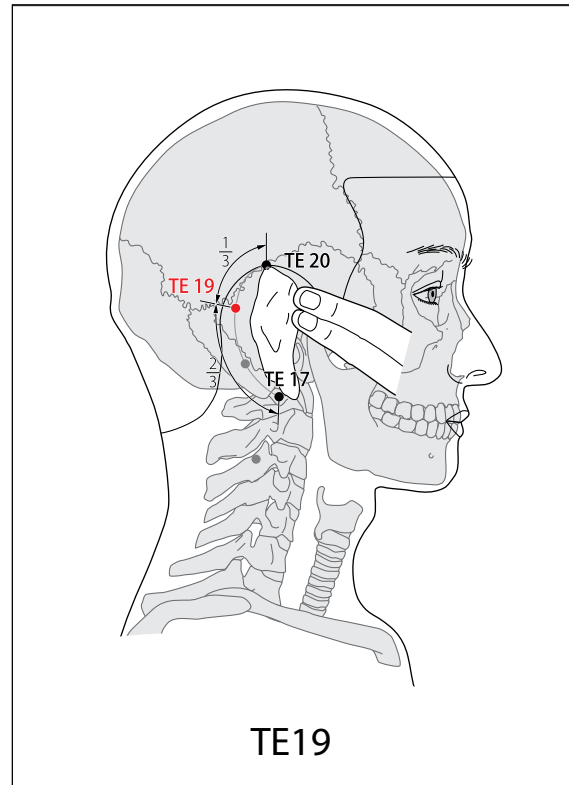
TE18: Chimai (Qimai) 瘕脈 (脉)

On the head, at the centre of the mastoid process, at the junction of the upper two thirds and lower one third of the curved line from TE17 to TE20.



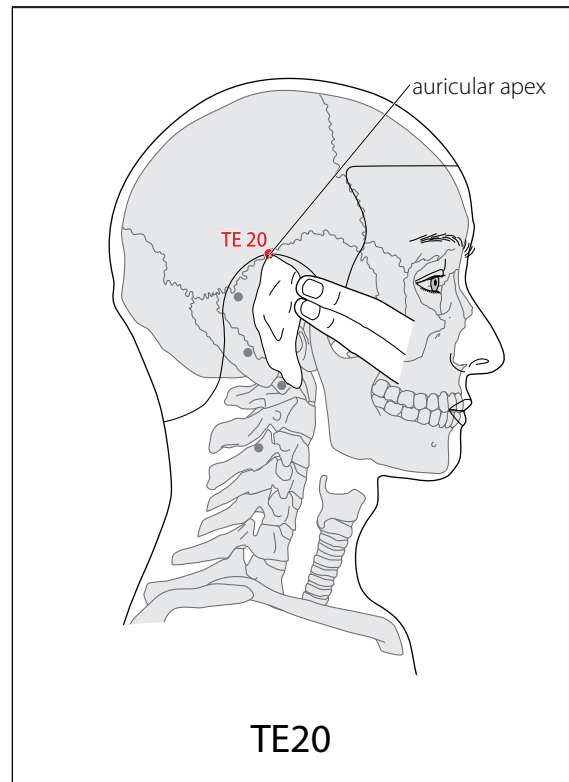
TE19: Luxi 顙(頤)息

On the head, at the junction of the upper one third and lower two thirds of the curved line from TE17 to TE20.

**TE20: Jiaosun 角孫(孫)**

On the head, just superior to the auricular apex.

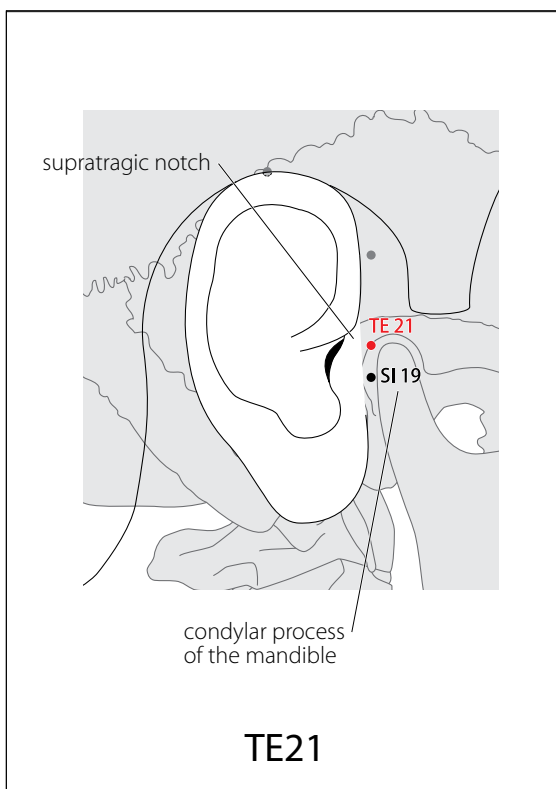
Note: With the auricle folded forward and pressed against the head, the point is located where the auricular apex touches the head.



