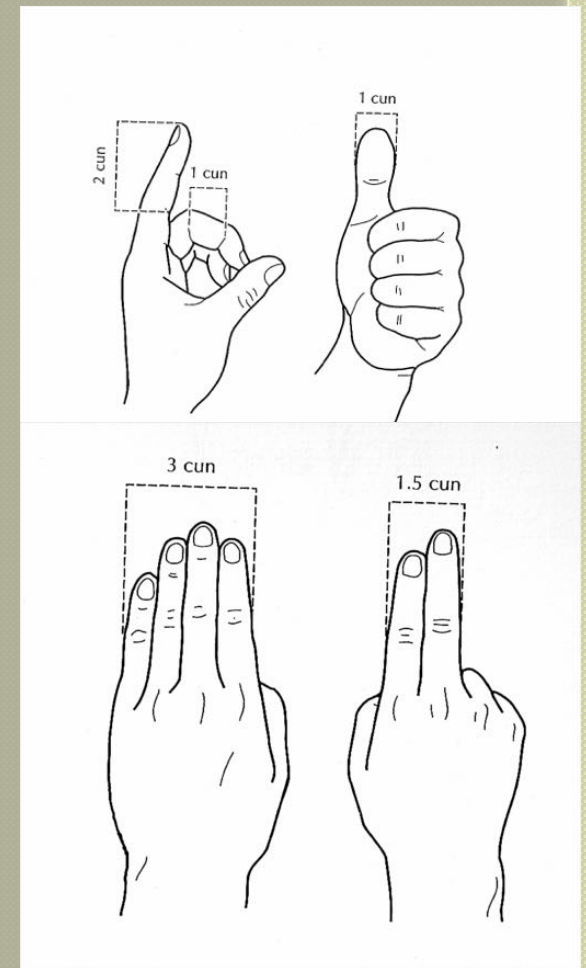
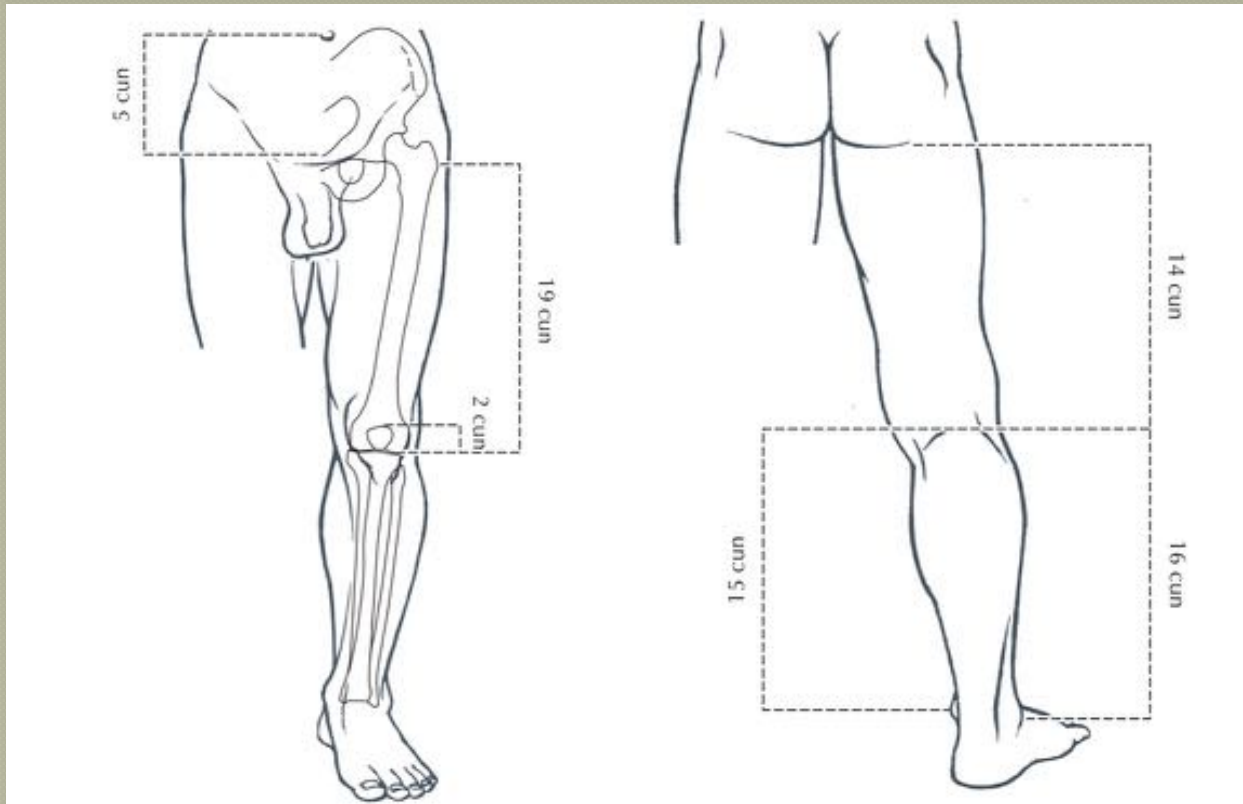


