

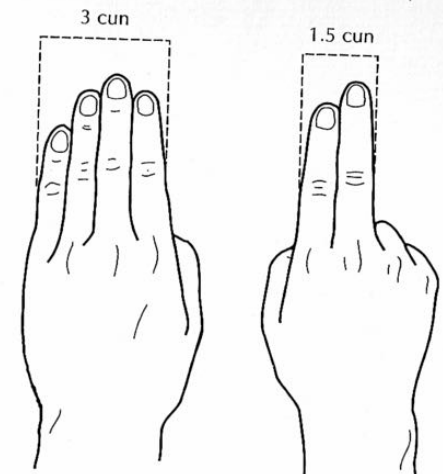
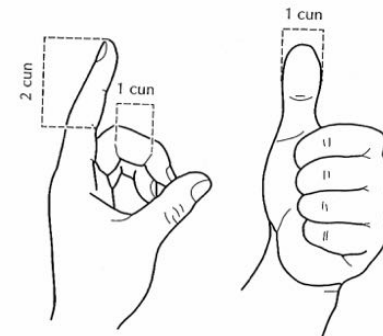
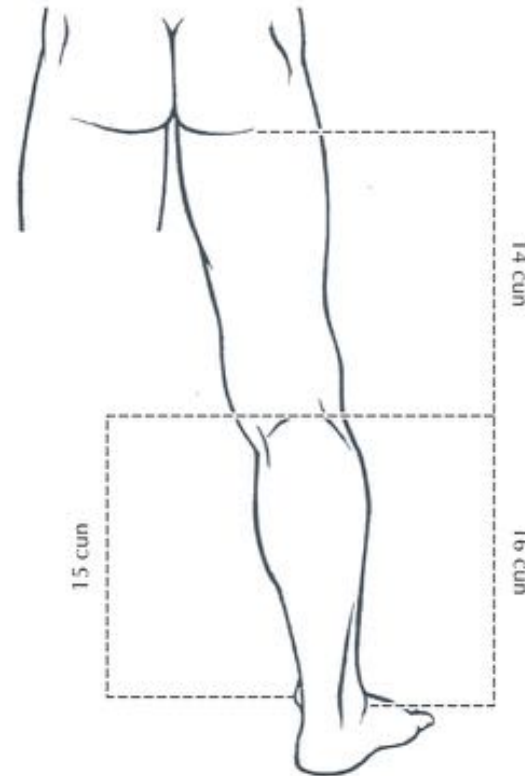
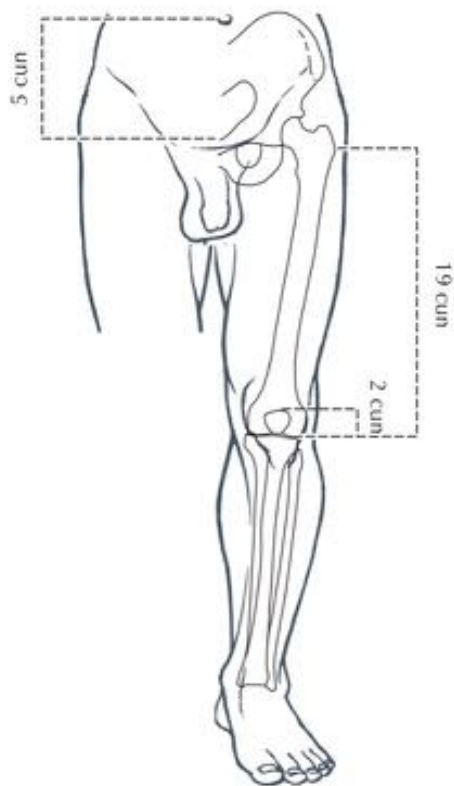