TE21: Ermen 耳門(門)

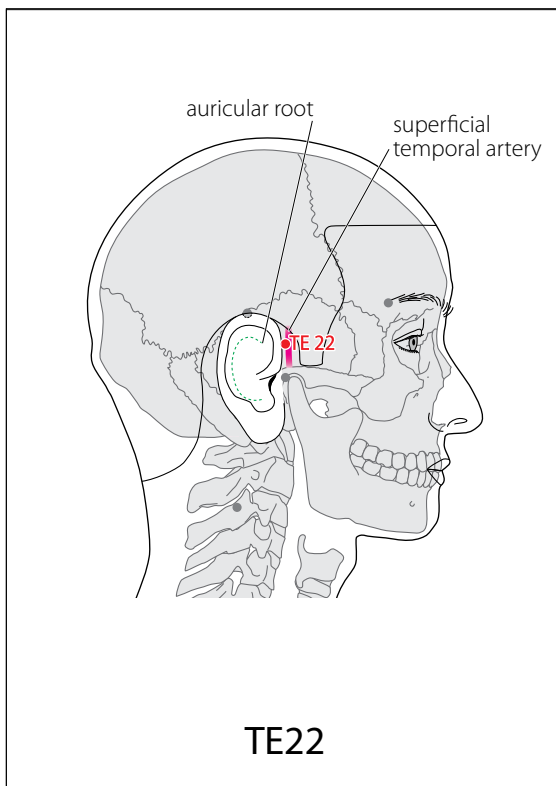
On the face, in the depression between the supratragic notch and the condylar process of the mandible.

Note: When the mouth is slightly opened, TE21 is located in the depression anterior to the supratragic notch, directly superior to SI19.



TE22: Erheliao 耳和髎(髎)

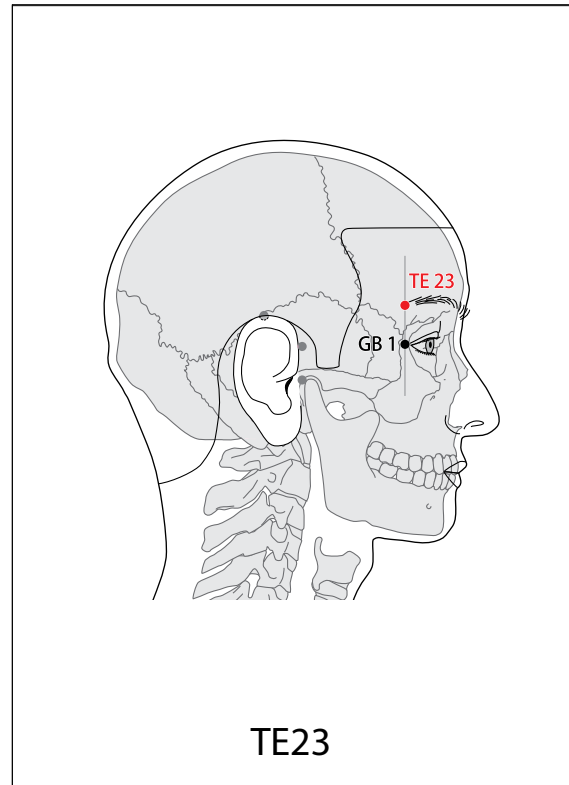
On the head, posterior to the temple hair-line, anterior to the auricular root, posterior to the superficial temporal artery.