Point Location: Spleen Meridian

Foot Tai Yin

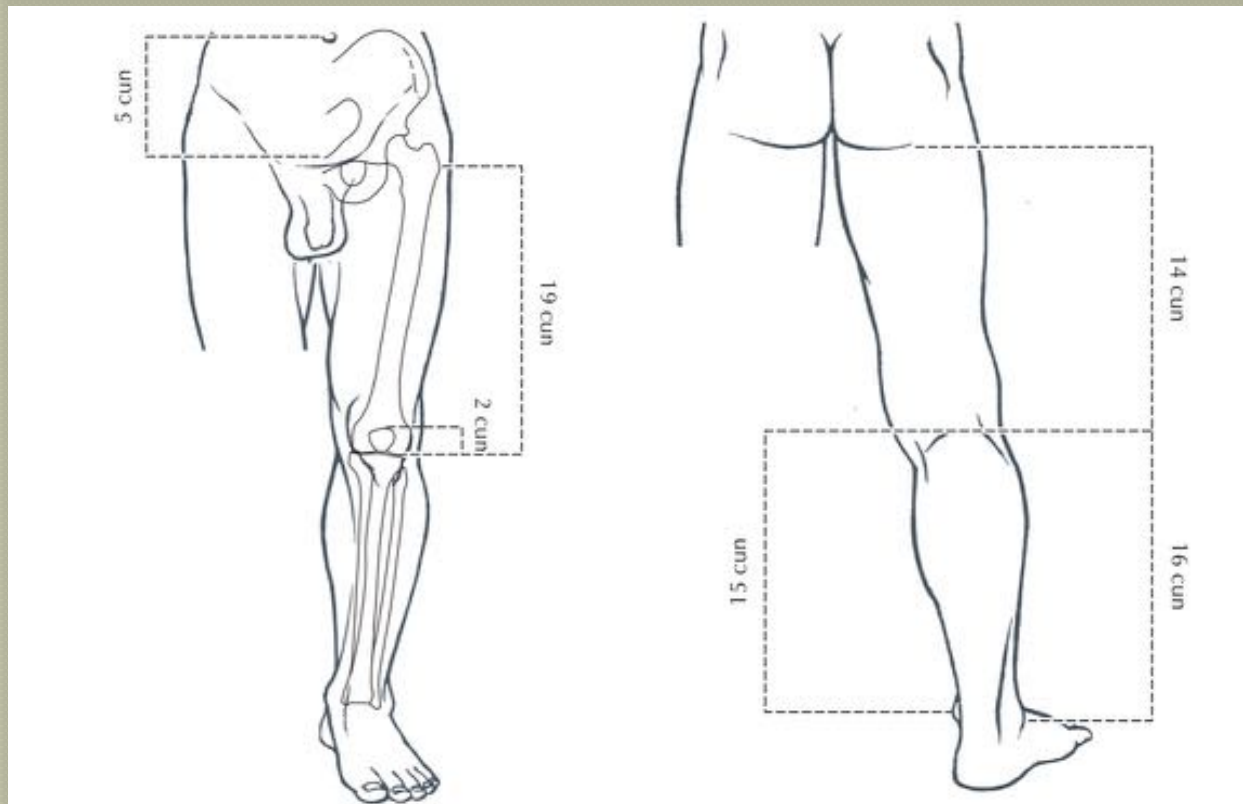
Leg Cun Measurements

Cun—a proportional unit of measure



Leg Cun Measurements

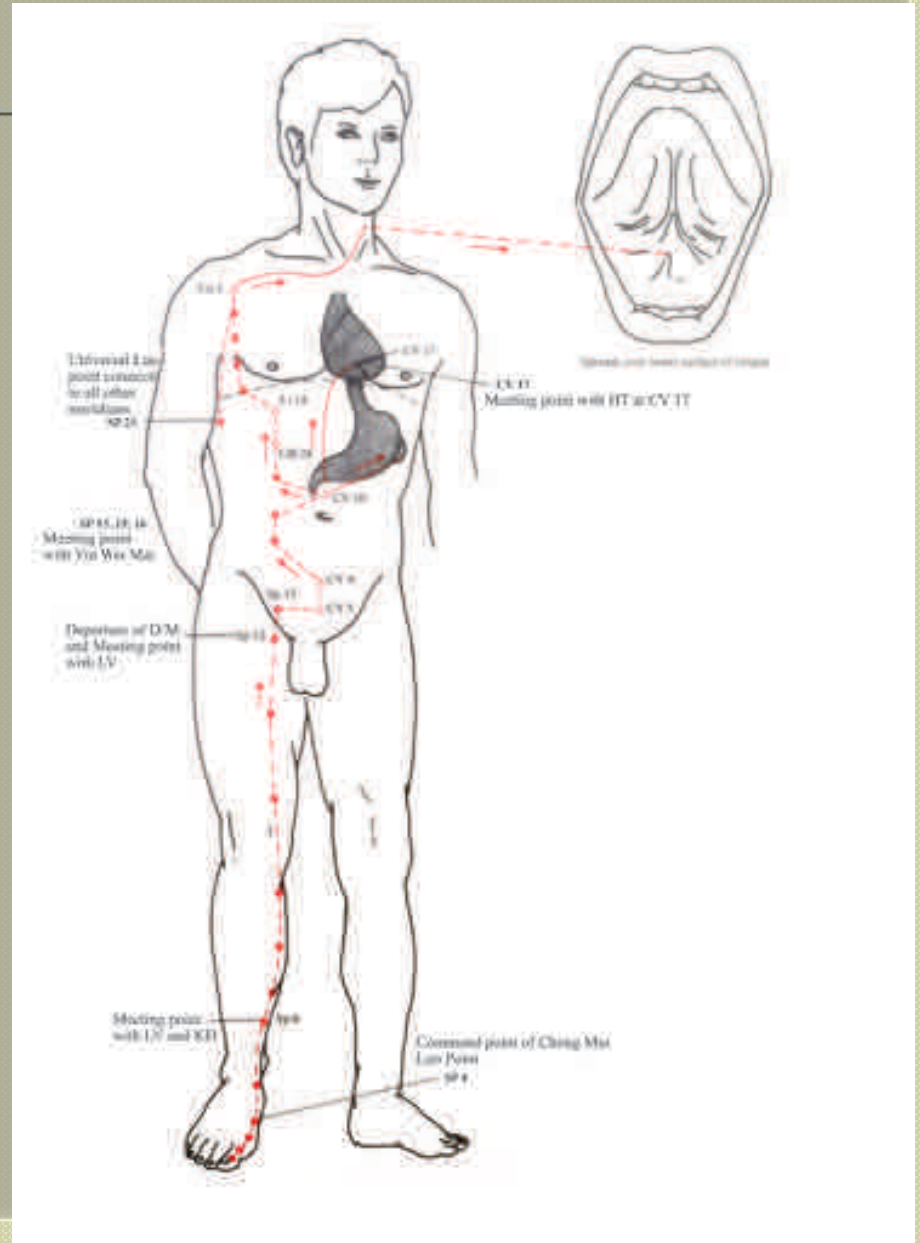
Cun—a proportional unit of measure



Spleen Meridian

Foot Tai Yin

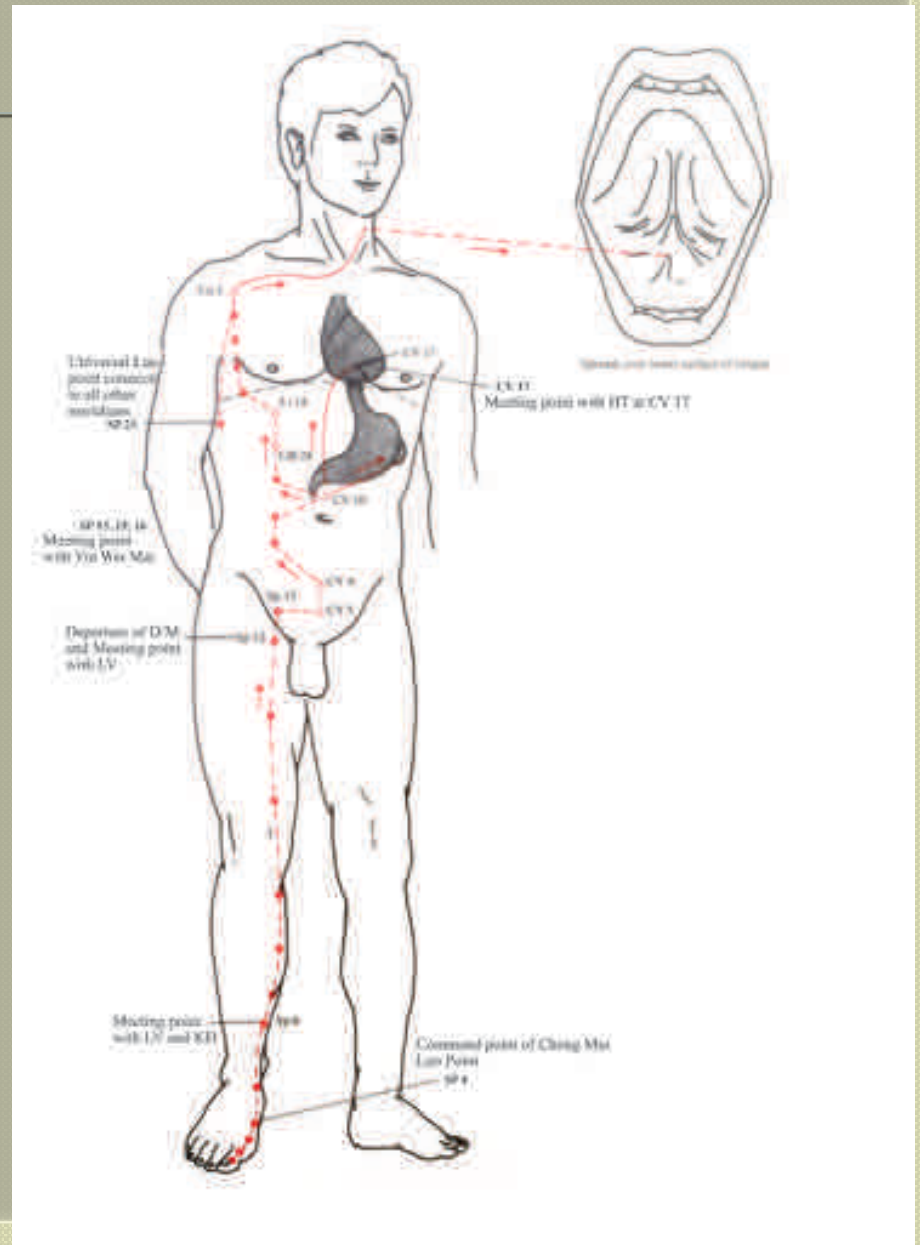
Internally, passing through the medial side of leg, meeting the liver meridian at SP 12 and liver and kidney at SP 13, then enters the abdomen at CV 3 and then emerges again at SP 15 and 16 then reenters abdomen at CV 10 where it divides, one branch goes to the spleen organ, another branch ascends through the stomach and diaphragm to enter the heart and CV 17 (mu point of Pericardium). There is also a branch from SP 20 in upper chest that passes through the throat and up the esophagus to spread over the lower surface of the tongue