*Point Location:
Bladder Meridian
Part 1*

Foot Tai Yang

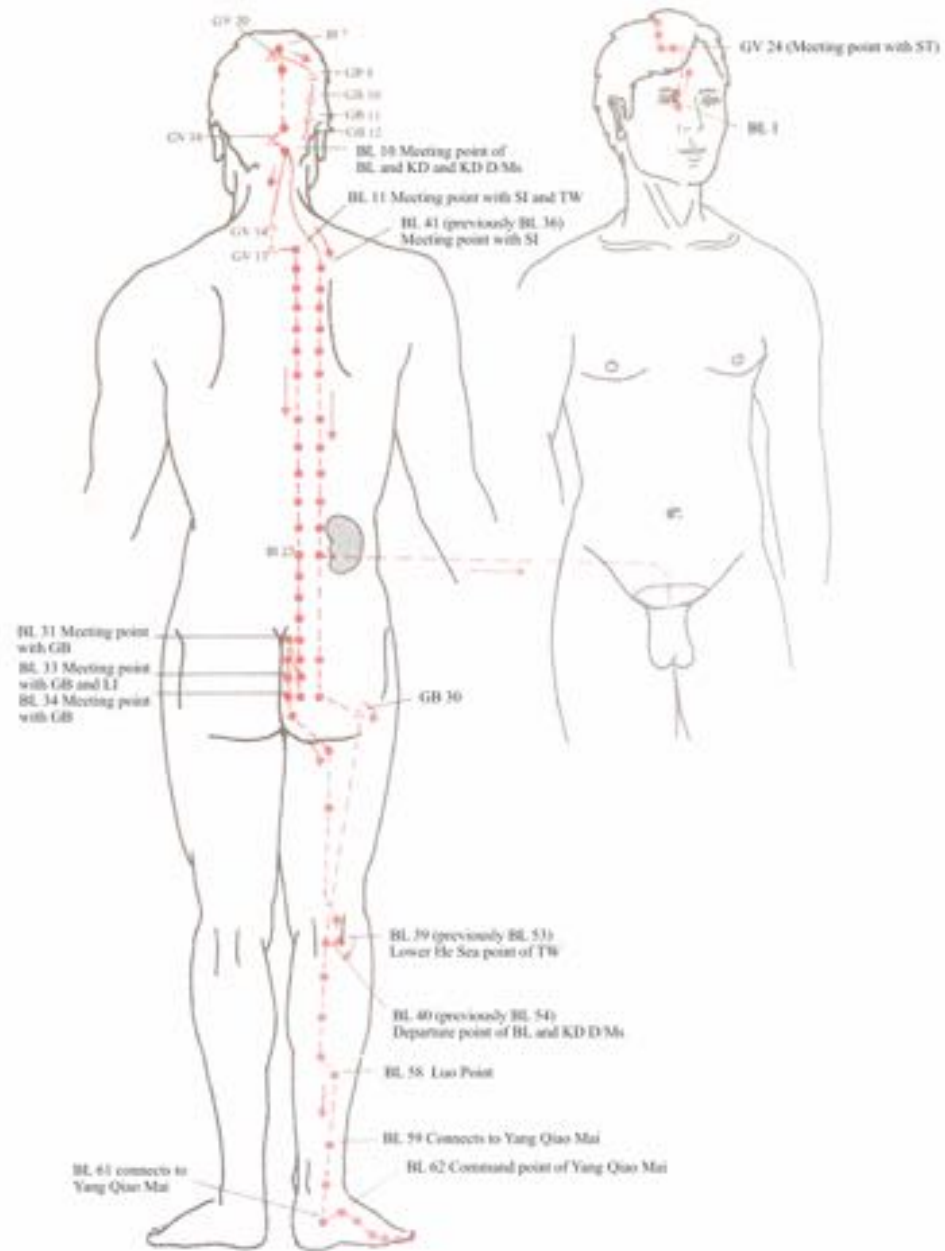
Leg Cun Measurements

Cun—a proportional unit of measure



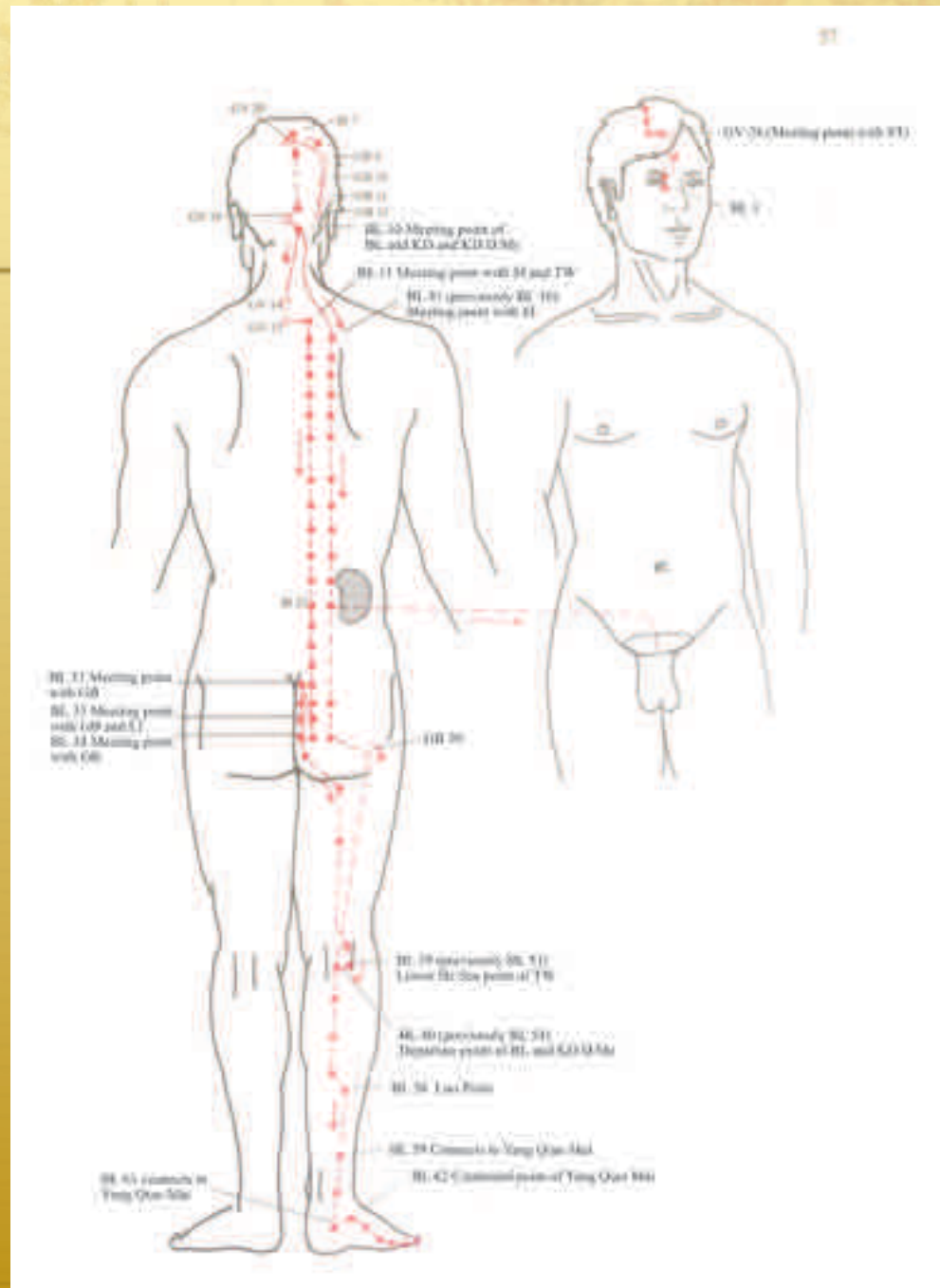
BL Meridian ***Foot Tai Yang***

Starts at the inner canthus of the eye (BL 1) and ascends up the forehead where it connects with GV 24 and ST meridians, from BL 7 in enters into the brain and reemerges at BL 10 at the base of the occiput, here the meridian splits into two parallel lines to descend down the inner and out bladder line to the sacrum and gluteal region, down the back of the leg to lateral ankle and foot ending at 5th toe



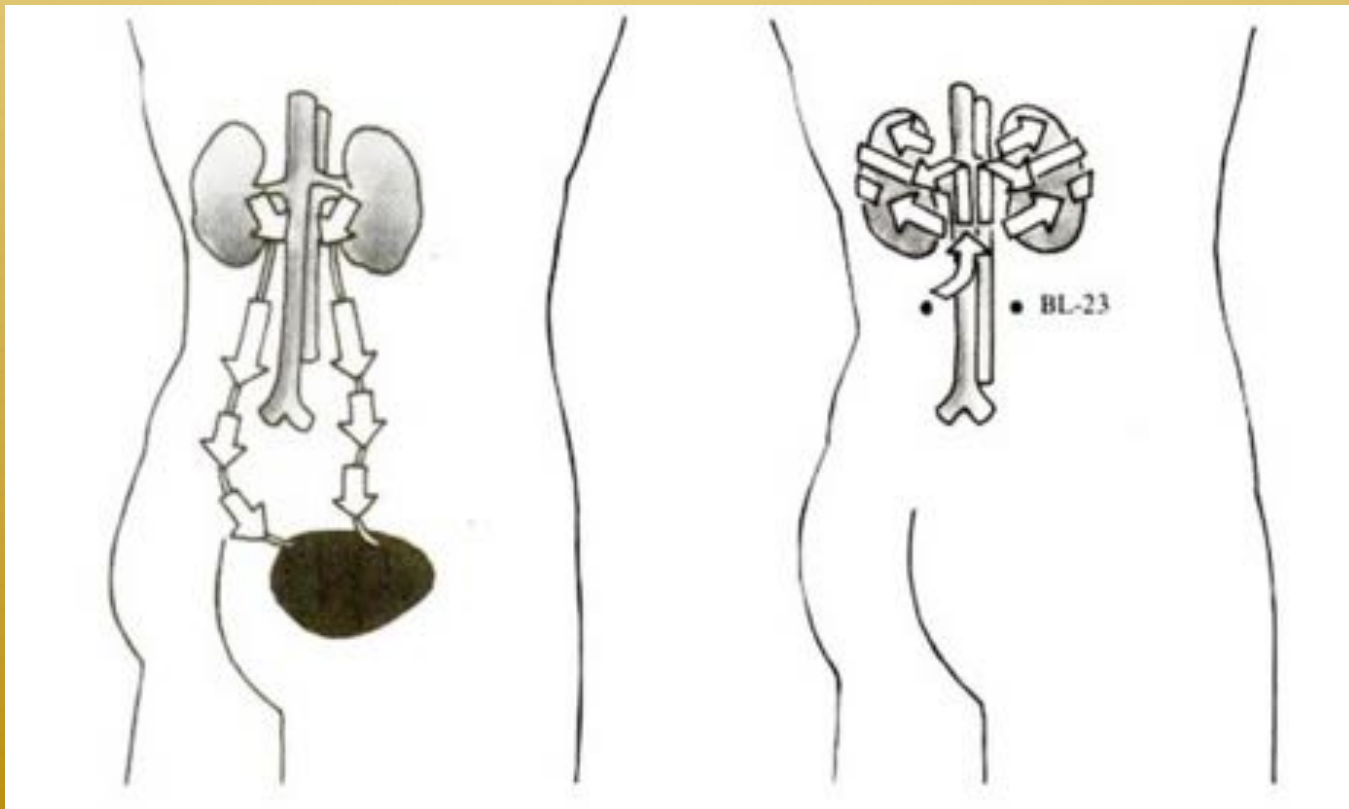
BL Meridian Foot Tai Yang

Internally, the meridian enters from BL 23 to wrap the Kidney and then descend down to permeate the viscera of the bladder



Bladder Meridian Foot Tai Yang

Internally, the meridian enters from BL 23 to wrap the Kidney and then descend down to permeate the viscera of the bladder

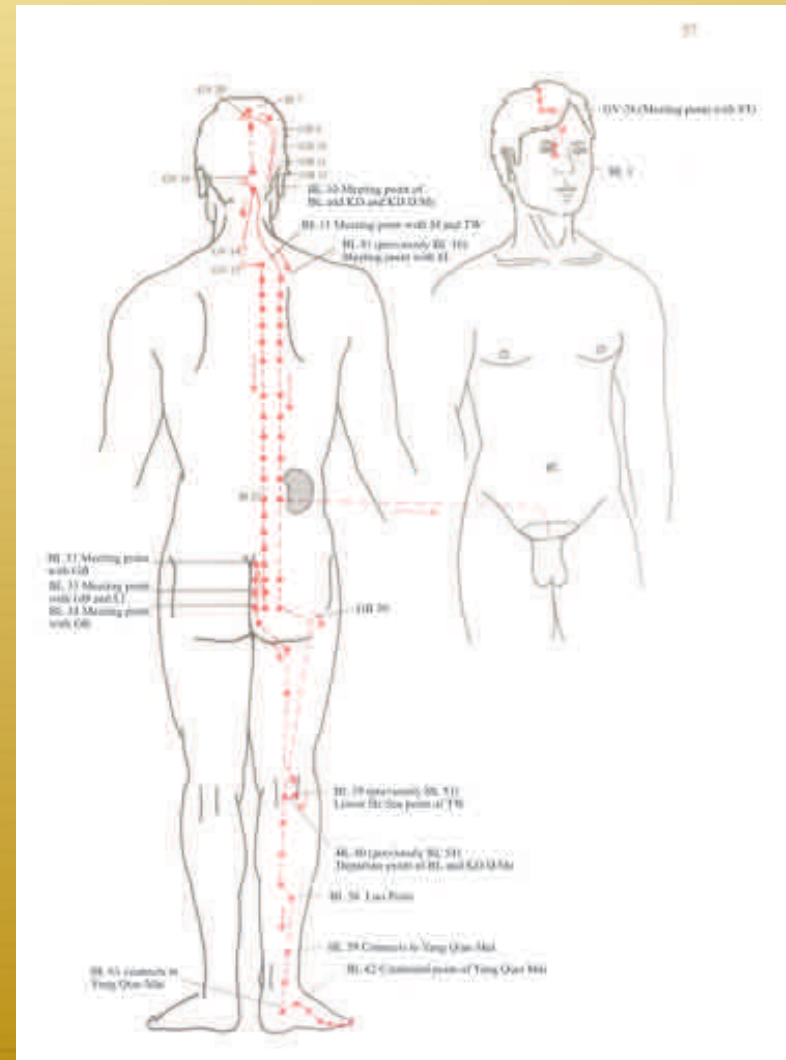


Bladder Meridian Foot Tai Yang



Bladder Meridian Foot Tai Yang

*Points to know: BL 2,
10, 11, 12, 13, 15, 17, 18,
20, 21, 23, 25, 27, 28,
31-34, 35*

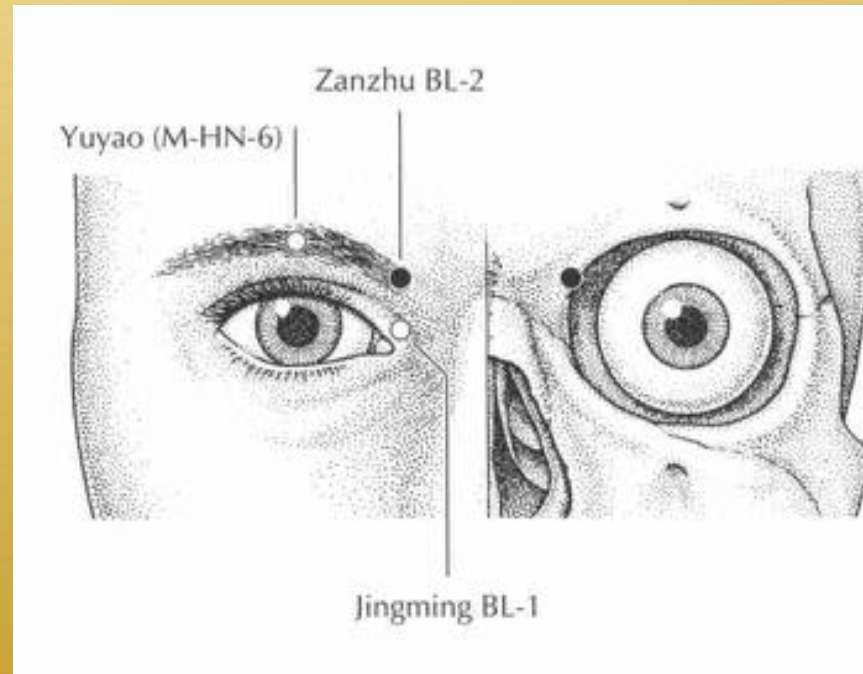


Bladder 2

Foot Tai Yang

BL₂ – (*Zanzhu* –
Bamboo Gathering)

In the depression on the medial end of the eyebrow, directly above the inner canthus of the eye (on the supraorbital notch).