TE23: Sizhukong 絲(丝)竹空

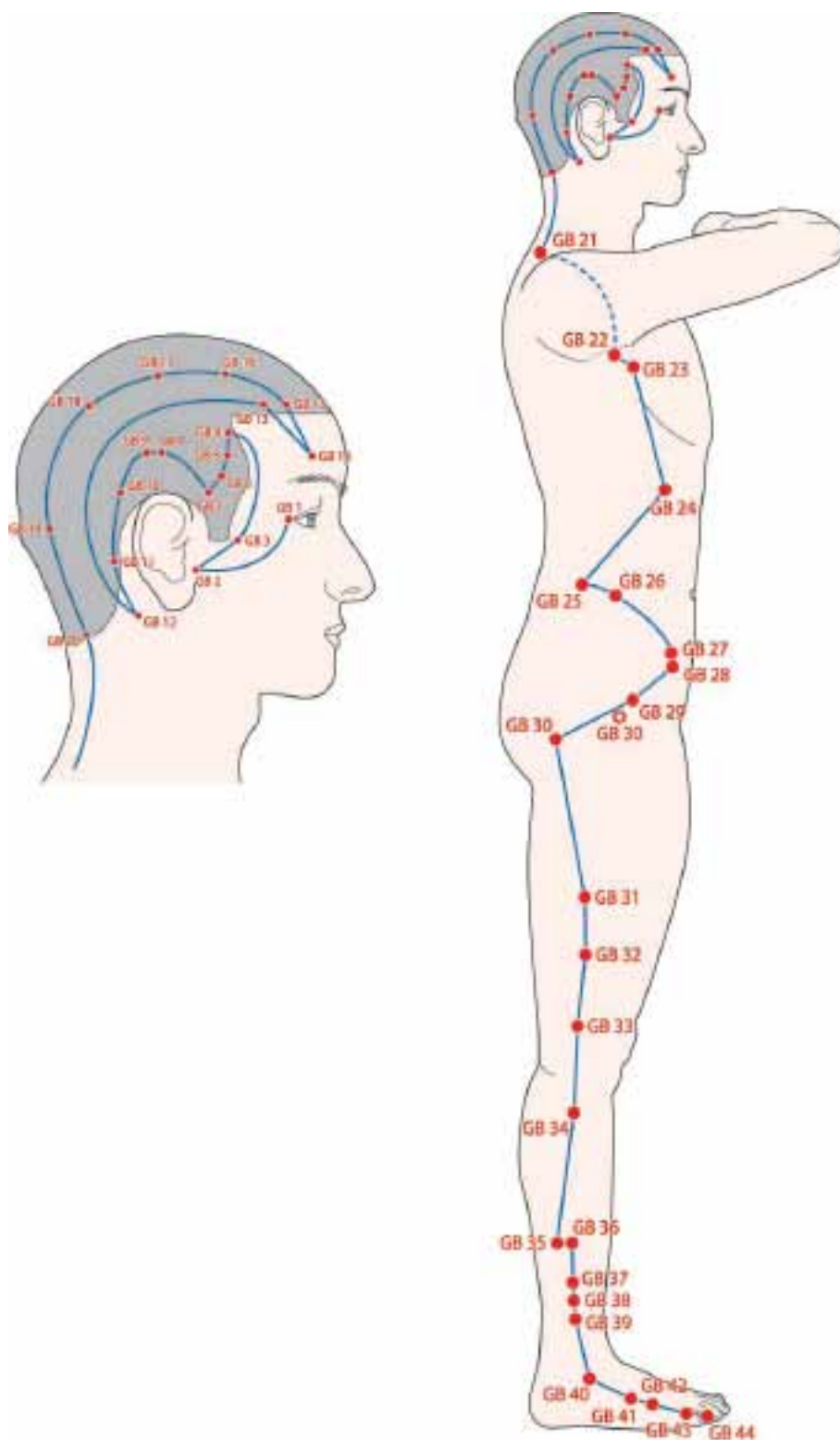
On the head, in the depression at the lateral end of the eyebrow.

Note: TE23 is superior to GB1.



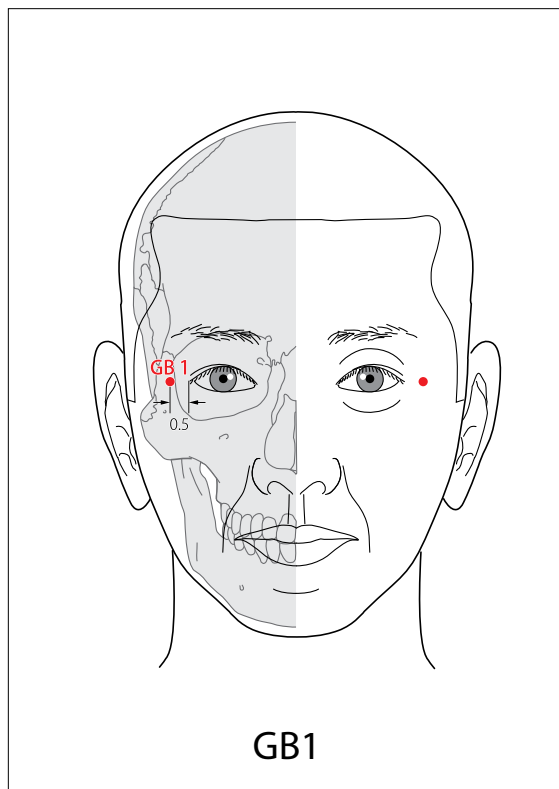
GALLBLADDER MERIDIAN

足少陽(阳)膽(胆)經(经, 経)



GB1: Tongziliao 瞳子髎(髎)