Spleen Meridian

Foot Tai Yin

Externally, Spleen starts on medial side of first toe and continues up medial aspect of foot along line between the dorsal and plantar sides of foot. It continues up through ankle, between kidney (more medial) and liver (more lateral) to lower leg where it travels up the medial side of tibia in the soft tissue along bone, then at knee, it crosses liver and spleen becomes more lateral with Liver between spleen and kidney in inner thigh. It continues up into inguinal area just lateral to femoral artery and then in abdomen, lateral to the rectus abdominus muscle, into chest 6 cun lateral to midline and then ends at SP 21 along mid axillary line between the 7th and 8th rib.



Spleen Trajectory

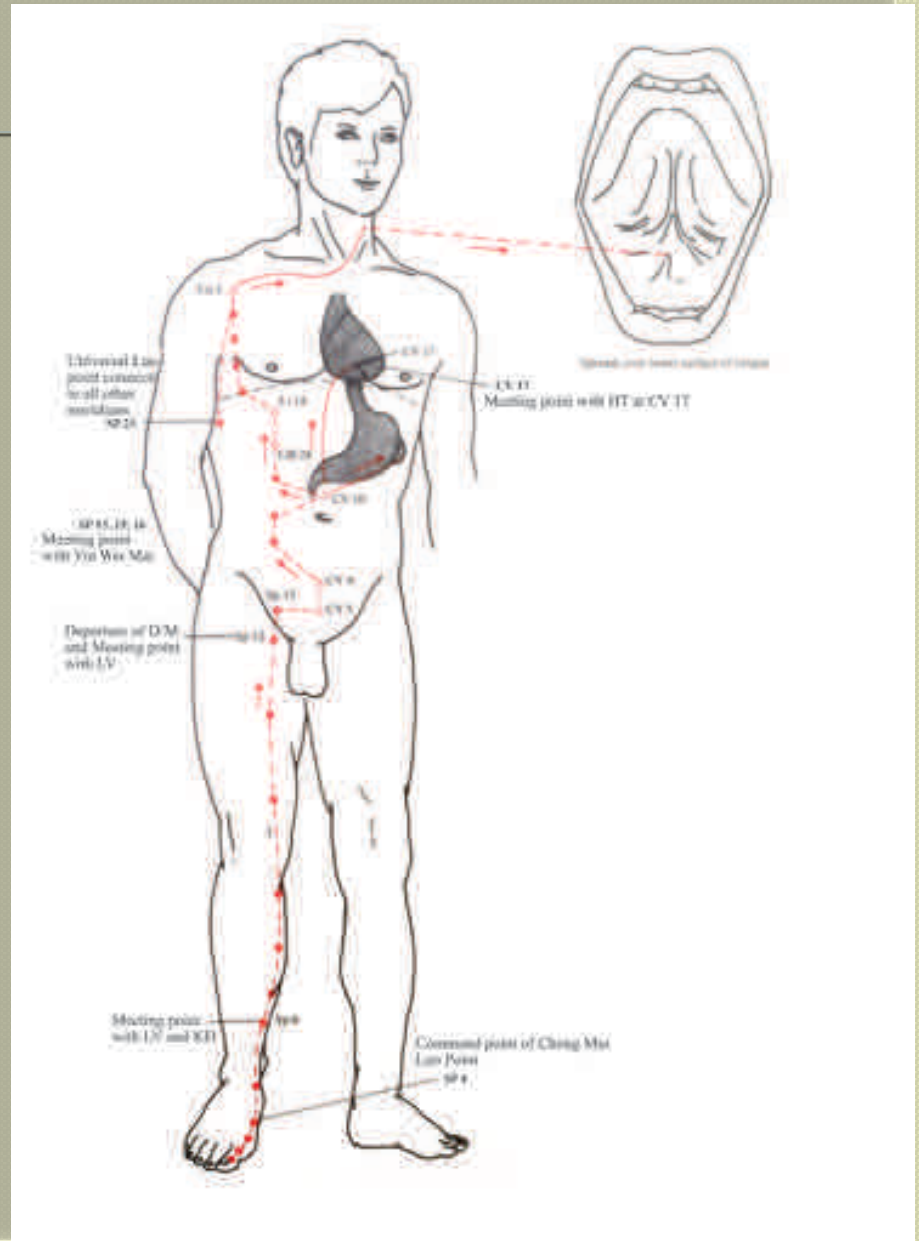


Spleen Meridian

Foot Tai Yin

Points to know:

SP 1, 2, 3, 4, 5, 6, 7,
9, 10, 11, 12, 13, 21



Spleen 1

Foot Tai Yin

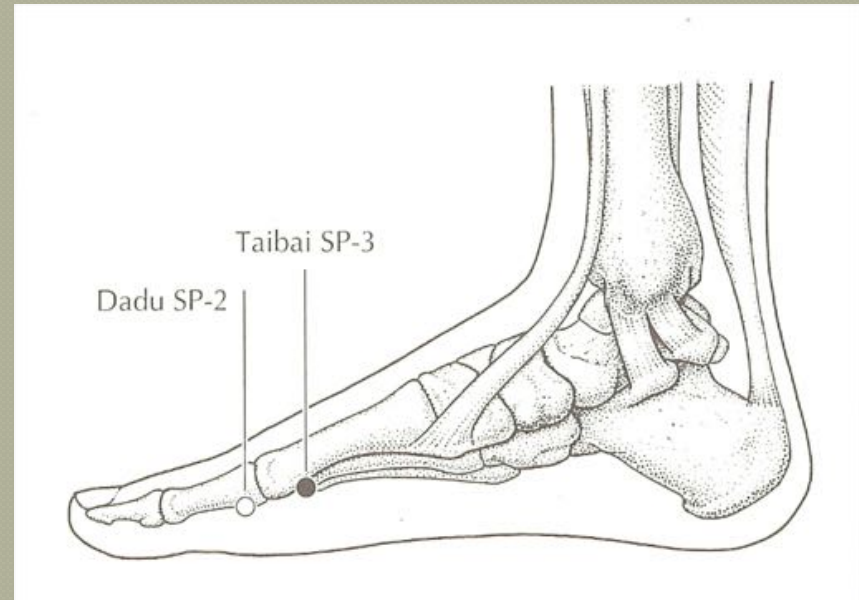
- **SP 1 –(Yinbai–Hidden Whites)**
 - On dorsal and medial aspect of the big toe, at the junction of lines drawn along the medial border and the base of the nail, 0.1 cun from the corner