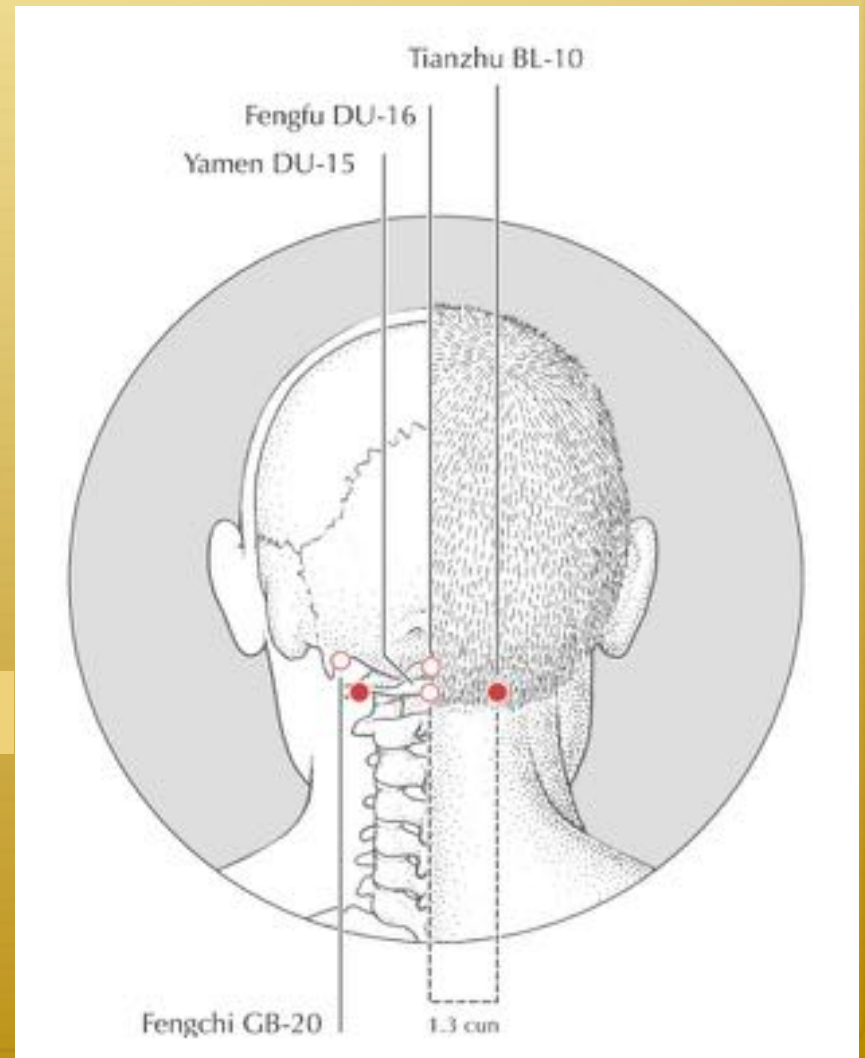


Bladder 10

Foot Tai Yang

BL₁₀ – (*Tianzhu* –
Celestial Pillar)

1.3 cun lateral to GV15,
in a depression on the
lateral aspect of the
trapezius muscle, at the
hairline.



Bladder 11

Foot Tai Yang

BL₁₁ – (*Dazhu* – Great Shuttle)

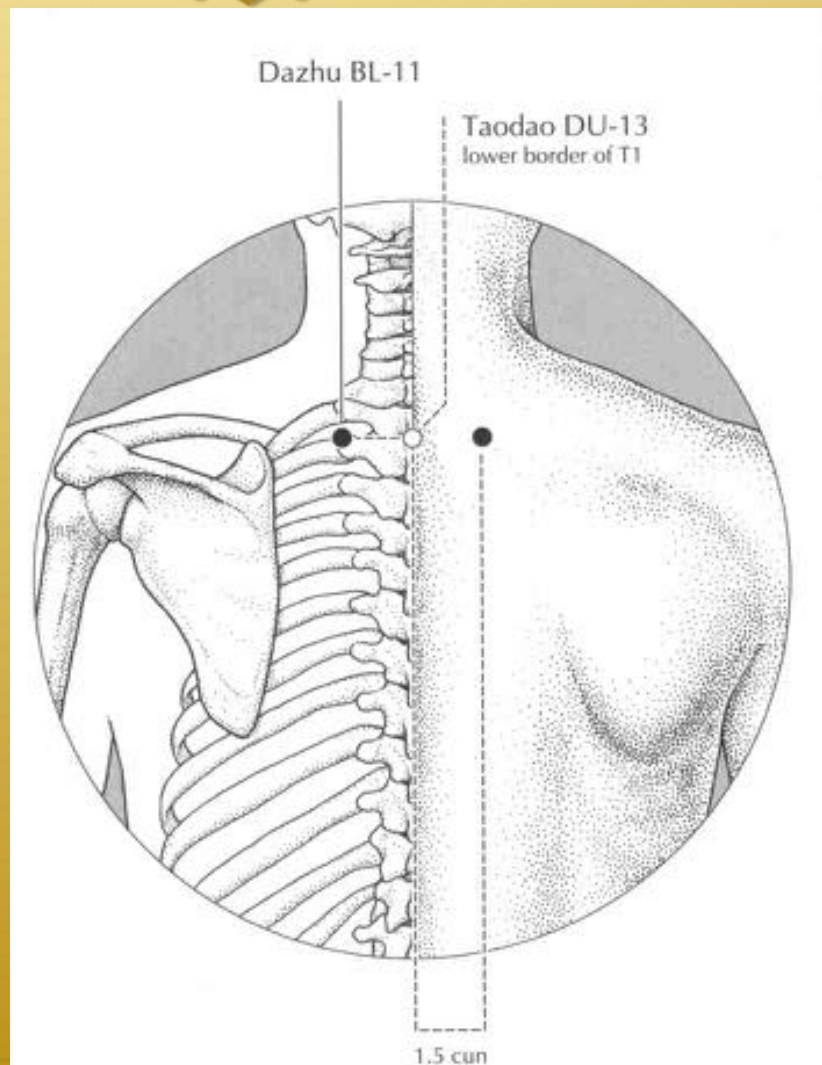
1.5 cun lateral to the lower border of the spinous process of T1 at the level of GV 13

Meeting point of Bones

Part of point combination (BL 11, KD 7, TW 9) for patient with bone issues (osteoarthritis, osteoporosis, etc.)

One of Sea points controlling blood

Relates to Bone Marrow and blood formation



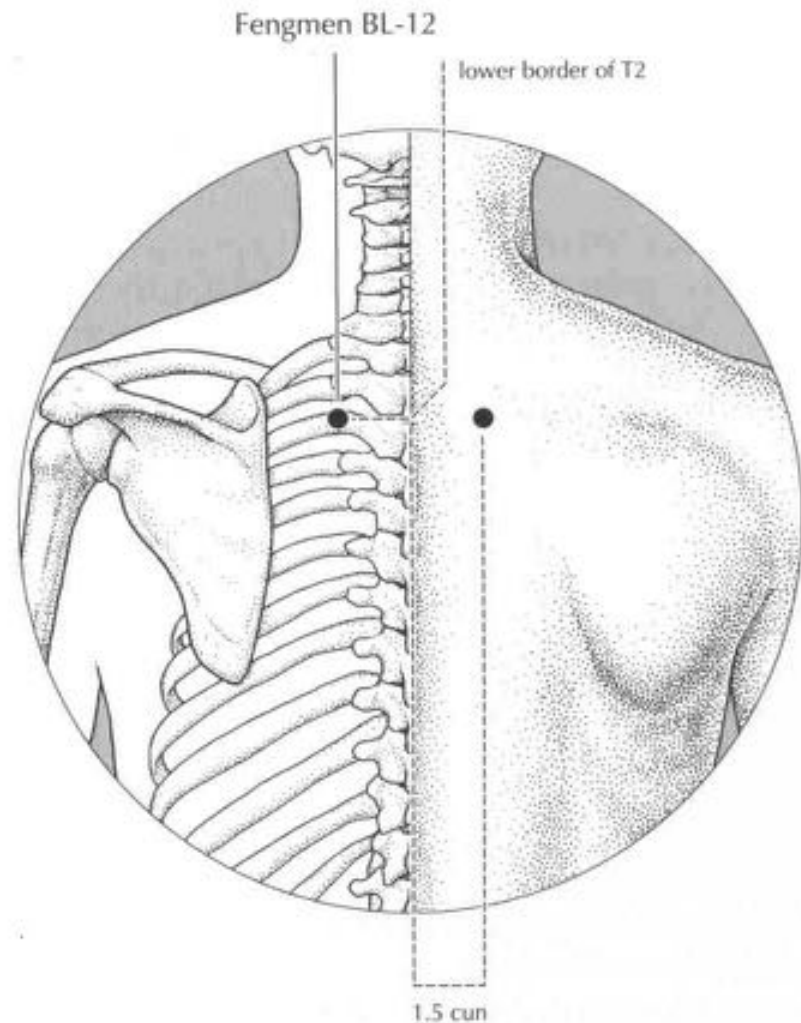
Bladder 12

Foot Tai Yang

BL₁₂ – (*Fengmen* – Wind Gate)