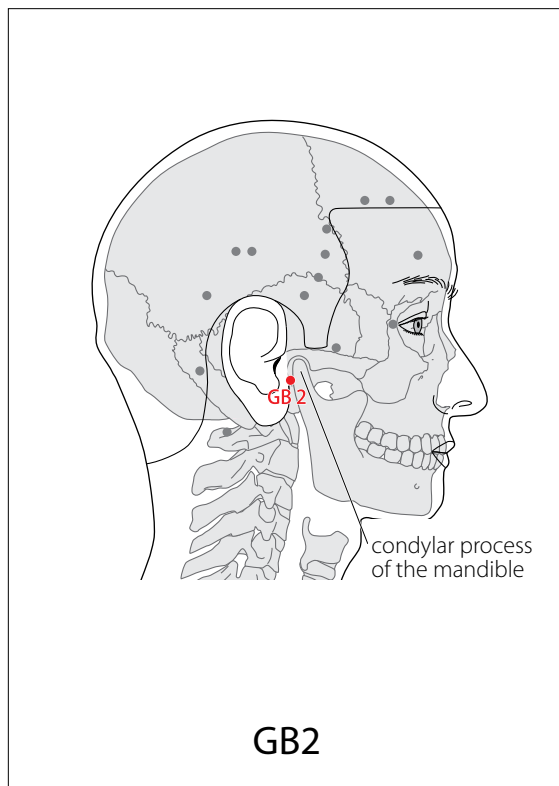
On the head, in the depression, 0.5 B-cun lateral to the outer canthus of the eye.



GB2: Tinghui 聽(听, 聽)會(会)

On the face, in the depression between the intertragic notch and the condylar process of the mandible.

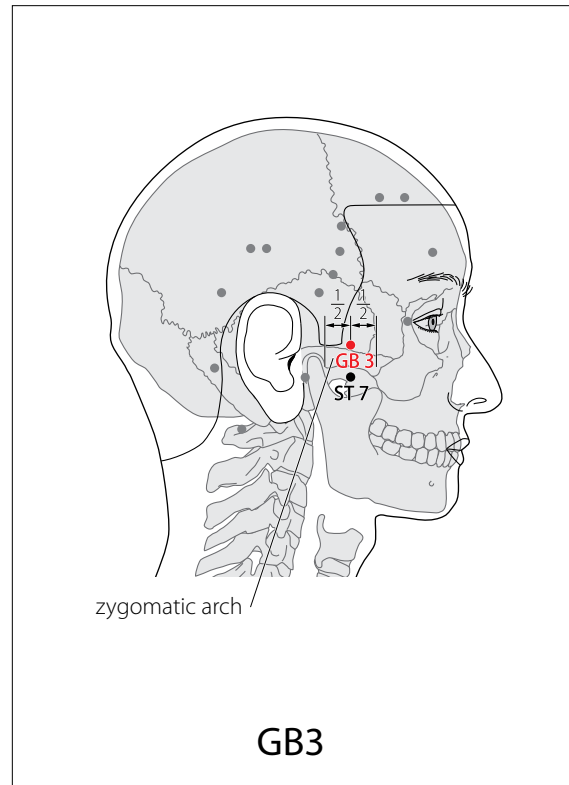
Note: When the mouth is opened, GB2 is located in the depression anterior to the intertragic notch.



GB3: Shangguan 上關 (关, 関)

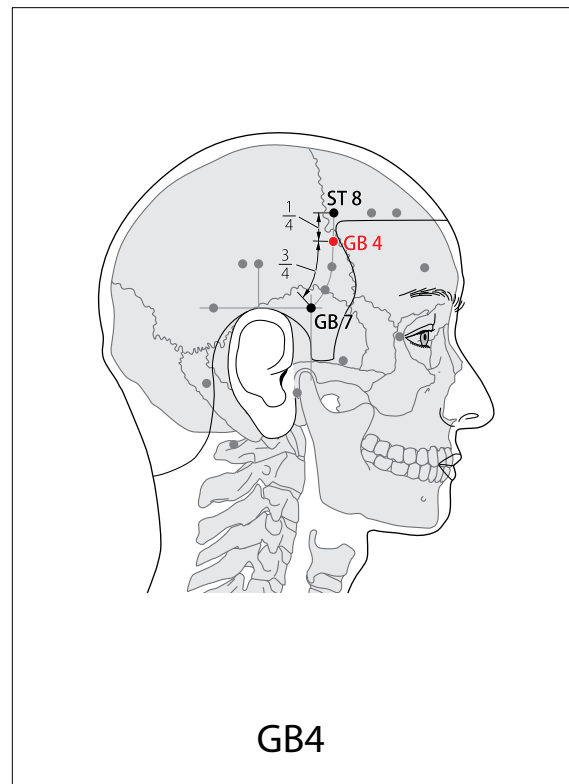
On the head, in the depression superior to the midpoint of the zygomatic arch

Note: In the depression superior to the zygomatic arch, superior to ST7.