Spleen 2 Foot Tai Yin

● *SP 2 –(Dadu – Great Metropolis)*

- Located on the medial aspect of the big toe, in a depression distal and inferior to the first metatarso-phalangeal joint
- Fire Point



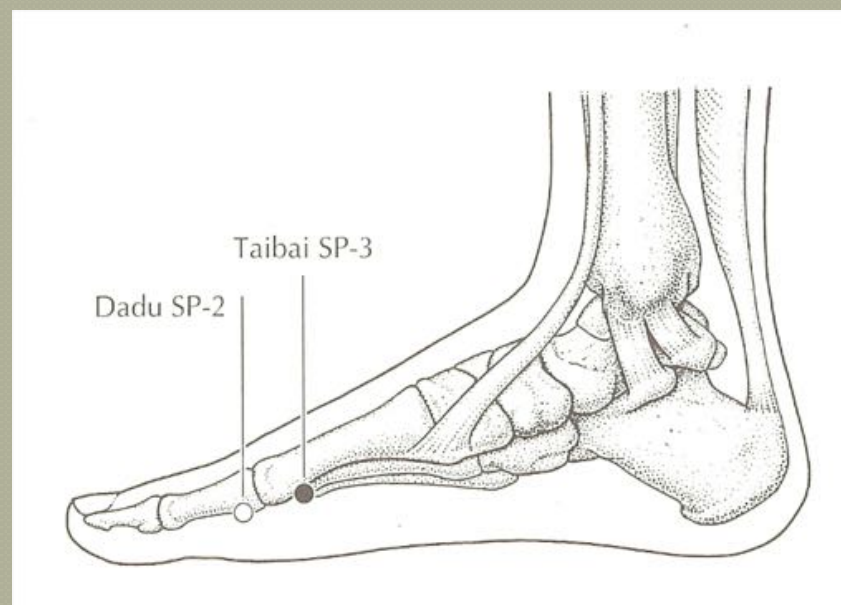
Spleen 3 Foot Tai Yin

● **SP 3 –(Taibai– Supreme White)**

- Located at the medial aspect of the big toe, in a depression proximal and inferior to the first metatarsophalangeal joint
- Yuan or Source Point

● **Japanese SP 3.2**

- About half a cun proximal to the traditional Sp3 on the spleen line, in a depression between the 1st metatarsal and the abductor muscle of the big toe.



Japanese Spleen 3.2

Foot Tai Yin

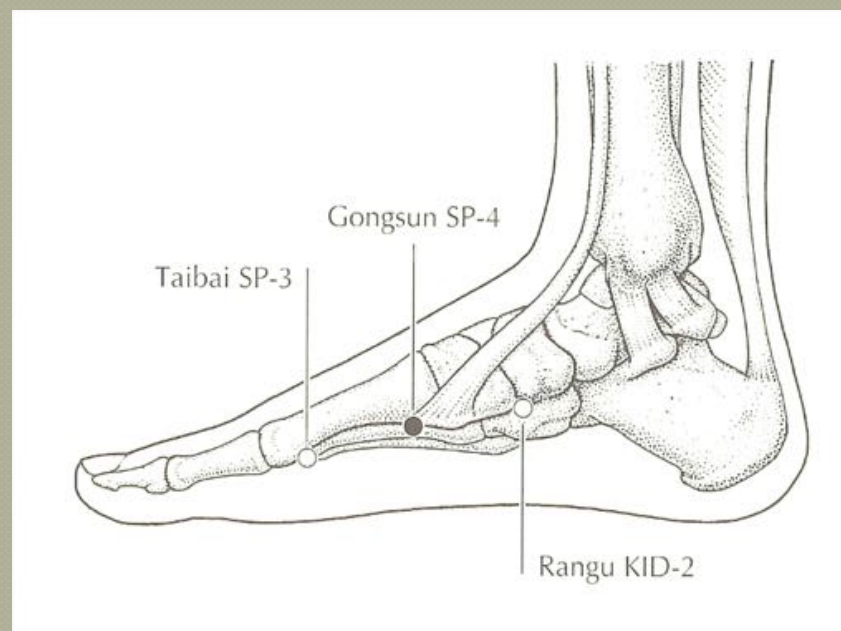
● Japanese SP 3.2

- About half a cun proximal to the traditional Sp3 on the spleen line, in a depression between the 1st metatarsal and the abductor muscle of the big toe.



Spleen 4 Foot Tai Yin

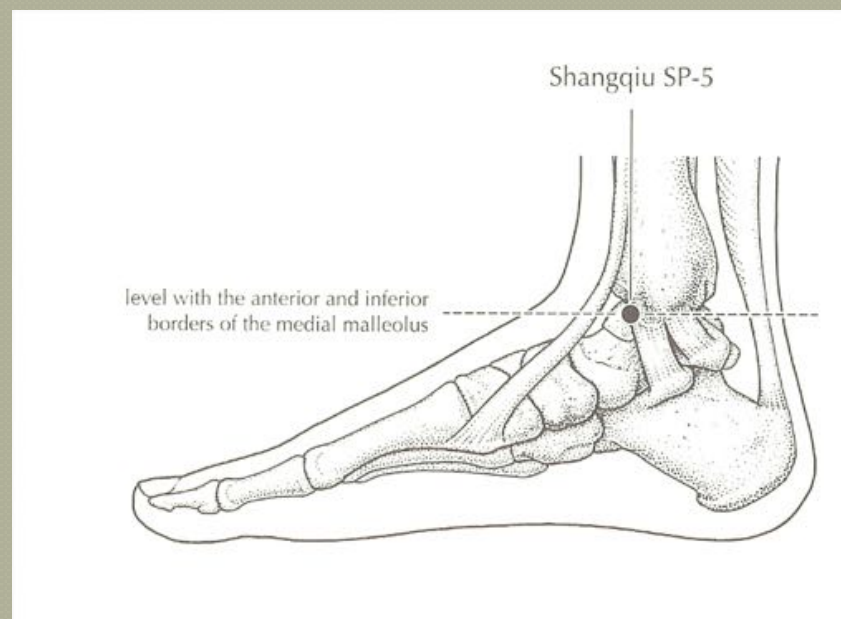
- **SP 4 – (Gongsun – Grandson of the Prince)**
 - Located on the medial aspect of the foot, in a depression distal and inferior to the base of the first metatarsal bone
 - Luo Point



