

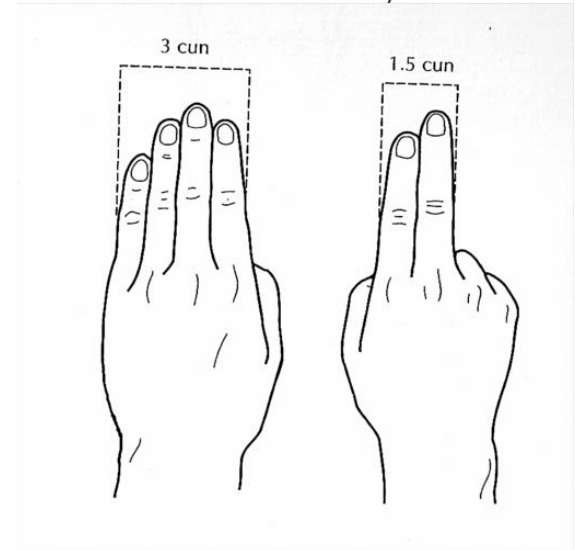
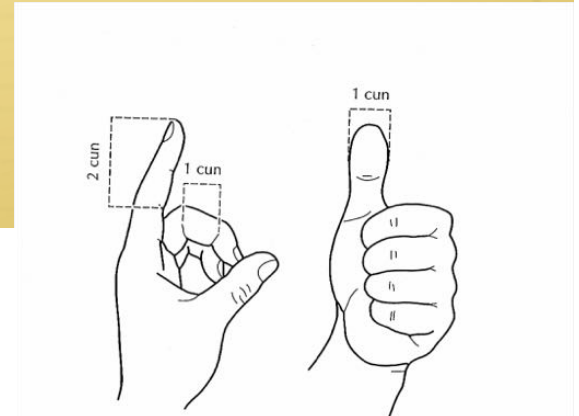
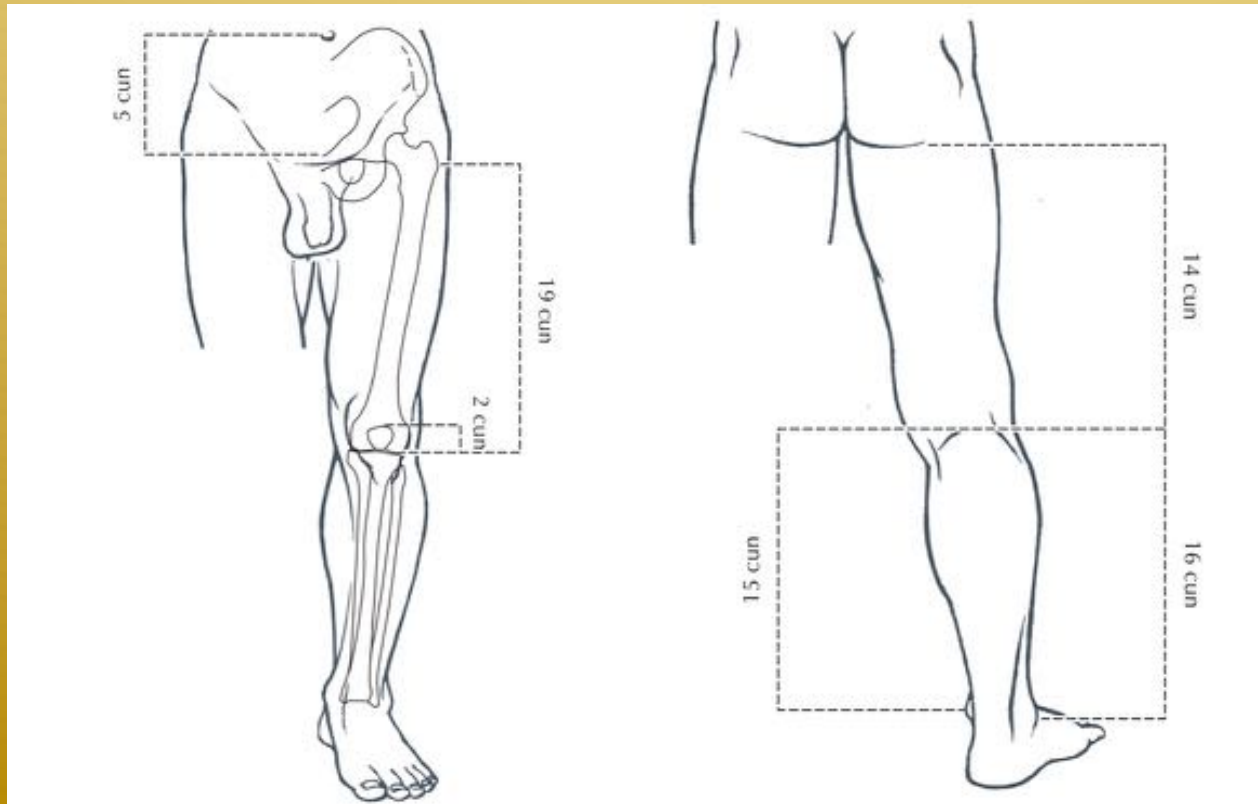


*Point Location:
Bladder Meridian
Part 2*

◆ —◆
Foot Tai Yang

Leg Cun Measurements

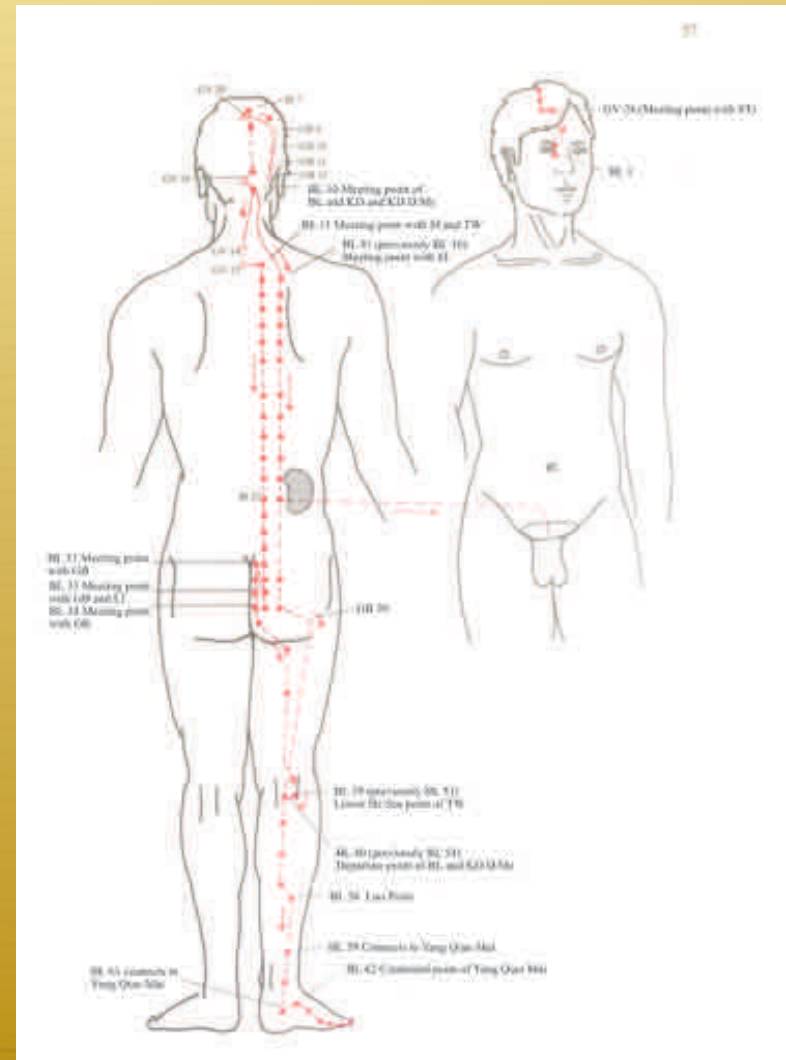
Cun—a proportional unit of measure



Bladder Meridian Foot Tai Yang

Points to know:

**BL 36, 40, 42, 43, 44,
45, 49, 51, 52, 58, 60,
62, 63, 64, 66, 67**

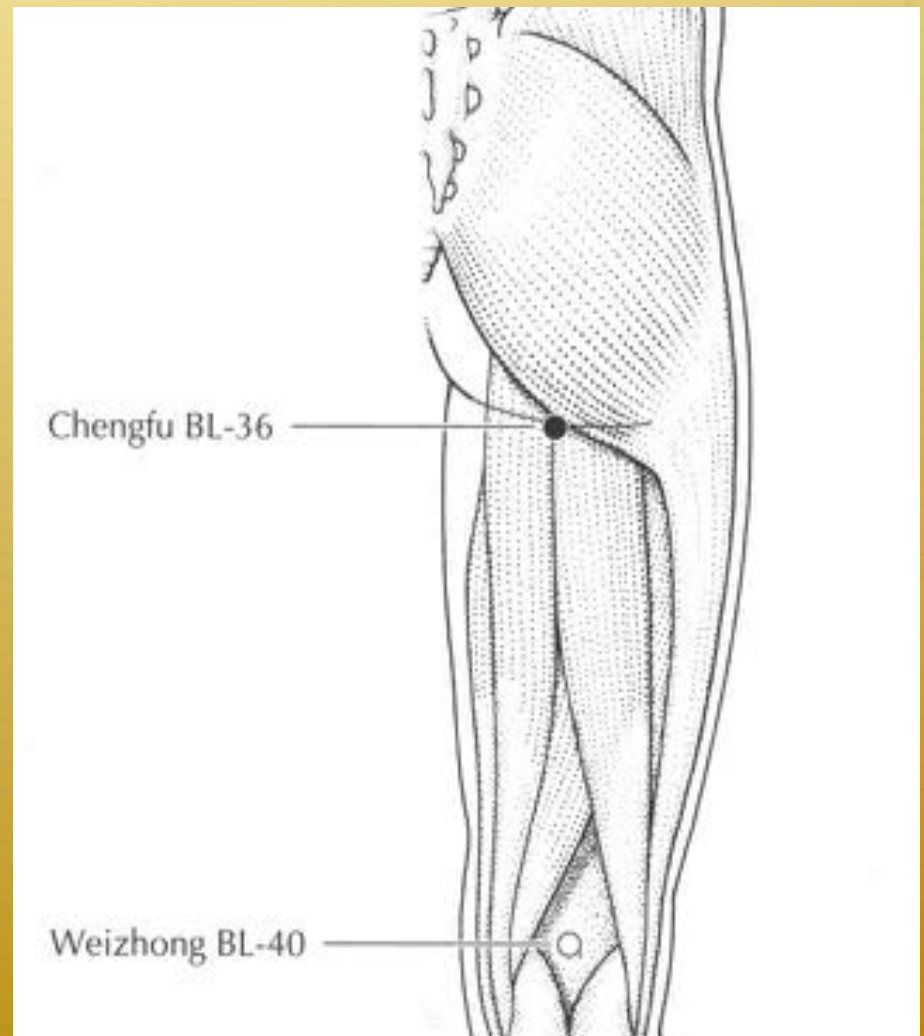


Bladder 36

Foot Tai Yang

BL₃₆ – (*Chengfu* –
Hold and Support)

In the center of the inferior gluteal crease, directly superior to BL-40, in a depression between the hamstring muscles. Nickname is “ischium point” since it is located at the middle of the inferior aspect of the ischium bone.



Bladder 40

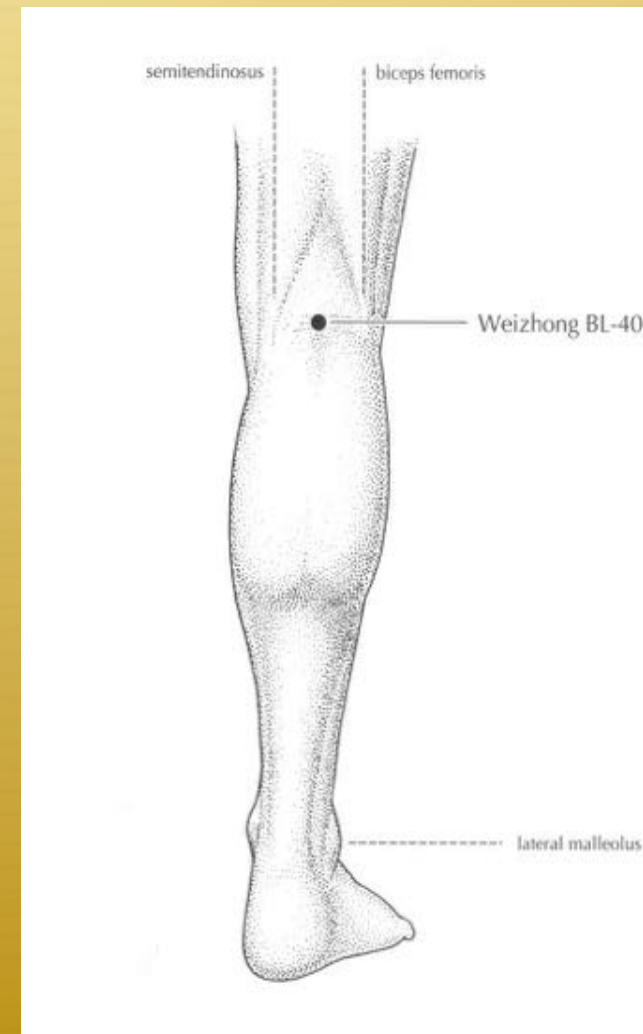
Foot Tai Yang

BL 40 – (*Weizhong* – Middle of the Crook)

Midpoint of the transverse crease of the popliteal fossa, between the tendons of biceps femoris and semitendinosus

Japanese BL 40

Half-way between the middle of the popliteal crease and the medial aspect of the tendon of the biceps femoris.