1.5 cun lateral to the lower border of the spinous process of T2

Meeting point with Governing vessel



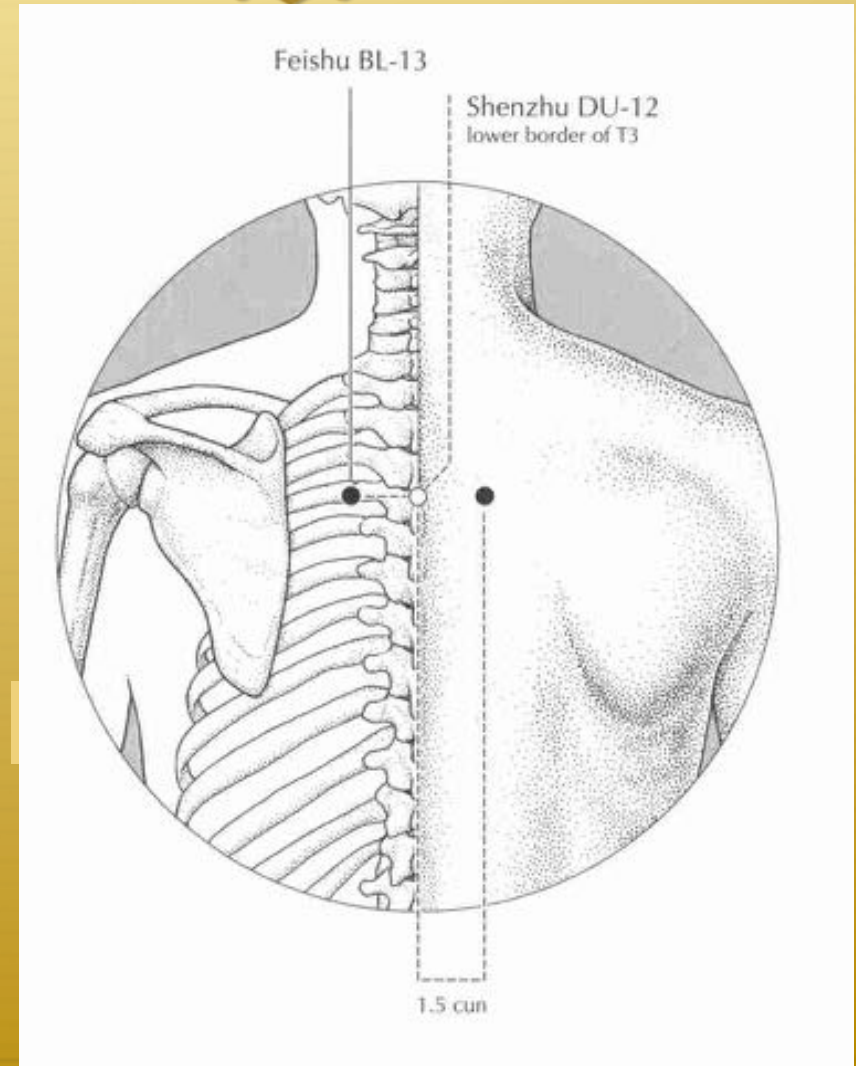
Bladder 13

Foot Tai Yang

BL₁₃ – (*Feishu* – Lung Shu)

1.5 cun lateral to the lower border of the spinous process of T3, at level of GV 12

Lung Shu point



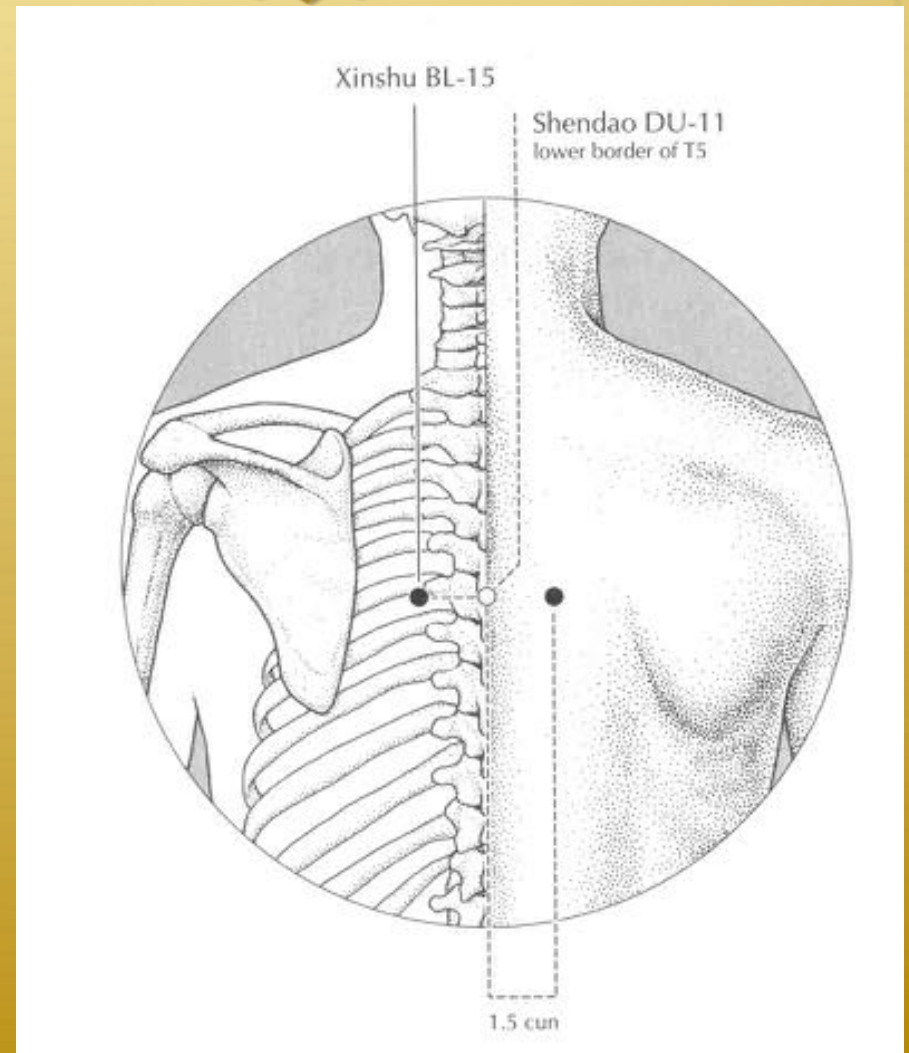
Bladder 15

Foot Tai Yang

BL₁₅ – (*Xinshu* – Heart Shu)

1.5 cun lateral to the lower border of the spinous process of T5, at level of GV 11

Heart Shu point



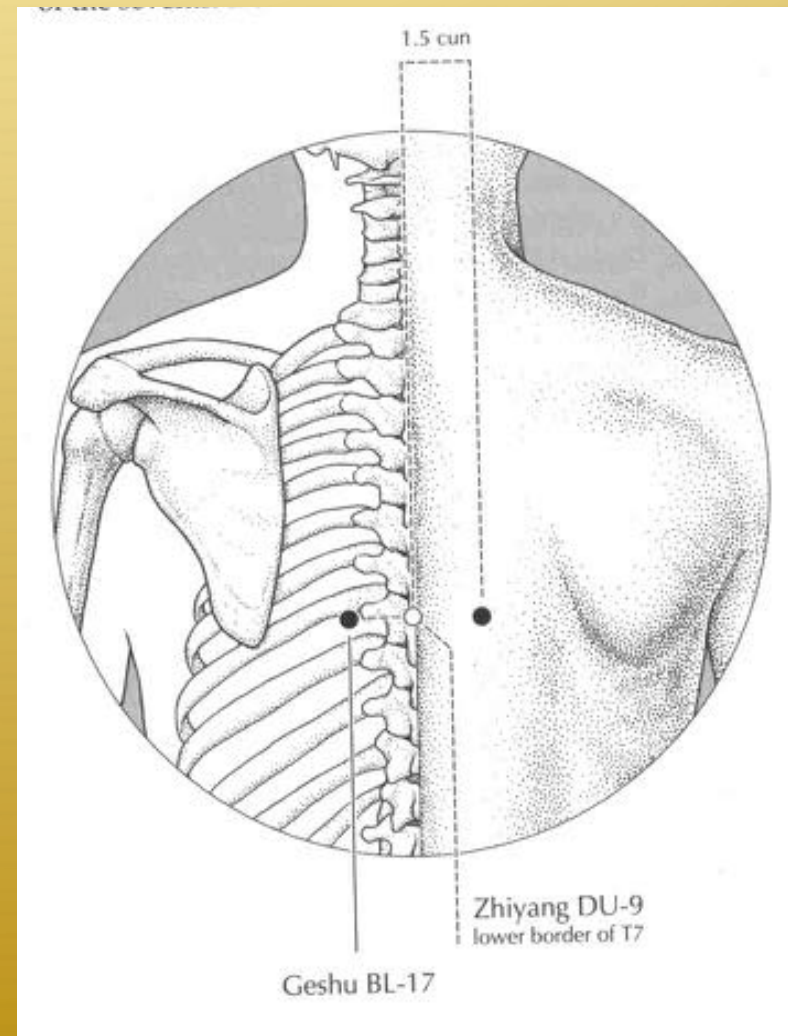
Bladder 17

Foot Tai Yang

*BL*₁₇ – (*Geshu* –
Diaphragm Shu)

1.5 cun lateral to the lower
border of the spinous
process of T7, at level of
GV 9