Spleen 5 Foot Tai Yin

● *SP 5 – (Shangqiu – Shang Mound)*

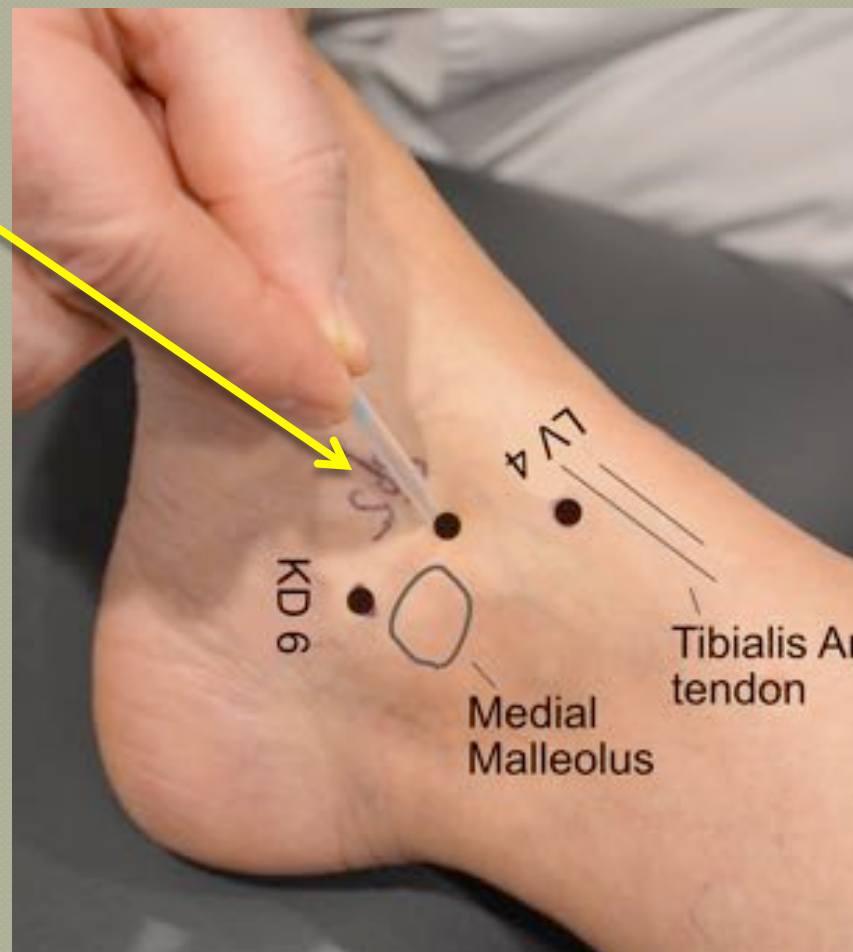
- Located on the medial aspect of the ankle, in a depression which lies at the junction of a line drawn along the anterior and inferior borders of the medial malleolus, between Liv4 (above) and Kid6 (below)
- Metal Point



Spleen 5 Foot Tai Yin

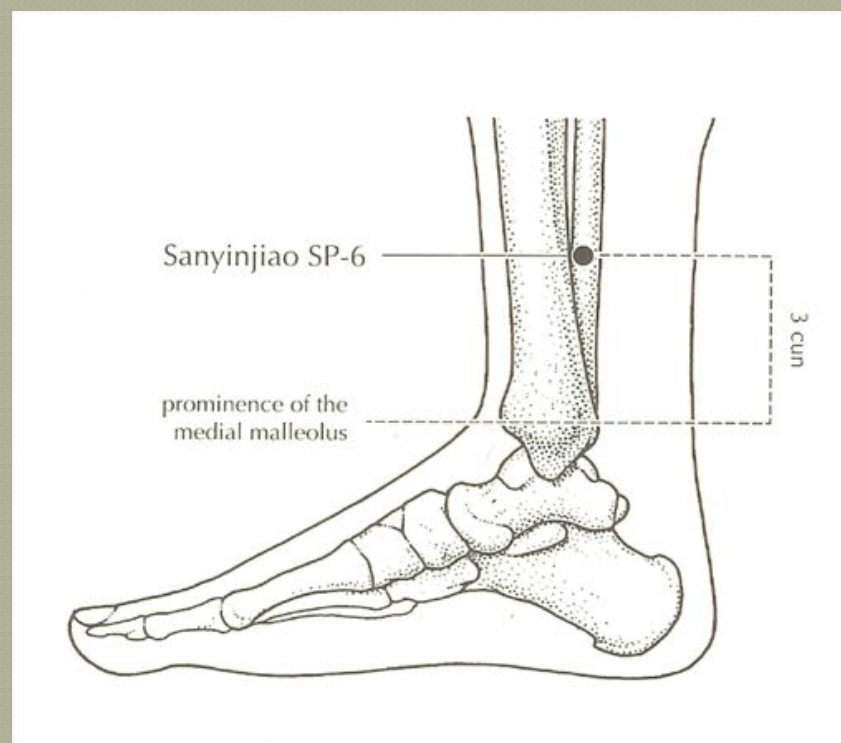
● *SP 5 – (Shangqiu – Shang Mound)*

- Located on the medial aspect of the ankle, in a depression which lies at the junction of a line drawn along the anterior and inferior borders of the medial malleolus, between Liv4 (above) and Kid6 (below)



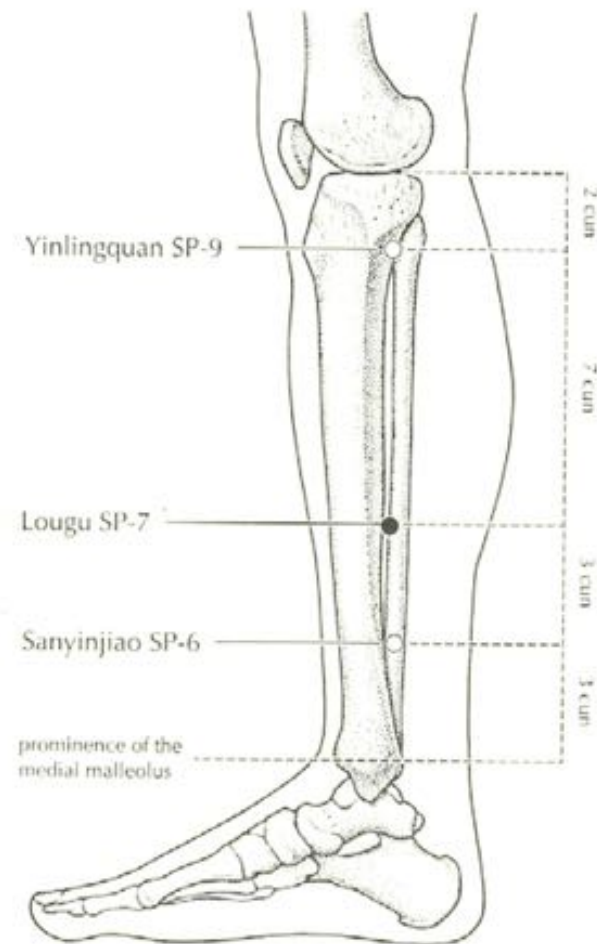
Spleen 6 Foot Tai Yin

- **SP 6 – (Sanyinjiao – Three Yin Intersection)**
 - Located three cun superior to the prominence of the medial malleolus, in a soft tissue depression or facial hole, close to the tibial bone
 - Triple Yin Point meeting point