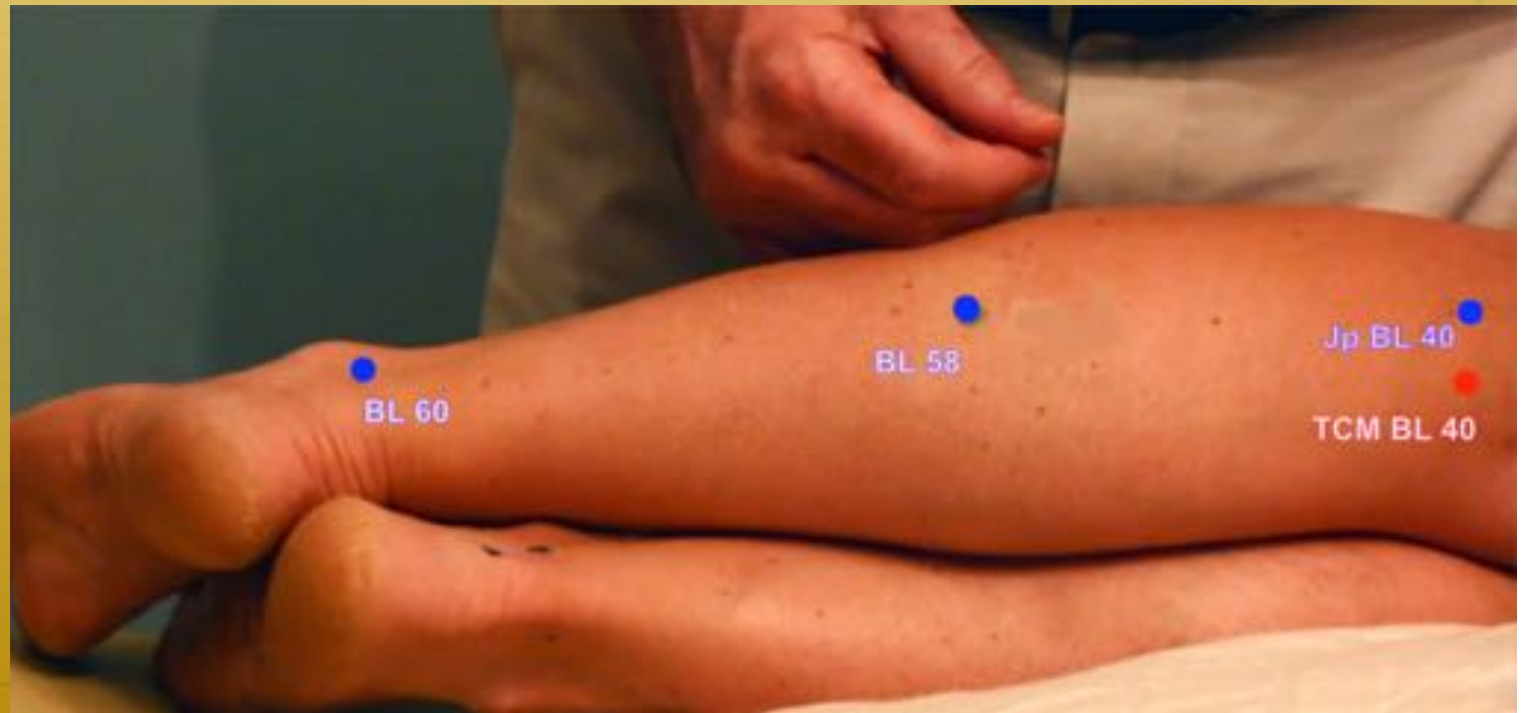
Japanese Bladder 40

Foot Tai Yang

Japanese BL 40

Part of I-hi-kon Treatment

Half-way between the middle of the popliteal crease and the medial aspect of the tendon of the biceps femoris. In line with BL 58 and 60 along the lateral calf.



Bladder 42

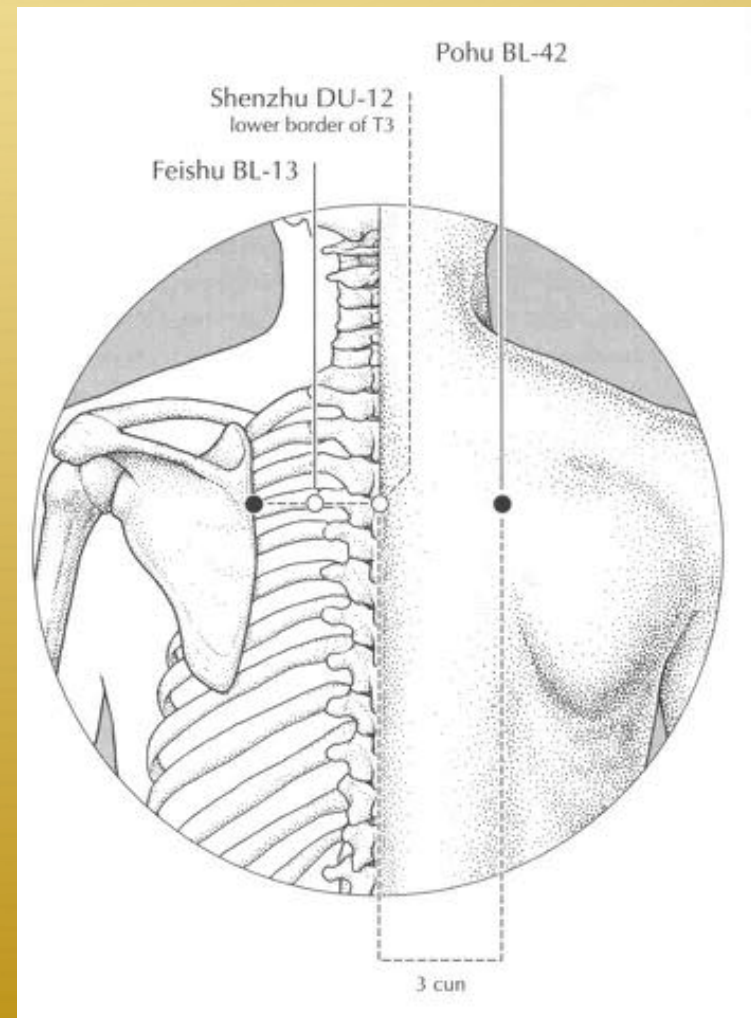
Foot Tai Yang

Bladder 42 –(Pohu –Po Door)

3 cun lateral to midline, level
with the lower boarder of the
spinous process of the 3rd
thoracic vertebra (T3)

Level with BL 13 (Lung shu)