Meeting Point of Blood



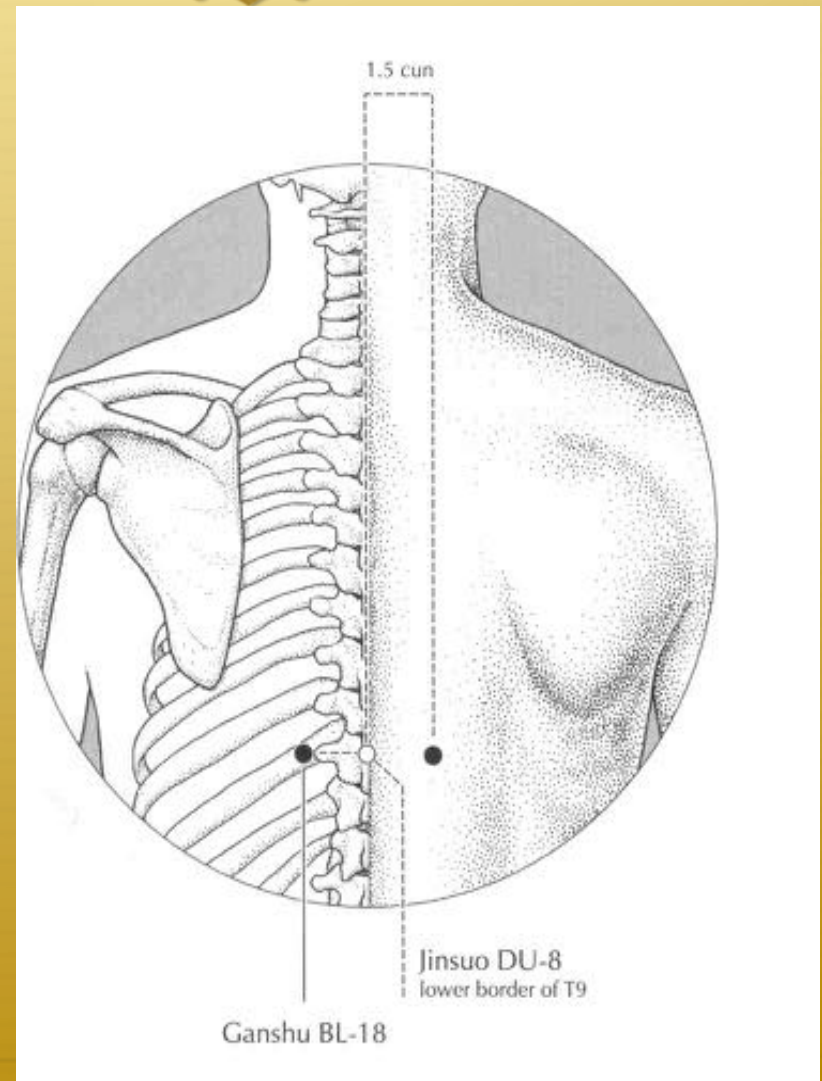
Bladder 18

Foot Tai Yang

BL 18 – (*Ganshu* – Liver Shu)

1.5 cun lateral to the lower border of the spinous process of T9, at level of GV 8

Shu Point of Liver



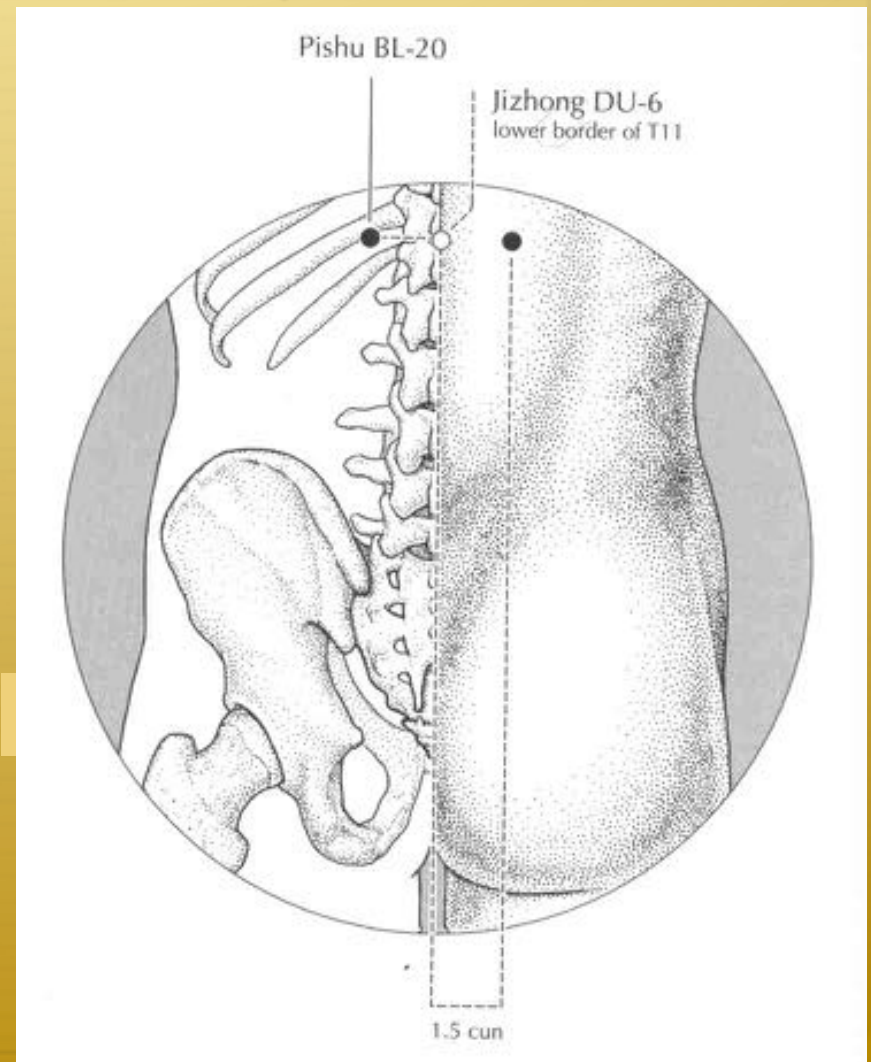
Bladder 20

Foot Tai Yang

BL 20 – (*Pishu* – Spleen Shu)

1.5 cun lateral to the lower border of the spinous process of T11, at the level of GV 6

Shu Point of Spleen



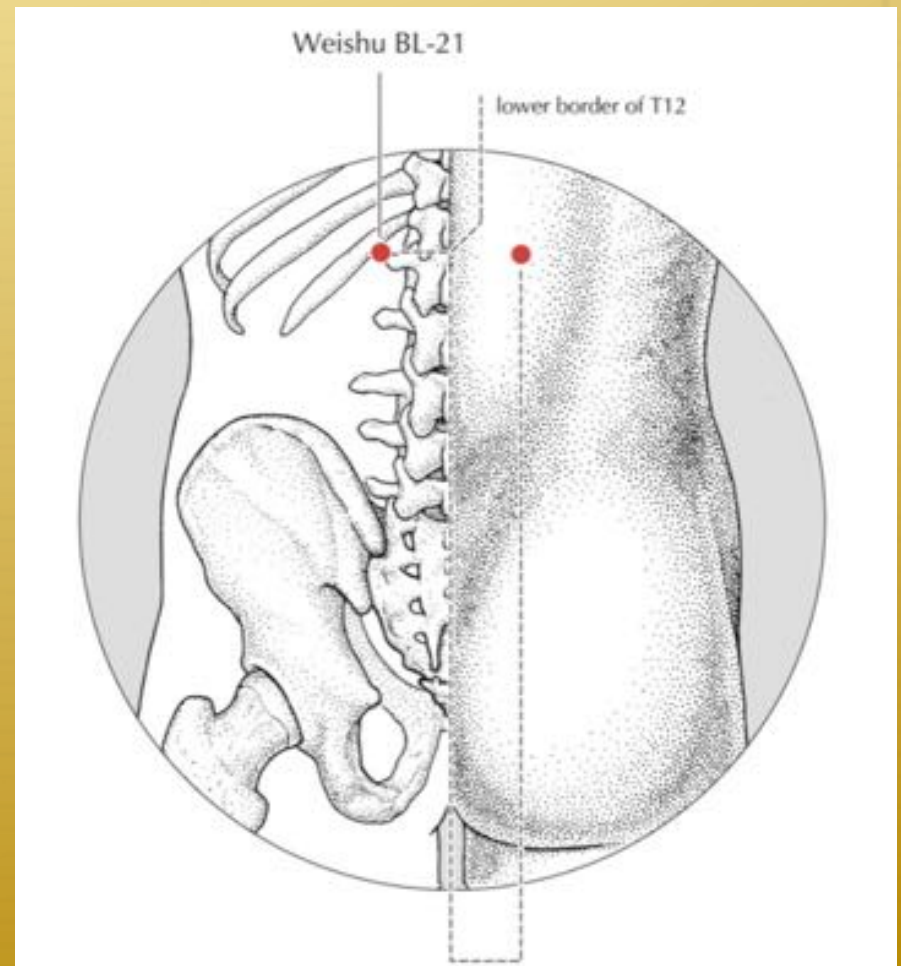
Bladder 21

Foot Tai Yang

BL₂₁ – (*Weishu* –
Stomach Shu)