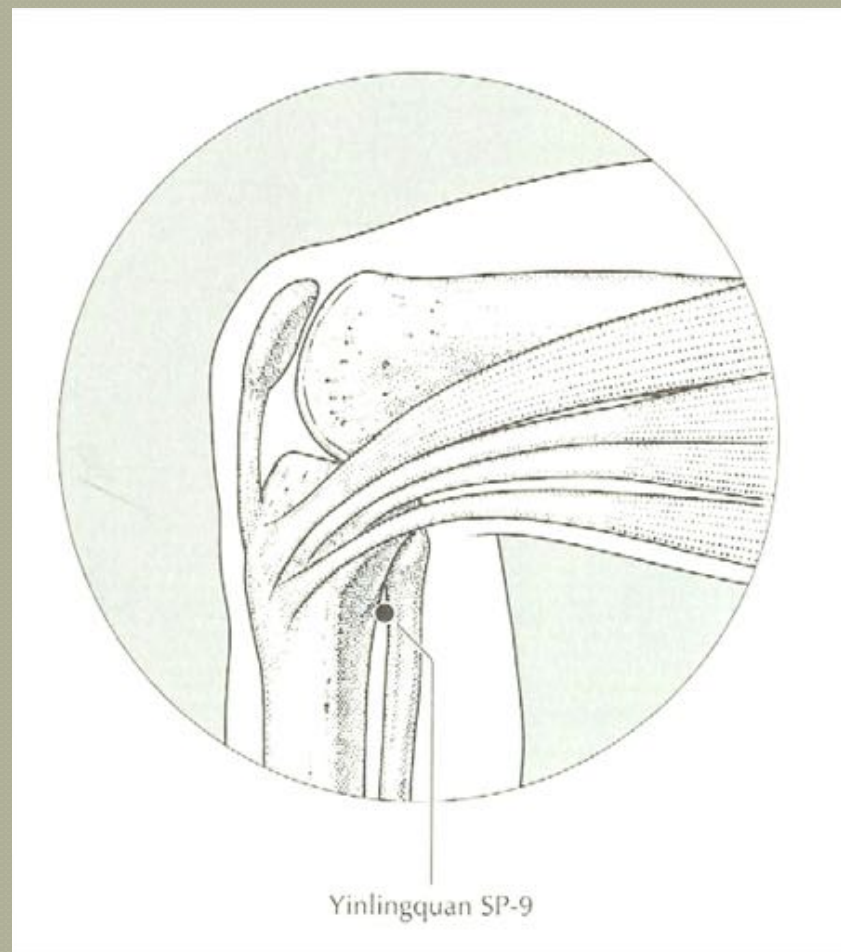
Spleen 7 Foot Tai Yin

- **SP 7 – (Lougu – Leaking Valley)**
 - Located three cun superior to SP 6, in a soft tissue depression or facial hole, close to the tibial bone



Spleen 9 Foot Tai Yin

- ***SP 9 – (Yinlingquan – Yin Mound Spring)***
 - Located in the depression at the inferior border of the medial condyle of the tibia.
 - Water Point



Spleen 9 Foot Tai Yin

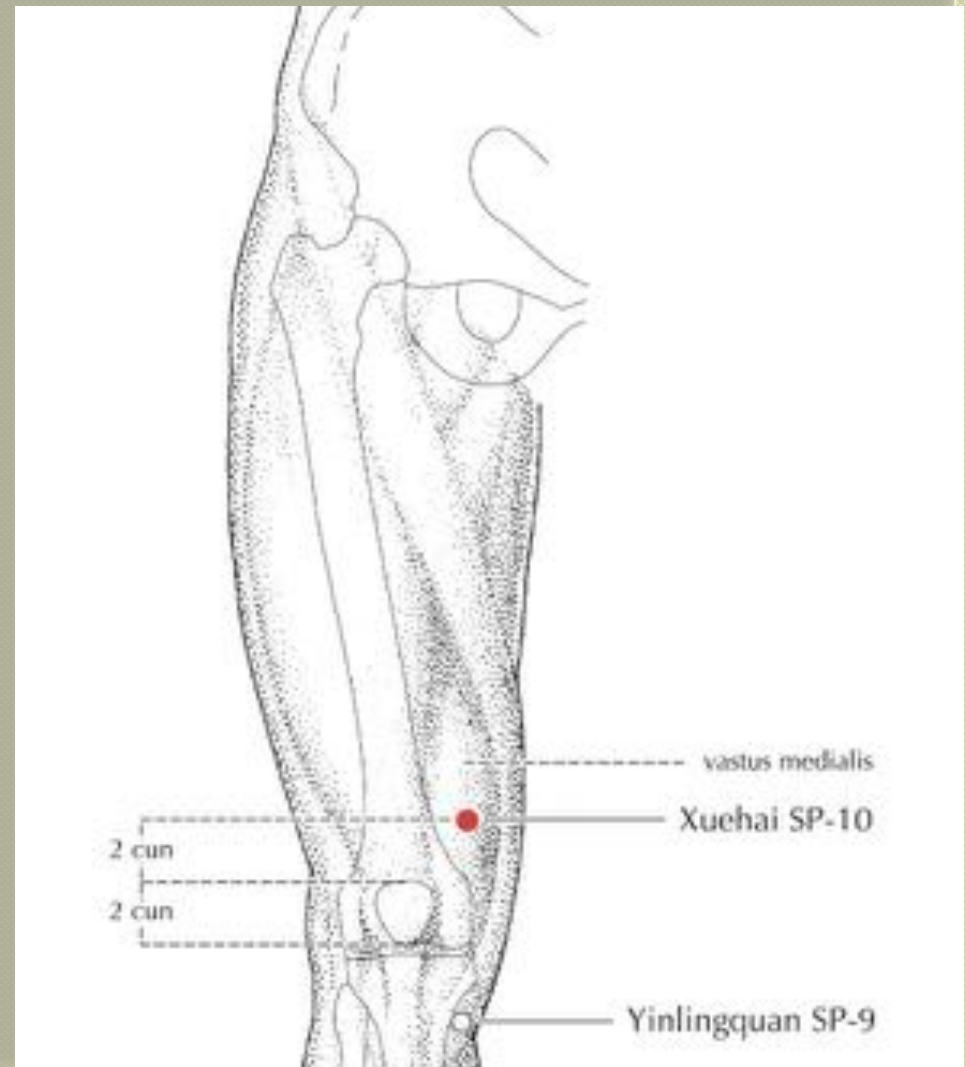
- **SP 9 – (Yinlingquan – Yin Mound Spring)**
 - Located in the depression at the inferior border of the medial condyle of the tibia. The best way to find this point it is to slide a finger upwards, along the soft tissue medial to the tibia bone, until the finger is stopped by the lower border of the tibial medial condyle