Level with DU 12



Bladder 43

Foot Tai Yang

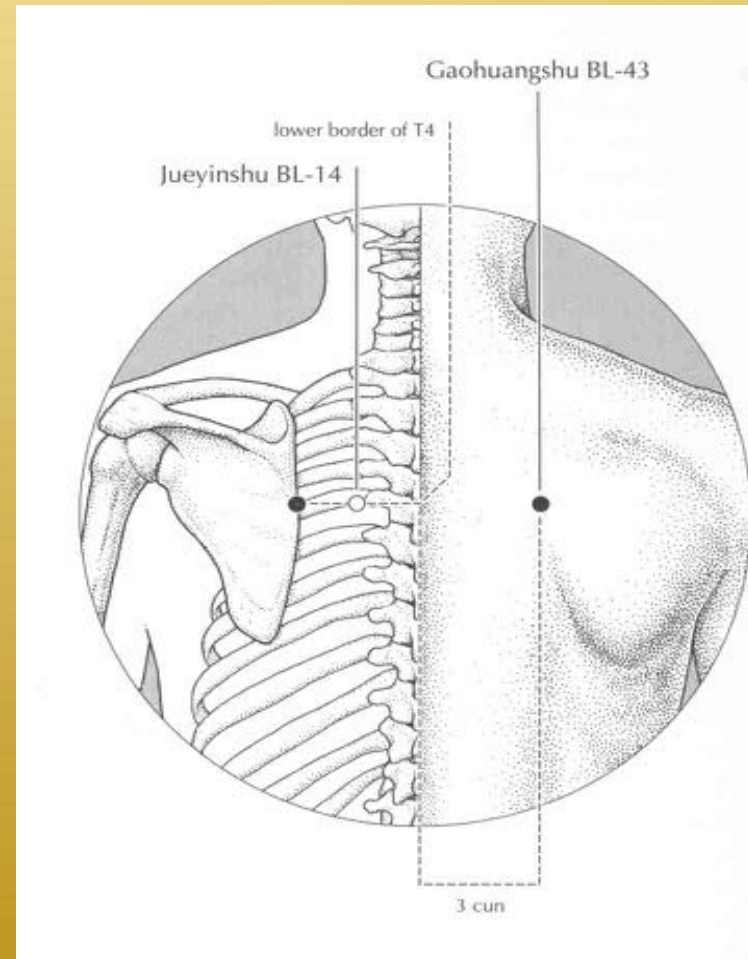
Bladder 43 – (Gaohuangshu – Vital Region Shu)

3 cun lateral to midline, level with the lower boarder of the spinous process of the 4th thoracic vertebra (T4)

Level with BL 14 (Pericardium shu)

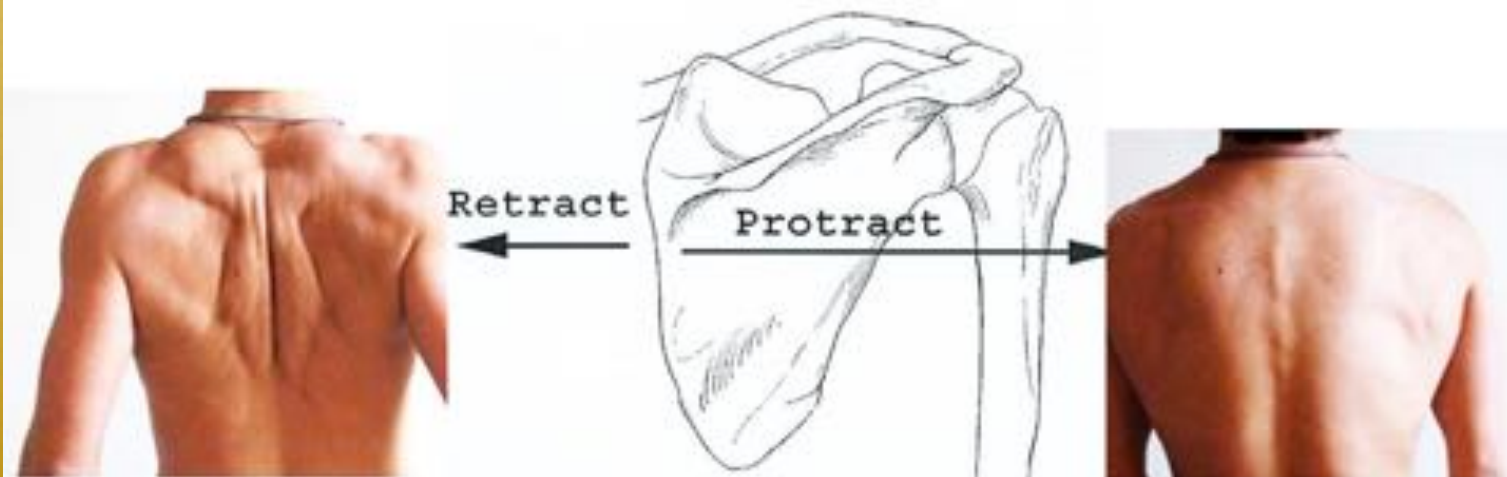
Japanese Bladder 43

A gummy found at the level with the lower boarder of the spinous process of the 4th thoracic vertebra (T4) with the scapula protracted (under the scapula)



Protracted Scapulae

- **PROTRACTION** involves moving the scapula away from the midline (abducting the scapula)
- **RETRACTION** involves moving the scapula towards the midline



Bladder 43

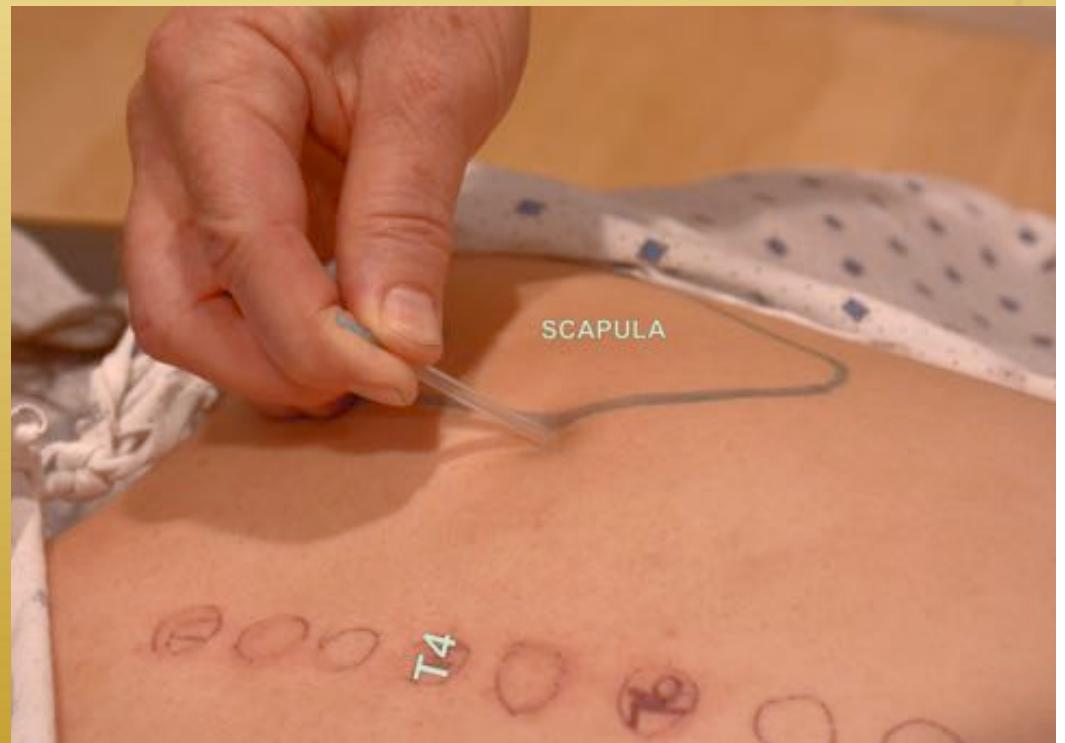
Foot Tai Yang

Japanese Bladder 43

(Missing Organ Shu)