1.5 cun lateral to the lower
border of the spinous
process of T12

Shu Point of Stomach

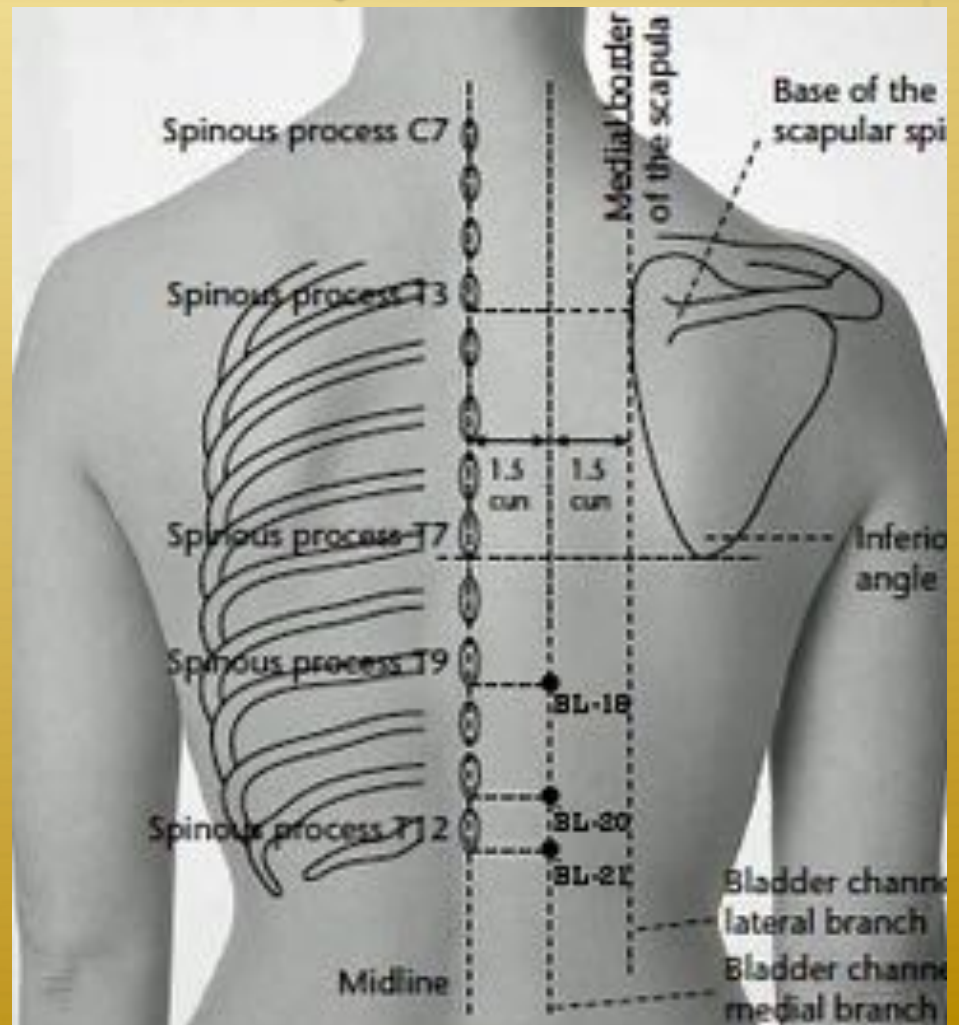


6 Flowers Points Foot Tai Yang

BL 18, 20 and 21 – Used for
Gastrointestinal issues

Treats Shu points of Liver,
Spleen and Stomach

Treatment is bilateral with
needles angled slightly
downward, with flow of
meridian



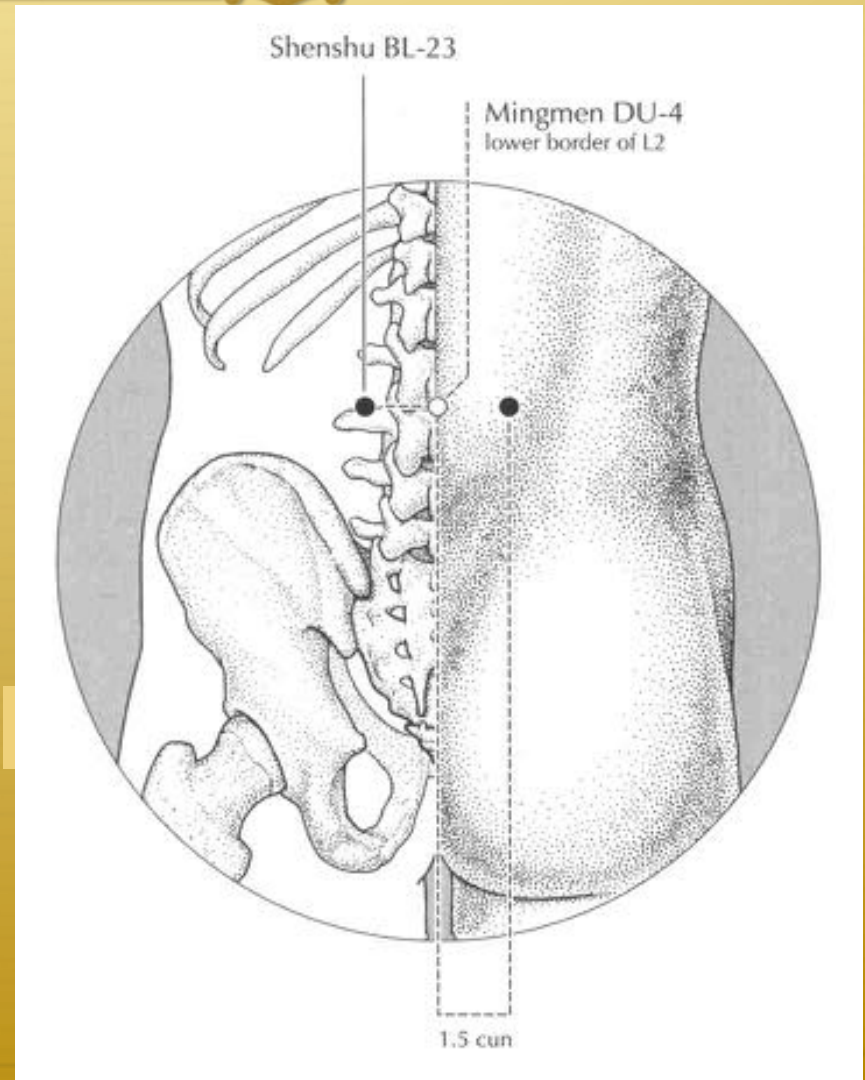
Bladder 23

Foot Tai Yang

**BL 23 – (Shenshu –
Kidney Shu)**

1.5 cun lateral to the lower
border of the spinous
process of L2, at level of
GV 4 (Mingmen)

Shu Point of Kidney



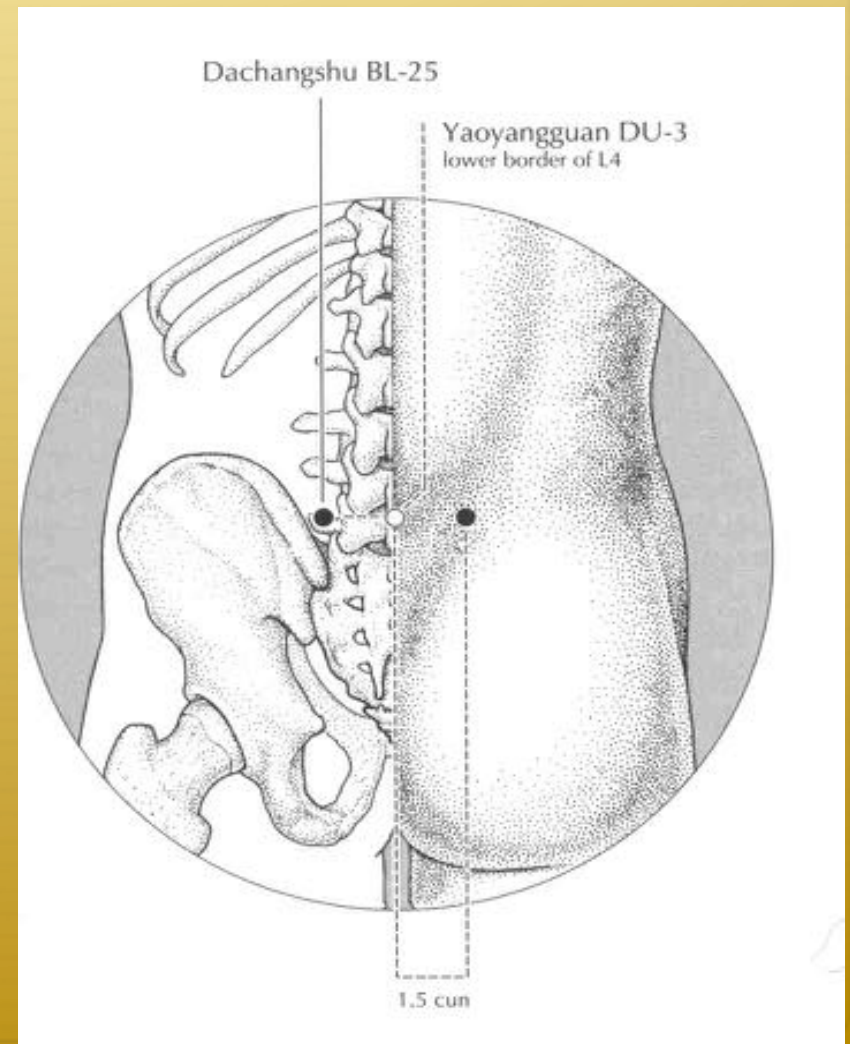
Bladder 25

Foot Tai Yang

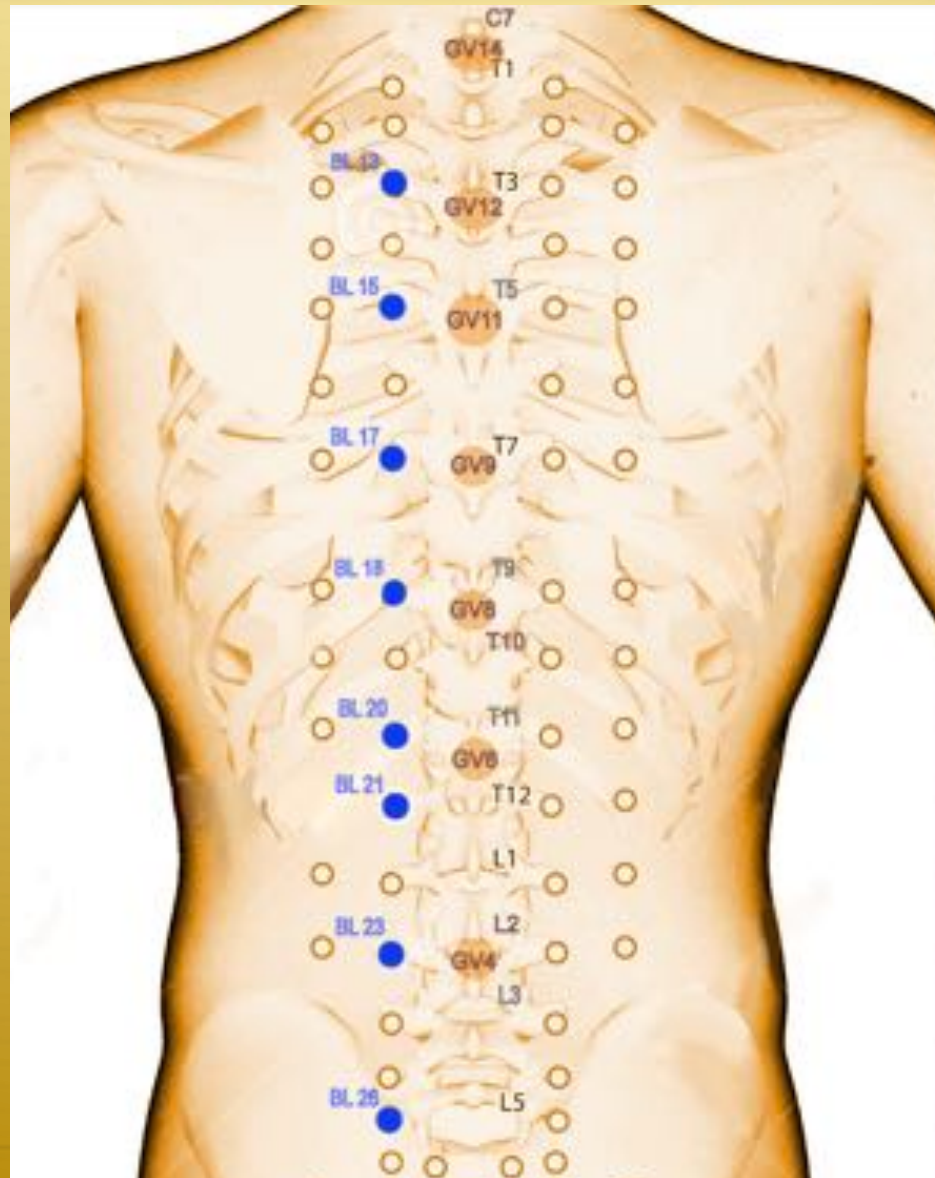
**BL 25 – (Dachangshu –
Yang Mound Spring)**