Spleen 10 Foot Tai Yin

● *SP 10 – (Xuehai – Sea of Blood)*

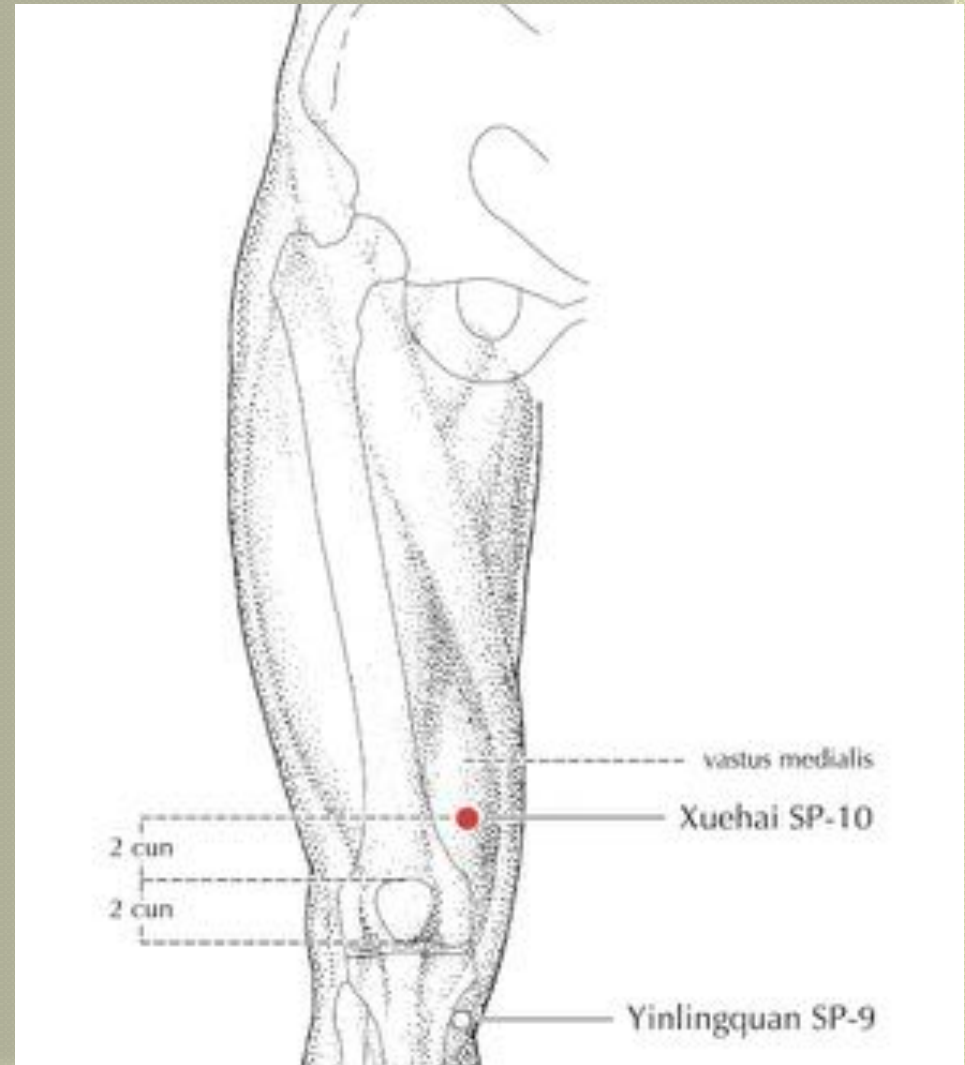
- Located two cun proximal to the superior border of the patella, in a depression just superior to the muscle belly of the vastus medialis muscle



Spleen 10 Foot Tai Yin

● *SP 10 – (Xuehai – Sea of Blood)*

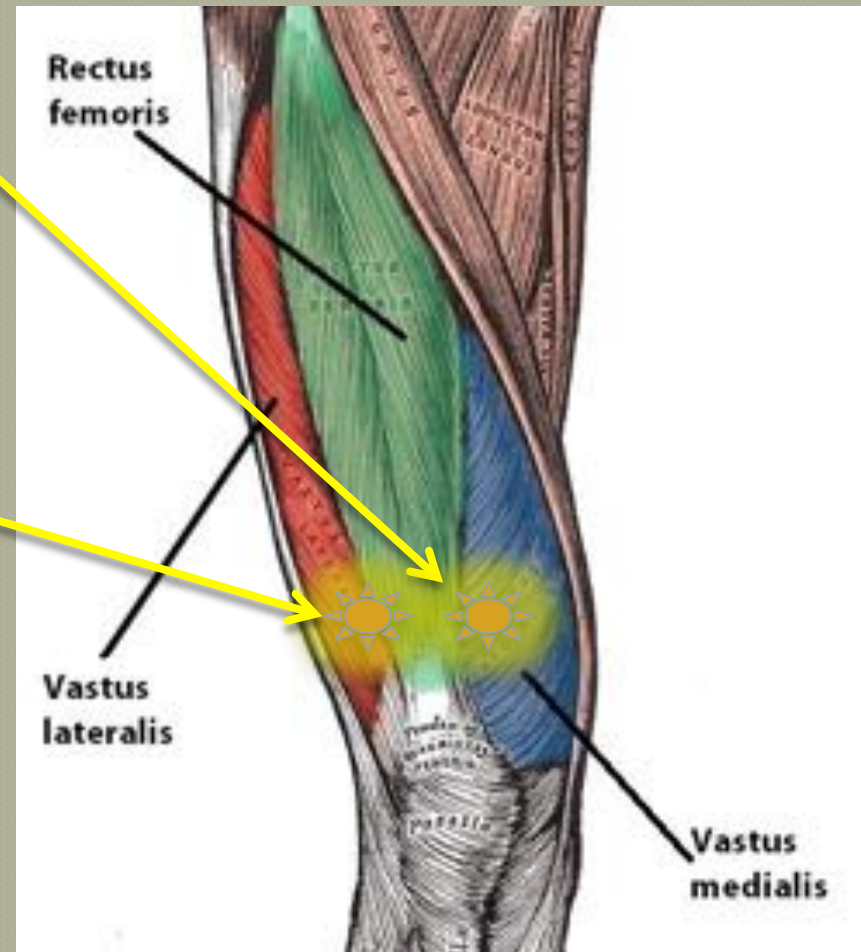
- Located two cun proximal to the superior border of the patella, in a depression just superior to the muscle belly of the vastus medialis muscle



Spleen 10 Foot Tai Yin

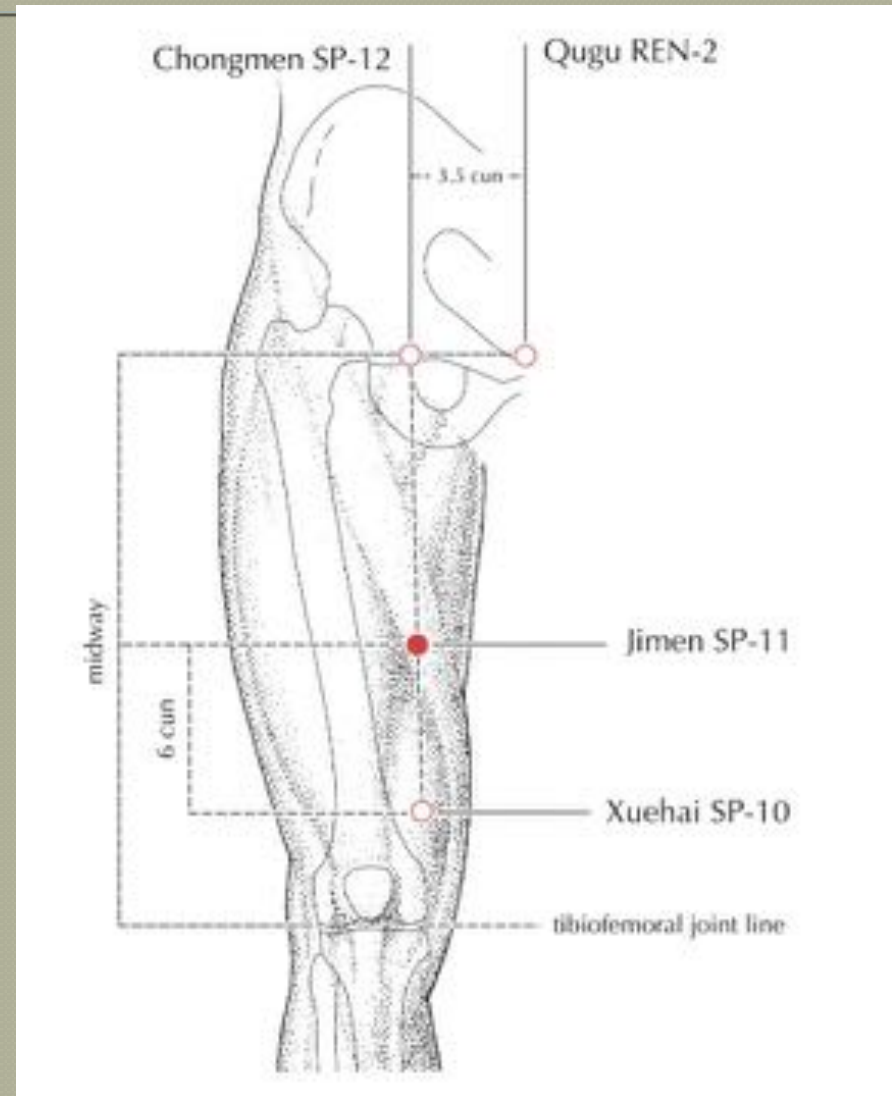
● **SP 10 – Facial Hole**

- Just superior to most prominent part of muscle belly of vastus medialis muscle
- At same level as ST 34, which is found as a facial hole between rectus femoris and vastus lateralis