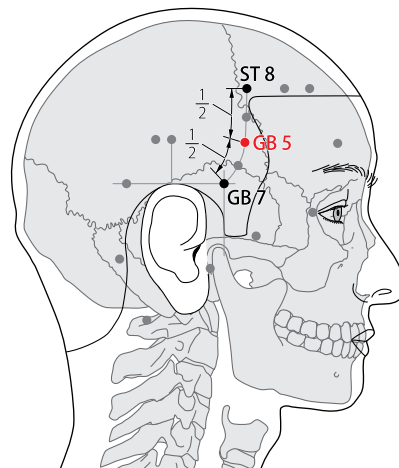
GB4: Hanyan 頤 (頤) 厭 (厭)

On the head, at the junction of the upper one fourth and lower three fourths of the curved line from ST8 to GB7.



GB5: Xuanlu 懸(悬)顛(颠)

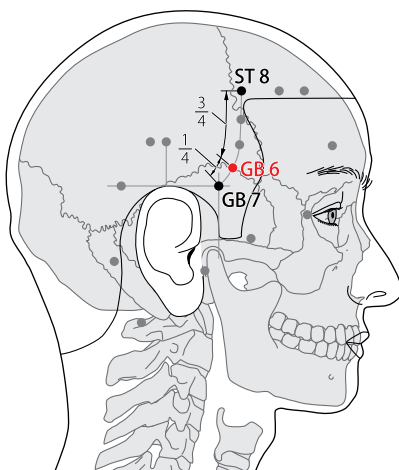
On the head, at the midpoint of the curved line from ST8 to GB7.



GB5

GB6: Xuanli 懸(悬)釐(厘)

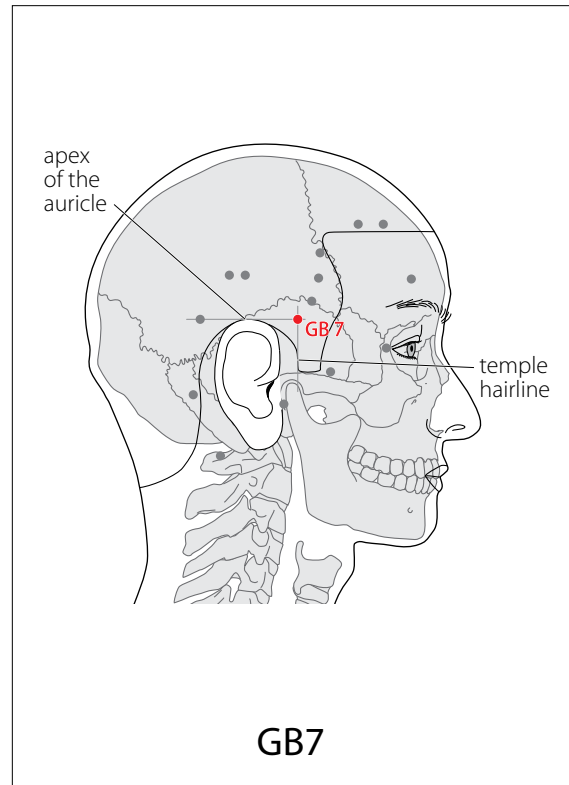
On the head, at the junction of the upper three fourths and lower one fourth of the curved line from ST8 to GB7.



GB6

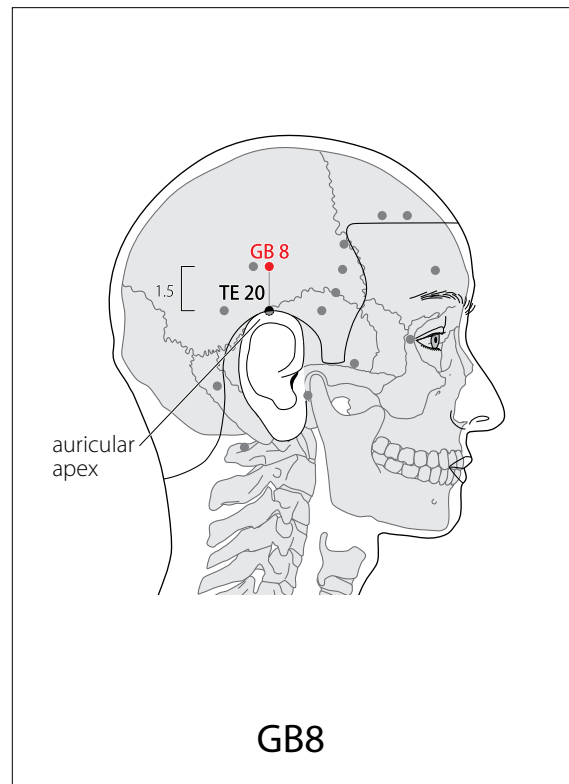
GB7: Qubin 曲鬢 (鬢)

On the head, at the junction of the vertical line of the posterior border of the temple hairline and the horizontal line of the apex of the auricle.