1.5 cun lateral to the lower
border of the spinous
process of L4, at level of
GV 3

Shu Point of Large Intestine



Shu and GV Points

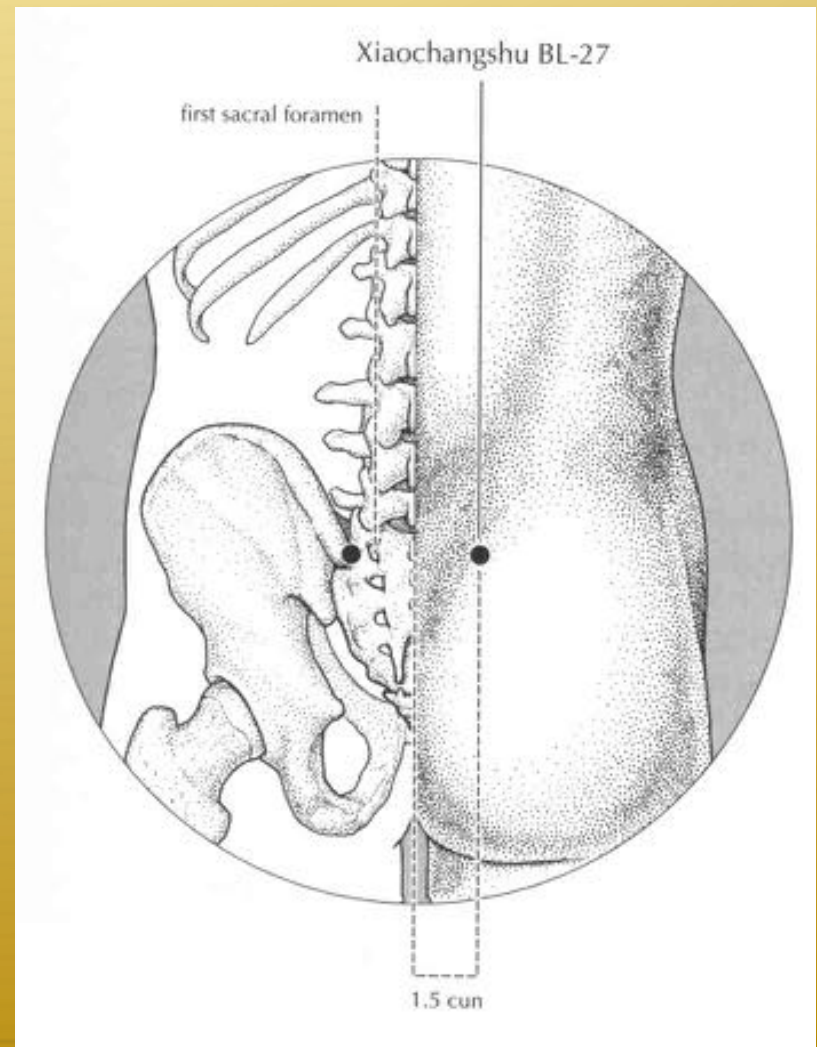


Bladder 27

Foot Tai Yang

BL 27 – (*Xiaochangshu* –
Small Intestine Shu)

1.5 cun lateral to the
midline, at the level of the
1st posterior sacral foramen

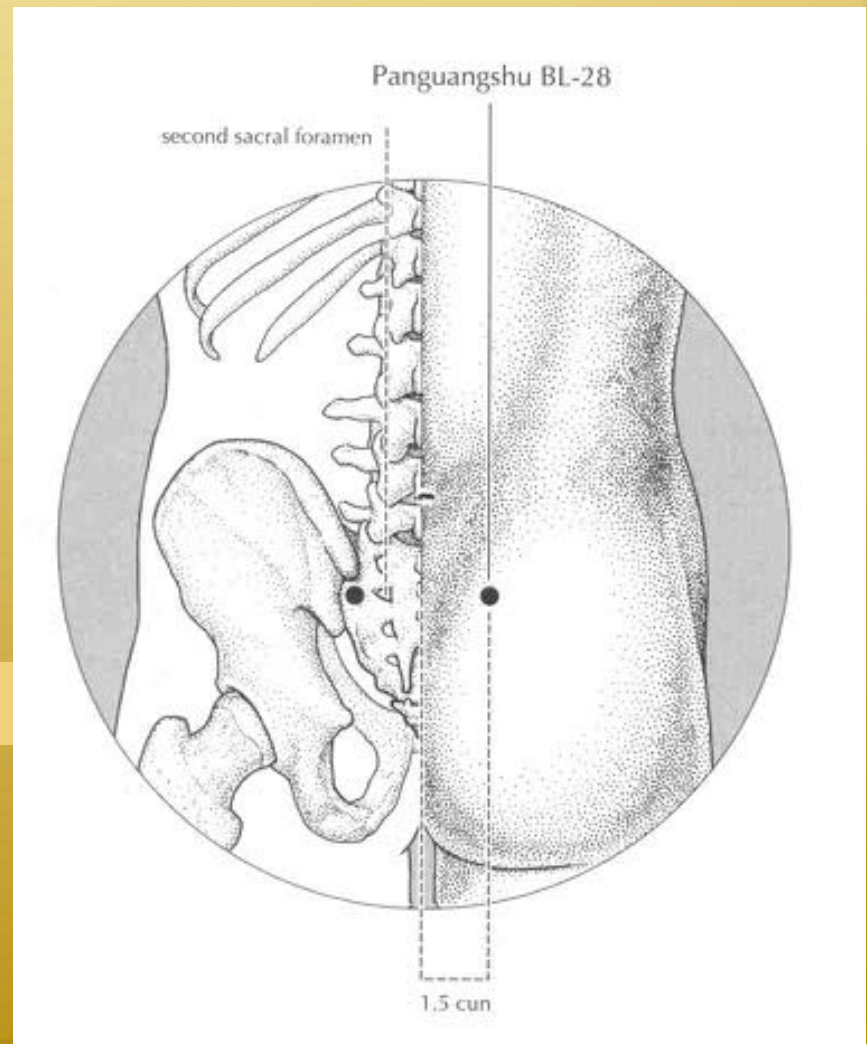


Bladder 28

Foot Tai Yang

BL 28 – (*Panguangshu* –
Bladder Shu)