A gummy found at the level with the lower boarder of the spinous process of the 4th thoracic vertebra (T4) with the scapula protracted (under the scapula)

Sun Simiao states this is a hidden point but can treat 1000 conditions



Bladder 44

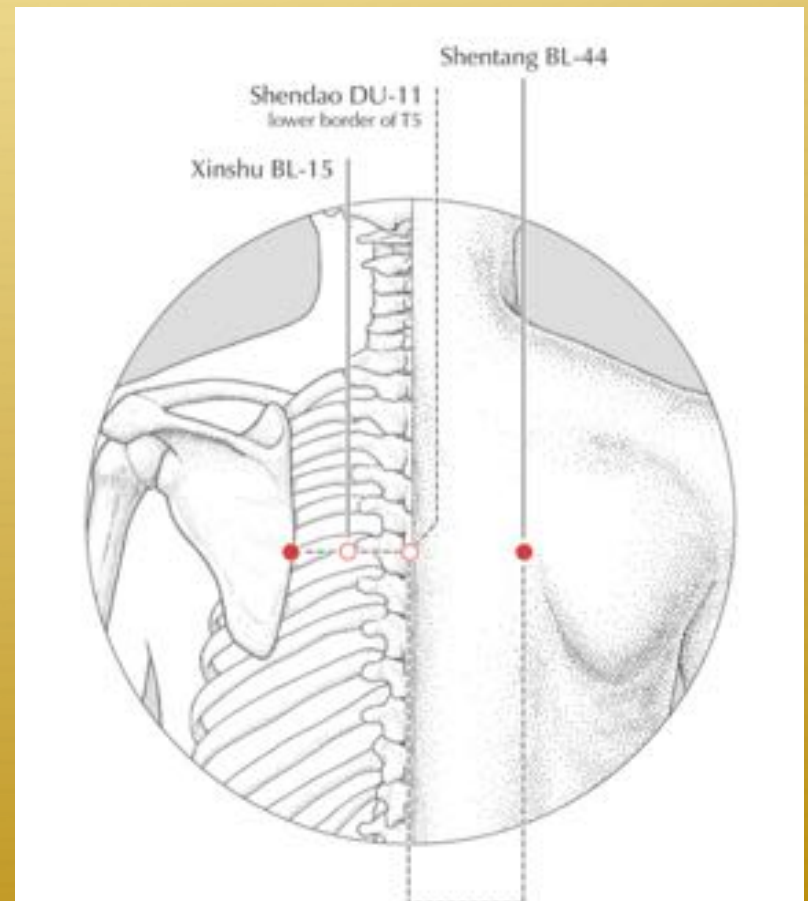
Foot Tai Yang

Bladder 44 –(Shentang –Hall of the Spirit)

3 cun lateral to midline, level with the lower boarder of the spinous process of the 5th thoracic vertebra (T5)

Level with BL 15 (Heart shu)

Level with DU 11



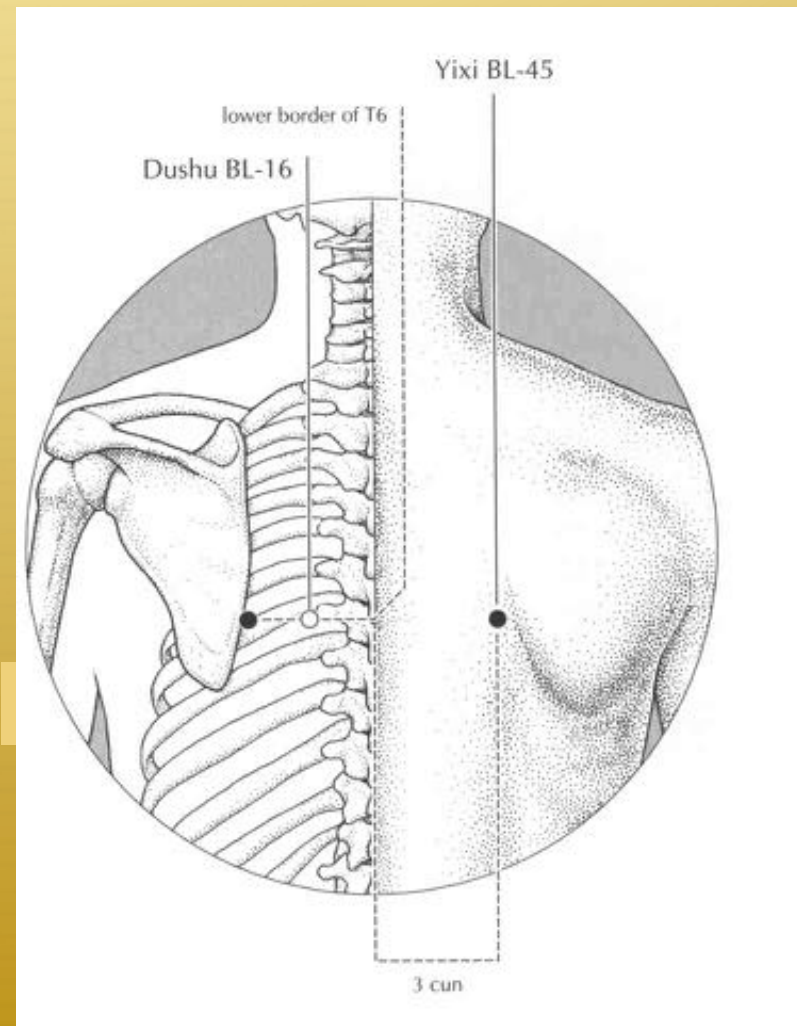
Bladder 45

Foot Tai Yang

Bladder 45 –(Yixi– Cry of Pain)

3 cun lateral to midline, level with the lower boarder of the spinous process of the 6th thoracic vertebra (T6)

Level with BL 16 (Governing Vessel shu)