**GB8: Shuaigu 率谷**

On the head, directly superior to the auricular apex, 1.5 B-cun superior to the temporal hairline.

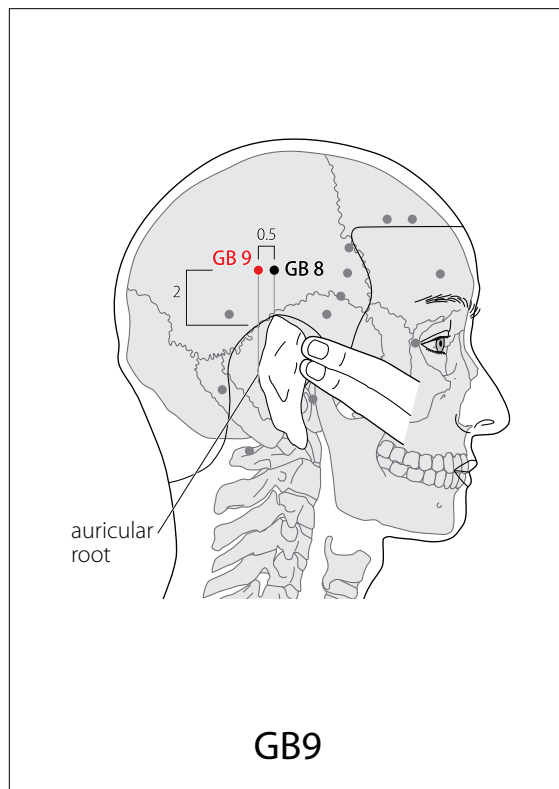
Note: Superior to TE20, 1.5 B-cun within the hairline, it is easier to palpate the point while the subject is chewing.



GB9: Tianchong 天衝 (冲)

On the head, directly superior to the posterior border of the auricular root, 2 B-cun superior to the hairline.

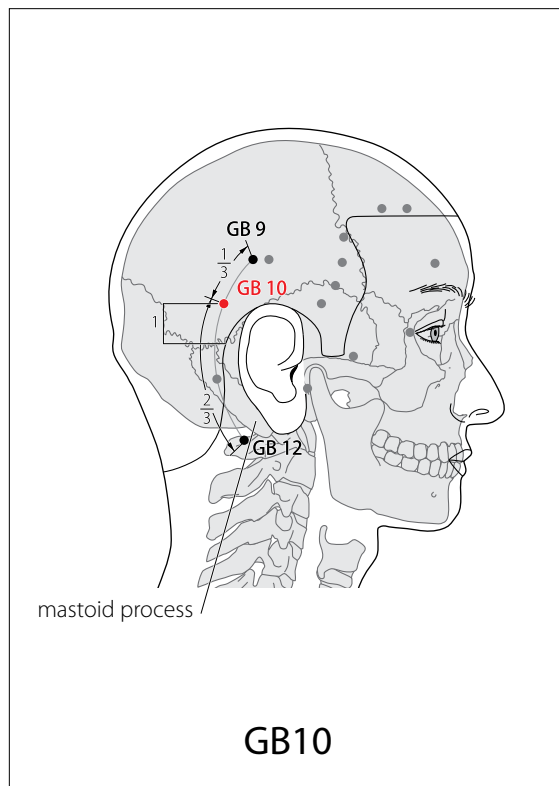
Note: GB9 is 0.5 B-cun posterior to GB8.



GB10: Fubai 浮 (浮) 白

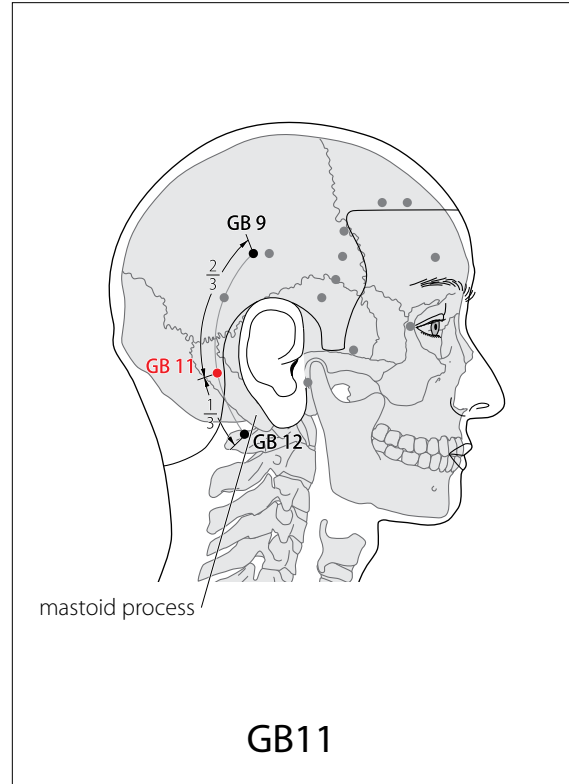
On the head, posterosuperior to the mastoid process, at the junction of the upper one third and lower two thirds of the curved line from GB9 to GB12.