1.5 cun lateral to the
midline, at the level of the
2nd posterior sacral
foramen



Sacral Bladder Points



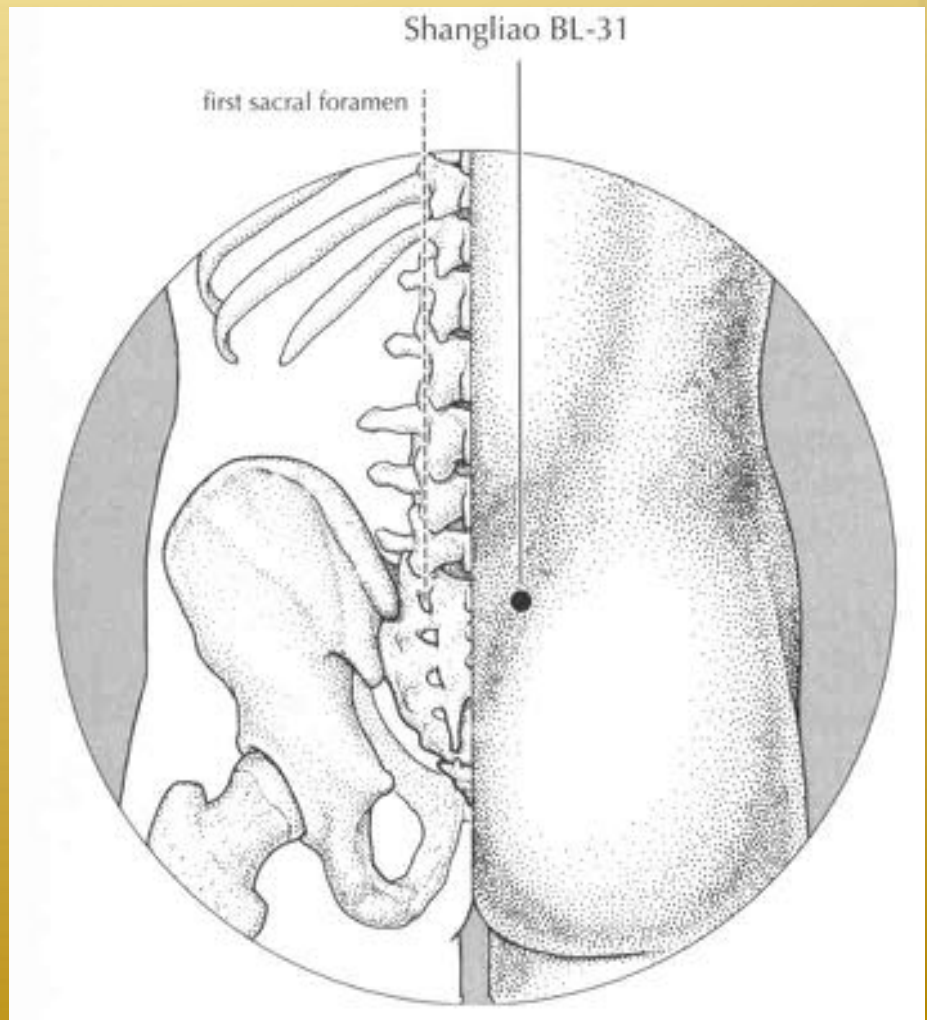
Bladder 31

Foot Tai Yang

***BL* 31 – (Shangliao –
Upper Bone Hole)**

In the 1st posterior sacral
foramen

First of the Sacral Liao
points used for GYN and
Pelvic Organ issues



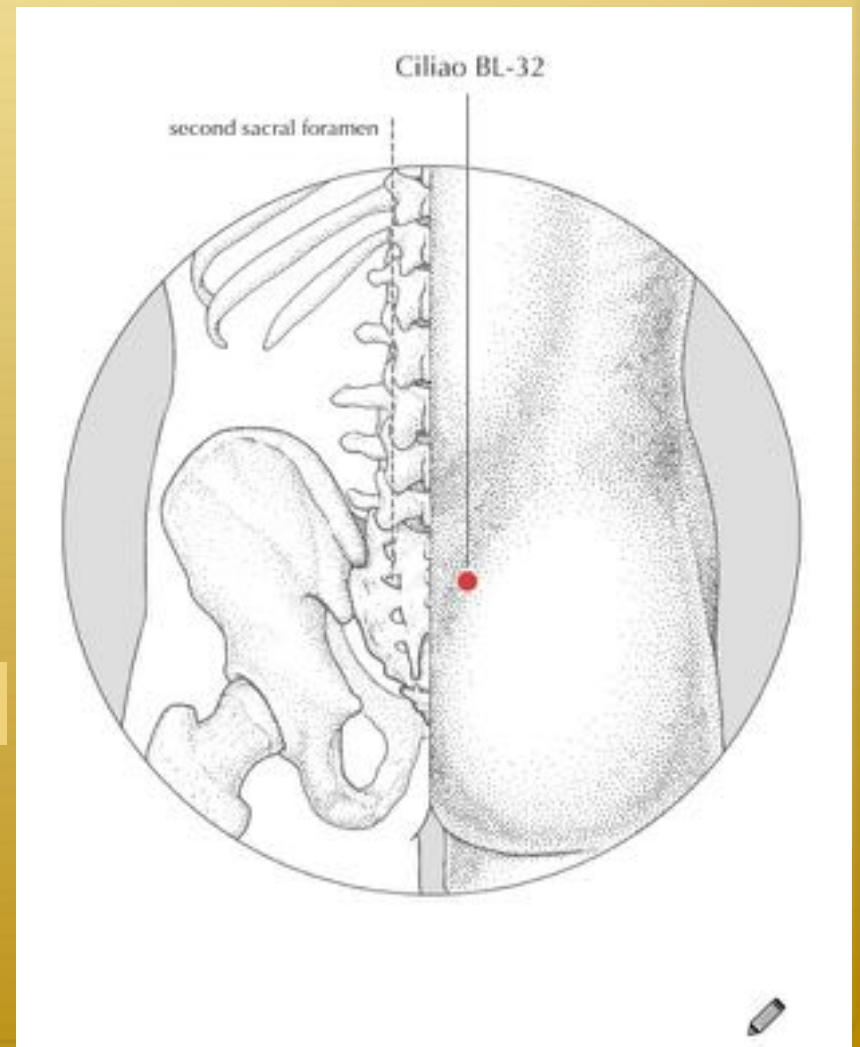
Bladder 32

Foot Tai Yang

***BL*₃₂** – (*Ciliao* – Second Bone Hole)

In the 2nd posterior sacral foramen

Second of the Sacral Liao points



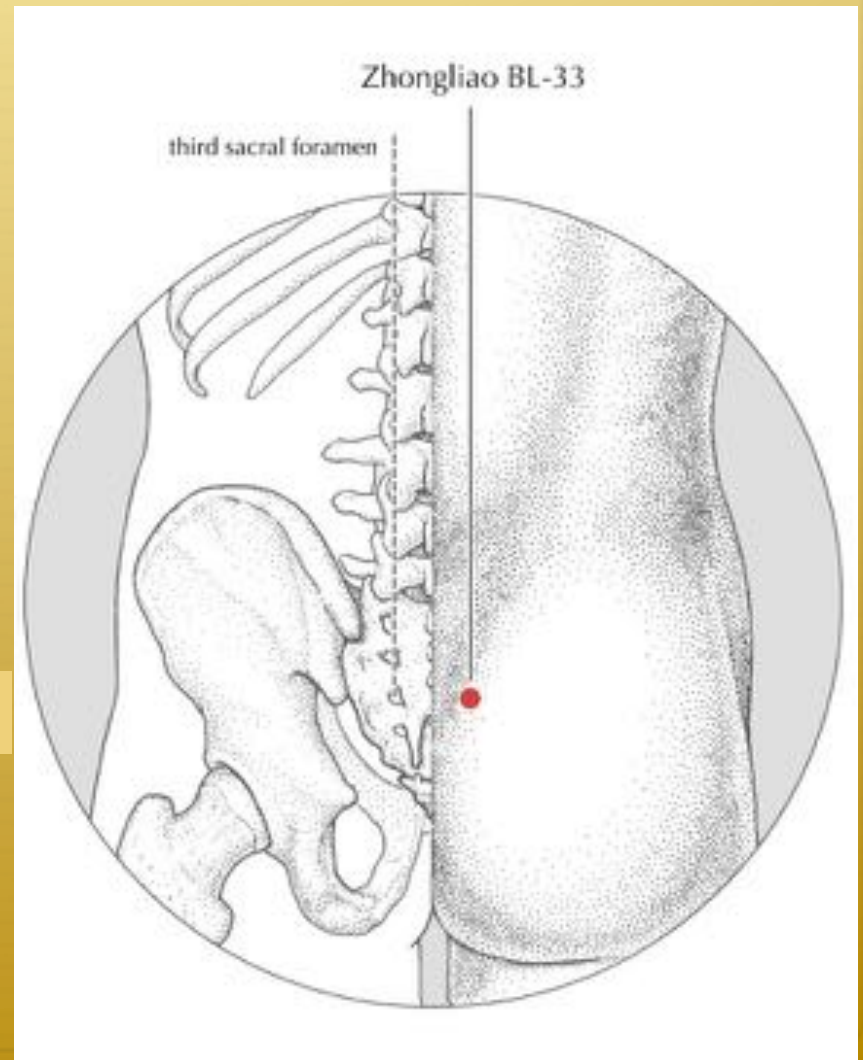
Bladder 33

Foot Tai Yang

*BL 33 – (Zhongliao –
Middle Bone Hole)*

In the 3rd posterior sacral
foramen

Third of the Sacral Liao
points



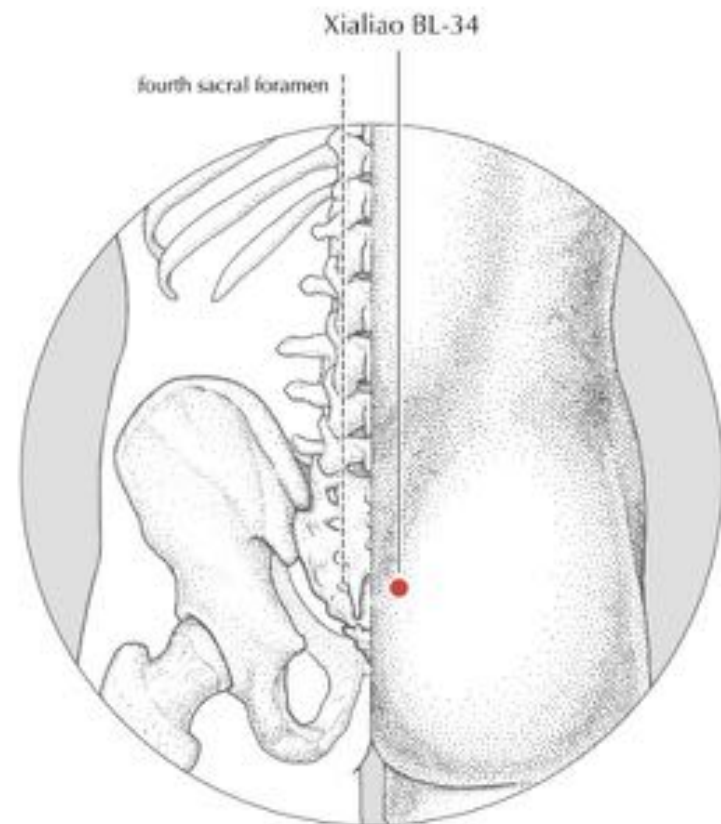
Bladder 34

Foot Tai Yang

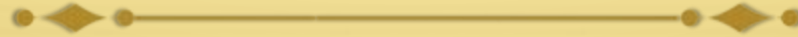
***BL* 34 – (Xialiao – Lower Bone Hole)**

In the 4th posterior sacral foramen

Fourth of the Sacral Liao points



Sacral Liao Points



Bladder 35

Foot Tai Yang

BL 35 – (*Huiyang* –
Meeting of Yang)

0.5 cun lateral to the GV
line, on either side of the tip
of the coccyx bone