Bladder 49

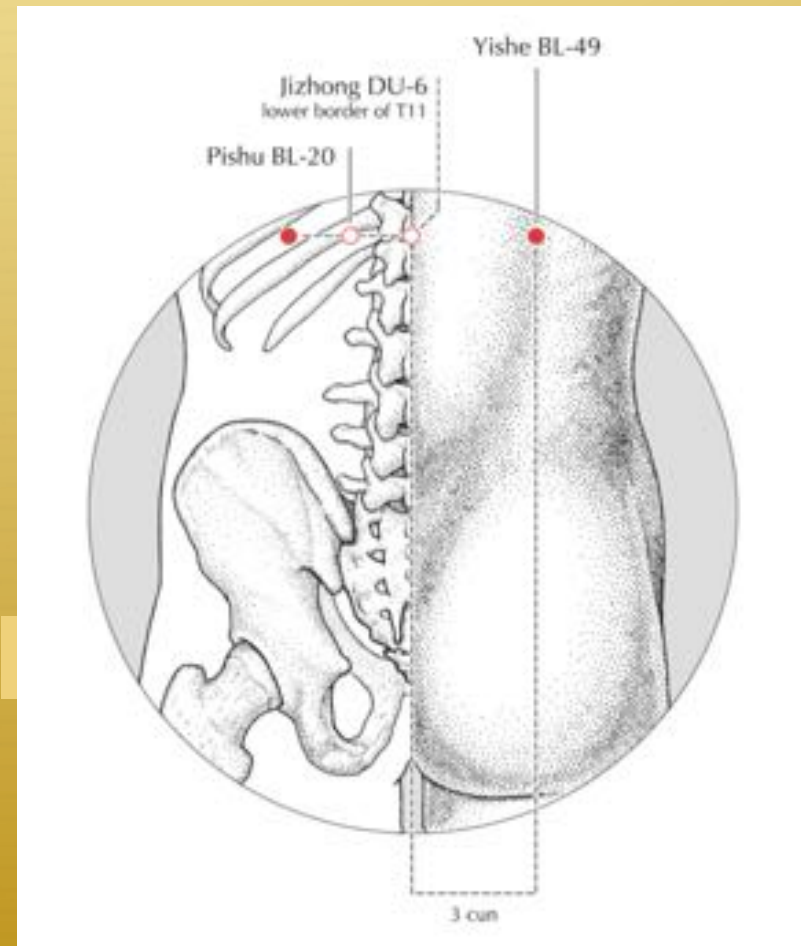
Foot Tai Yang

Bladder 49 – (Yishe – Abode of Thought)

3 cun lateral to midline, level with the lower boarder of the spinous process of the 11th thoracic vertebra (T11)

Level with BL 20 (Spleen shu)

Level with GV 6



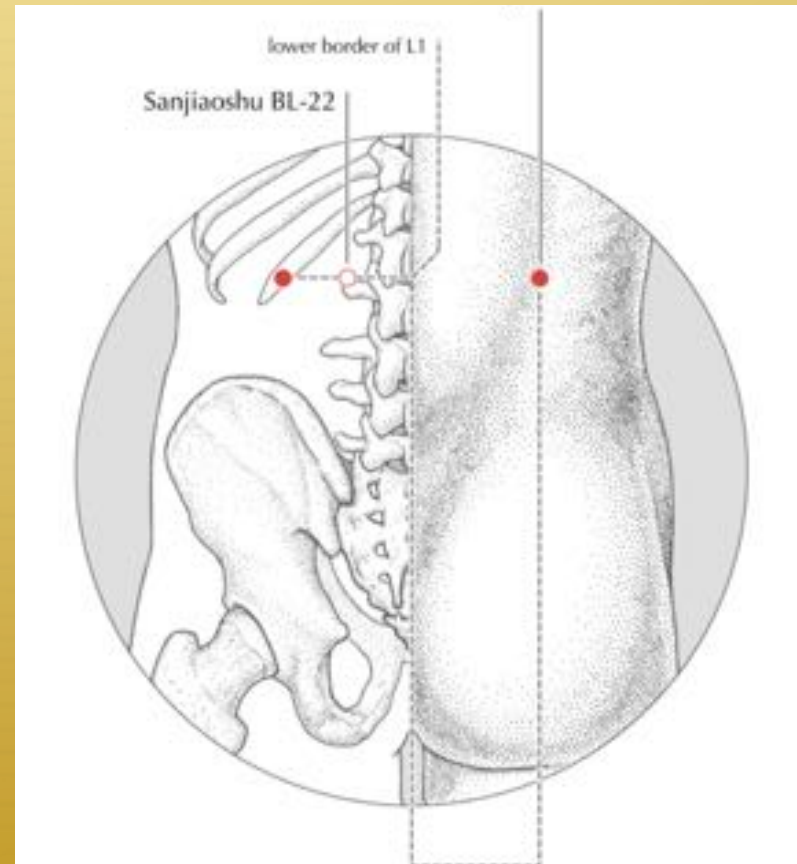
Bladder 51

Foot Tai Yang

***Bladder 51 –
(Huangmen – Vitals
Gate)***

3 cun lateral to midline, level
with the lower boarder of the
spinous process of the 1st
lumbar vertebra (L1)

***Level with BL 22 (Triple
Warmer shu)***



Bladder 52

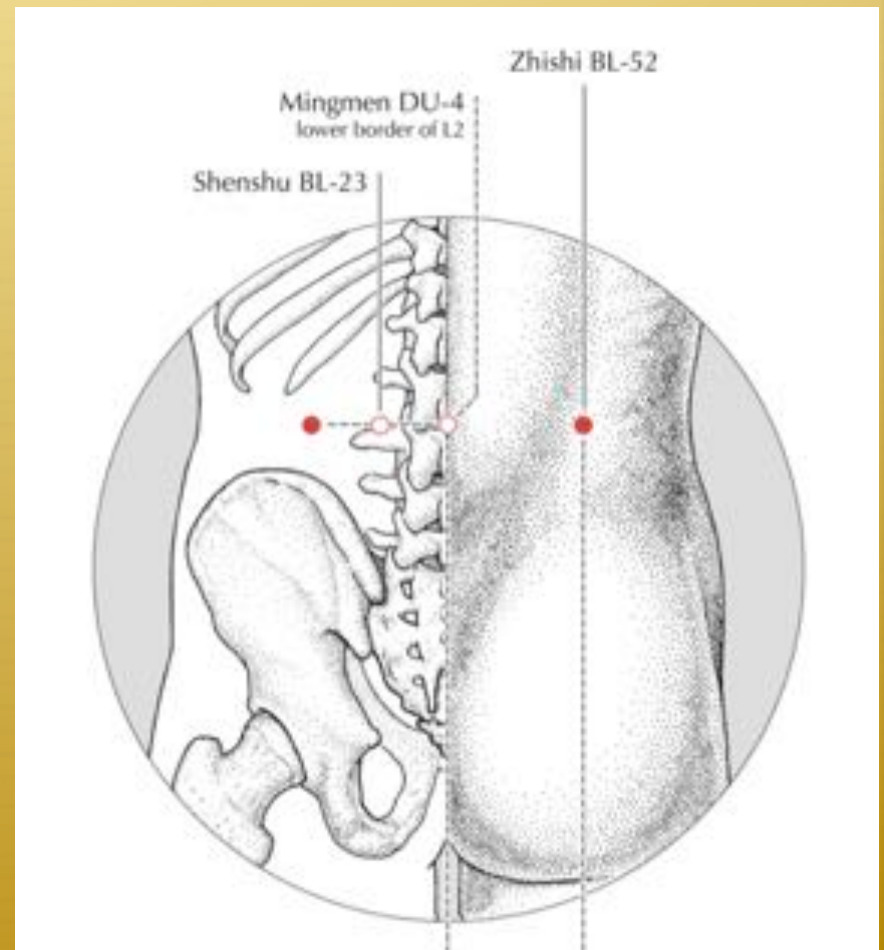
Foot Tai Yang

Bladder 52 – (Zhishi – Residence of Will)