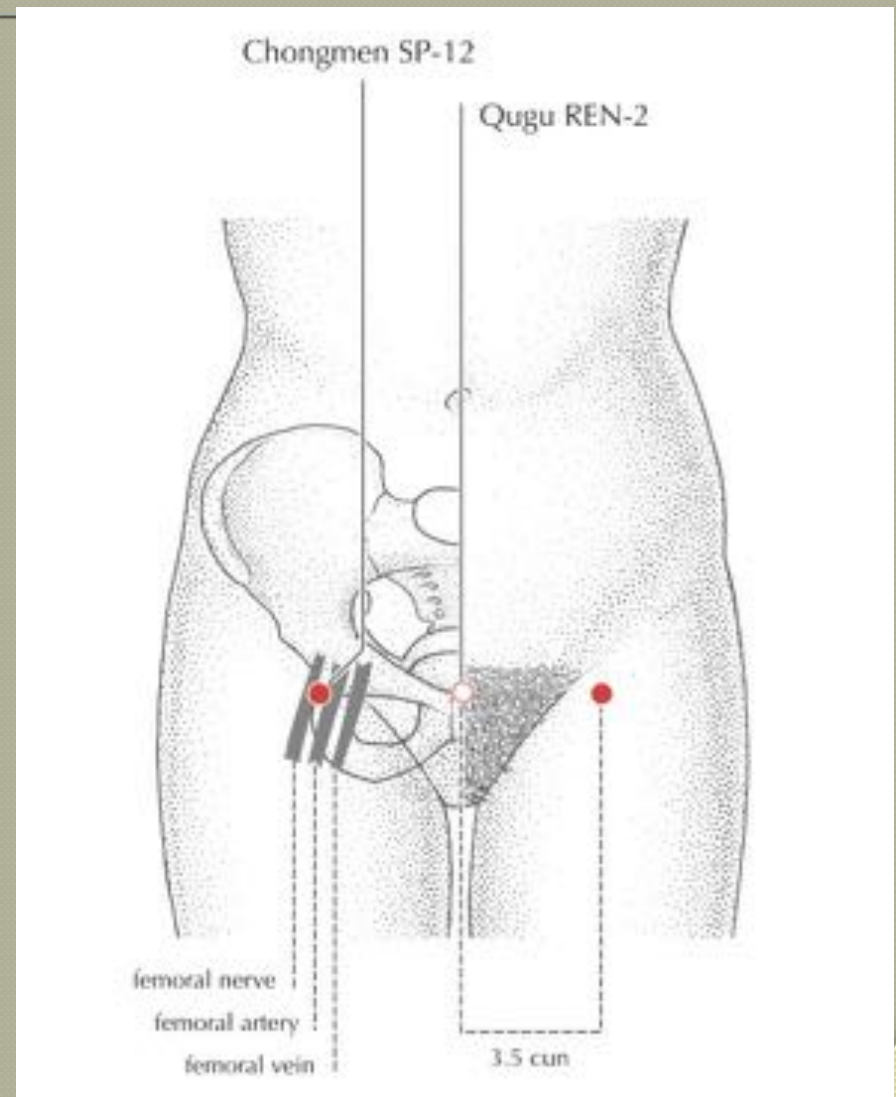
Spleen 11 Foot Tai Yin

- **SP 11 – (Jimen – Winnowing Gate)**
 - Located 6 cun proximal to SP 10, on the anterior, medial aspect of the thigh, in a line connecting SP 10 with SP 12



Spleen 12 Foot Tai Yin

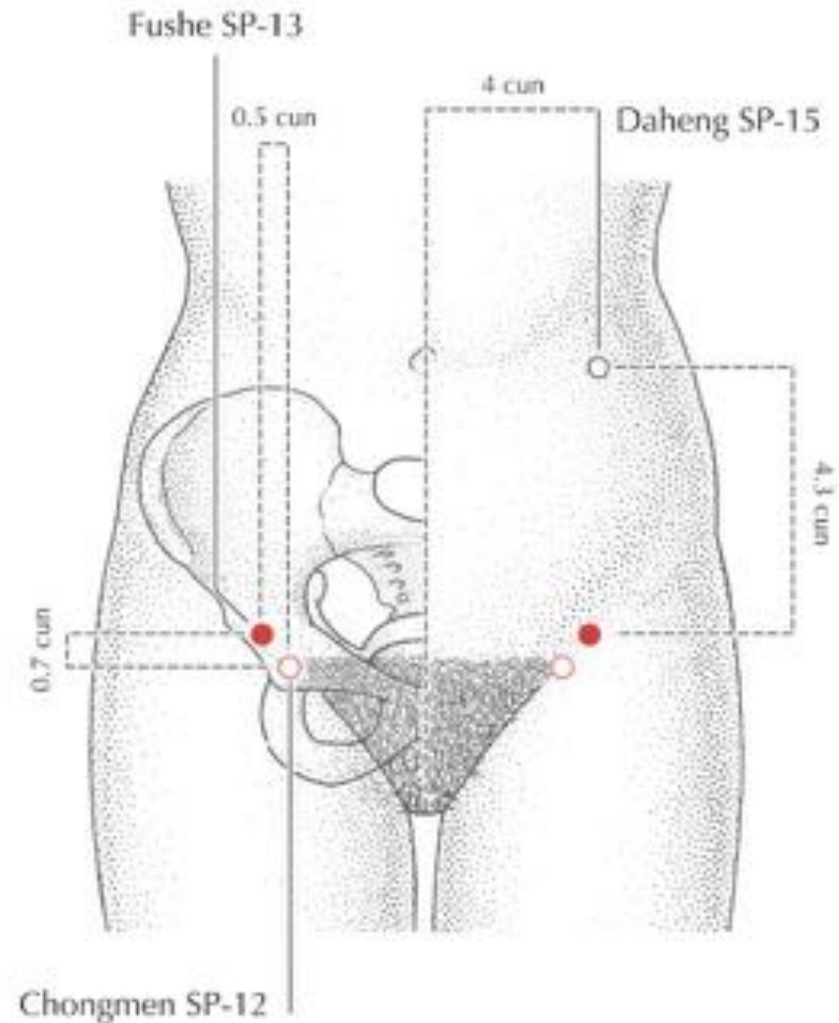
- ***SP 12 – (Chongmen – Surging Gate)***
 - Located 4 fingers lateral to CV2, lateral to the femoral artery and medial to the femoral nerve.



Spleen 13 Foot Tai Yin

● *SP 13 – (Fushe – Abode of Fu)*

- Located 0.7 superior and 0.5 cun lateral to SP 12, 4 cun lateral to midline along inguinal ligament



Spleen 21 Foot Tai Yin

● *SP 21 – (Dabao – Great Wrapping)*

- Located on the mid-axillary line, between the seventh and eighth intercostal space
- Spleen Great Luo Connecting Point
- Some point location books state SP 21 is between 6th and 7th Ribs