Note: Posterior to the auricular apex, 1 B-cun superior to the hairline.

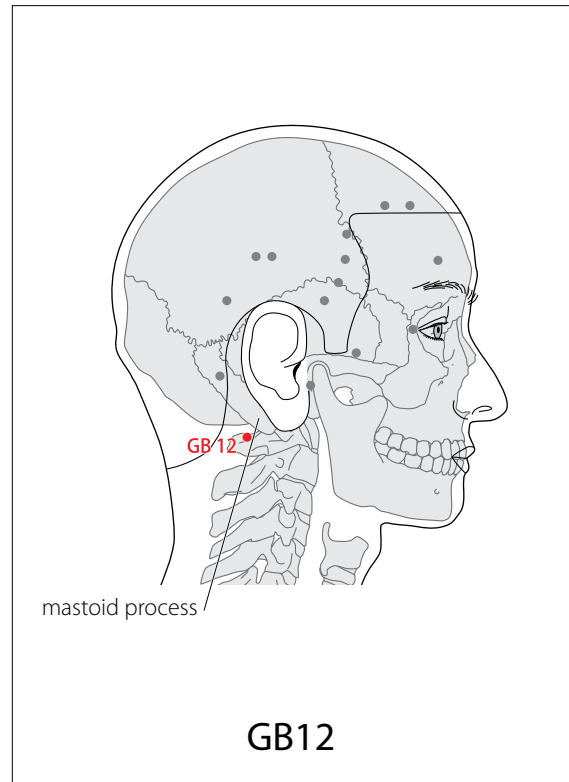


GB11: Touqiaoyin 頭(头)竅(窍)陰(阴)

On the head, posterior and superior to the mastoid process, at the junction of the upper two thirds and lower one third of the curved line from GB 9 to GB12.

**GB12: Wangu 完骨(骨)**

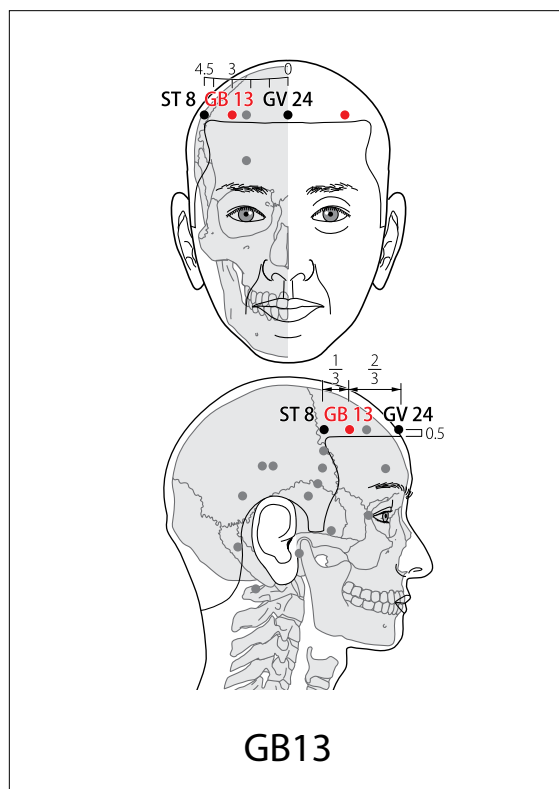
In the anterior region of the neck, in the depression posteroinferior to the mastoid process.



GB13: Benshen 本神 (神)