3 cun lateral to midline, level with the lower boarder of the spinous process of the 2nd lumbar vertebra (L2)

Level with BL 23 (Kidney shu)

Level with GV 4



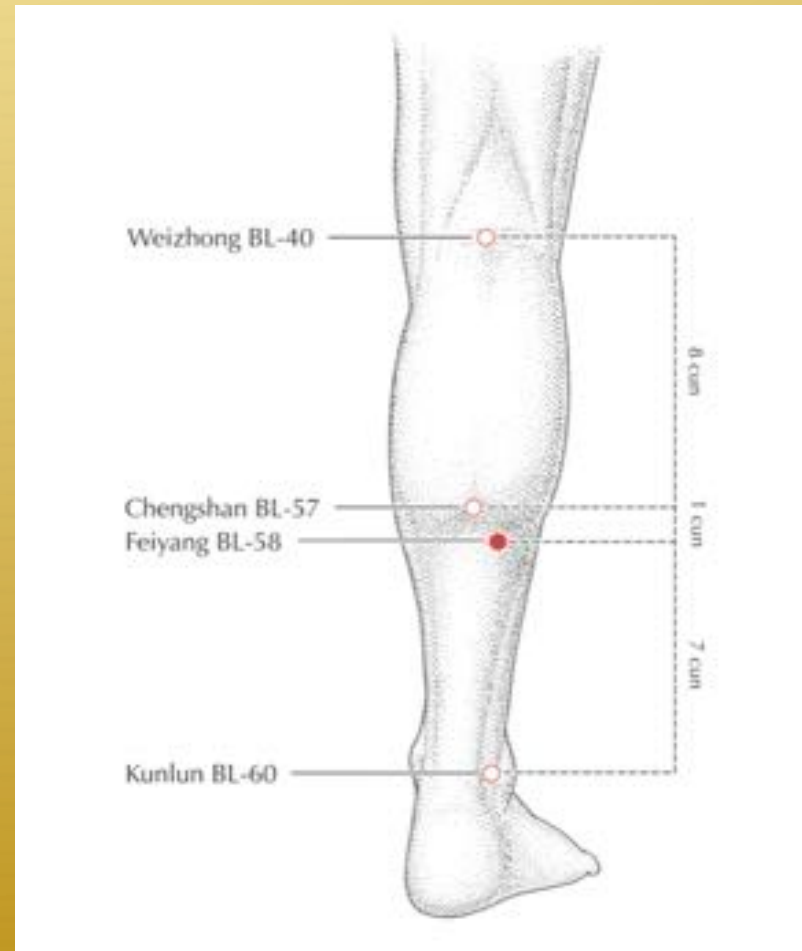
Bladder 58

Foot Tai Yang

BL 58– (Feiyang – Soaring Upwards)

On lower leg, 7 cun directly superior to BL 60, lateral and approximately 1 cun inferior to BL 57.

Part of I-hi-kon Treatment



Bladder 60

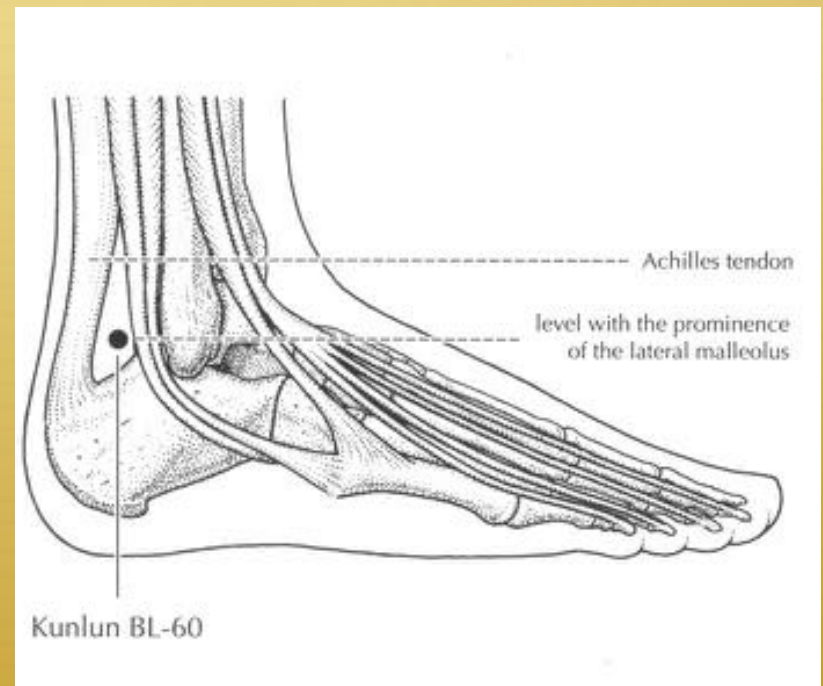
Foot Tai Yang

BL 60– (Kunlun – Kunlun Mountains)

In the depression between the lateral malleolus and the Achilles tendon.

Part of I-hi-kon Treatment

Fire point



Bladder 62

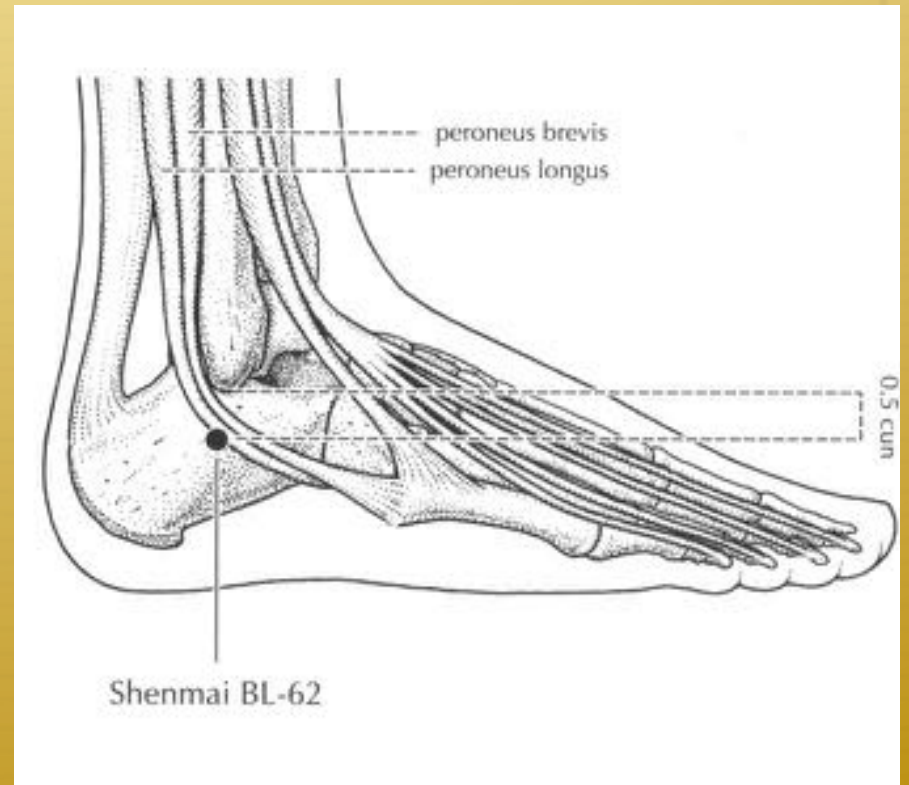
Foot Tai Yang

**BL 62– (Shenmai –
Extending Vessel)**

On lateral foot about 0.5 cun inferior to the lower border of the lateral malleolus in a depression posterior to peroneal tendons.