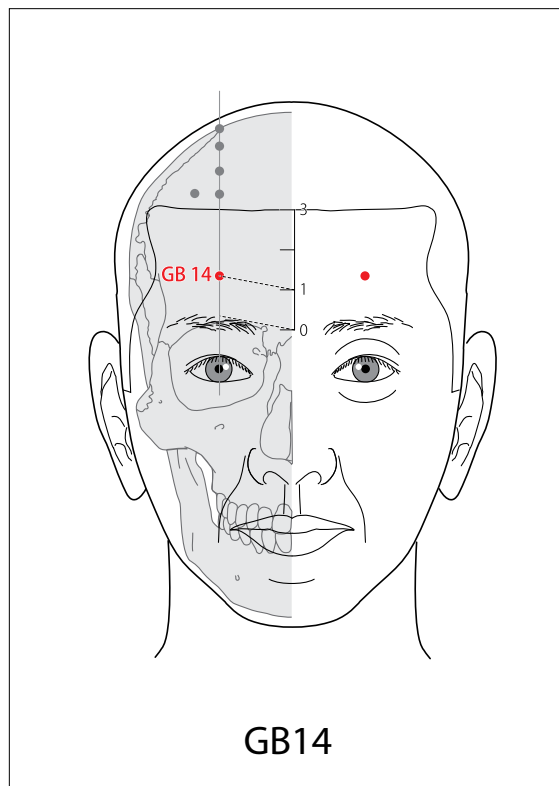
On the head, 0.5 B-cun superior to the anterior hairline, 3 B-cun lateral to the anterior median line.

Note: GB13 is at the junction of the medial two thirds and lateral one third of the curved line from GV24 to ST8.



GB14: Yangbai 陽 (阳) 白

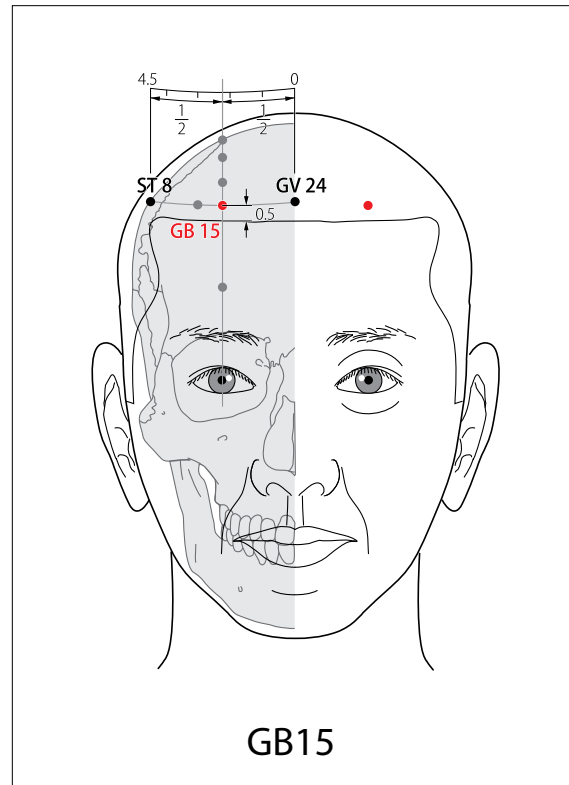
On the head, 1 B-cun superior to the eyebrow, directly superior to the centre of the pupil.



GB15: Toulinqi 頭(头)臨(临)泣

On the head, 0.5 B-cun within the anterior hairline, directly superior to the centre of the pupil.

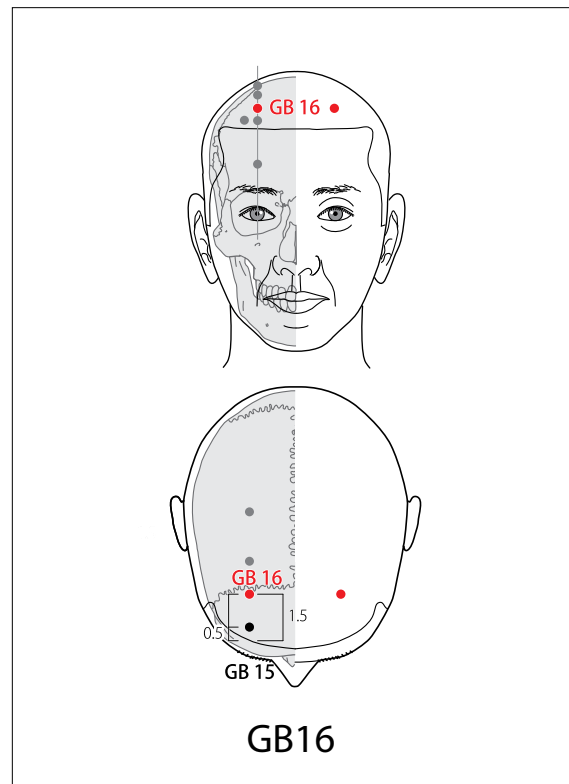
Note: When looking straight ahead, GB15 is superior to the centre of the pupil, at the midpoint of the curved line from GV24 to ST8.



GB16: Muchuang 目窗(窓)

On the head, 1.5 B-cun within the anterior hairline, directly superior to the centre of the pupil.

Note: GB16 is 1 B-cun superior to GB15.



On the head, 2.5 B-cun within the anterior hairline, directly superior to the centre of the pupil.

On the head, 4 B-cun within the anterior hairline, directly superior to the centre of the pupil.