**Command point of Yang
Qiao Mai (EOV)**

**Sun Simiao Ghost point
(emotional regulation)**



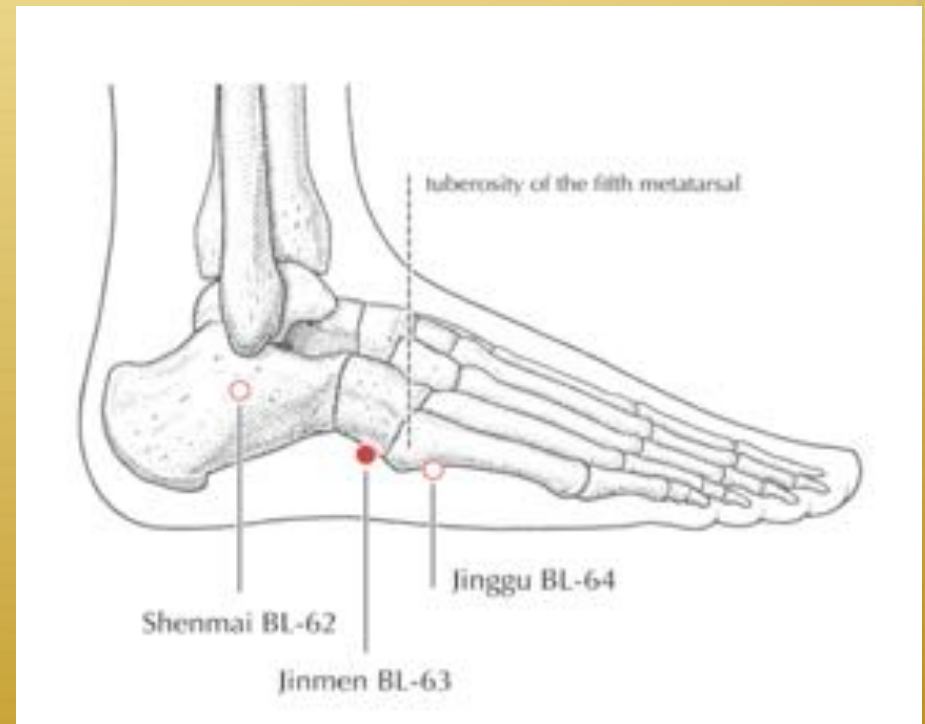
Bladder 63

Foot Tai Yang

BL 63 – (Jinmen – Golden Gate or Metal’s Gate)

On lateral foot in depression posterior to the tuberosity of the 5th metatarsal bone

Kiiko uses for pain related to metal in body (shrapnel, surgical metal)



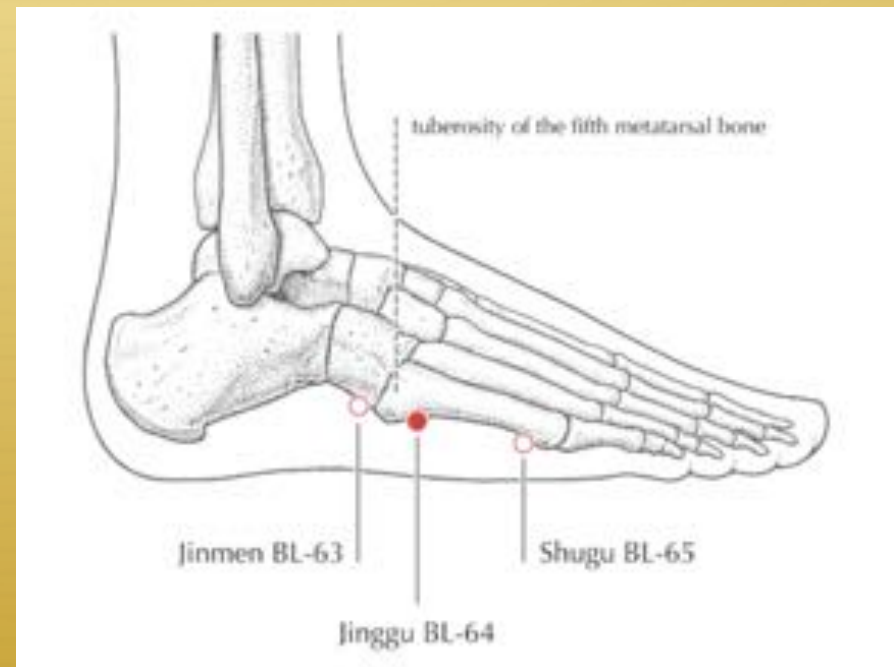
Bladder 64

Foot Tai Yang

BL 64 – (Jinggu – Capital Bone)

On lateral foot in depression distal to and inferior to the 5th metatarsal bone

Yuan source point of Bladder



Bladder 66

Foot Tai Yang

BL 66 – (Zutonggu – Foot Connecting Valley)

In depression just distal to the
to the 5th metatarso-phalangeal
joint

Water Point

Ying Spring point



Bladder 67

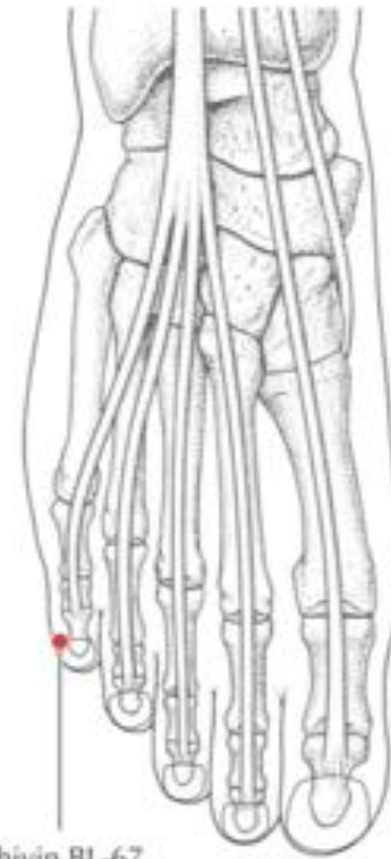
Foot Tai Yang

BL 67 – (Zhiyin – Reaching Yin)

On dorsal and lateral aspect of small toe, at the junction of lines drawn along the lateral border and base of the nail bed, approximately 0.1 cun from the corner of the nail

Metal Point

Jing Spring point



Zhiyin BL-67