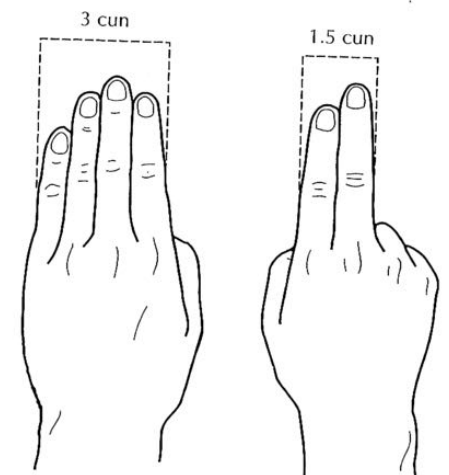
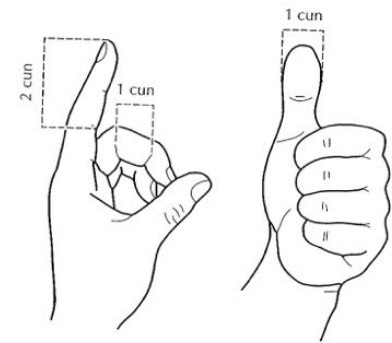
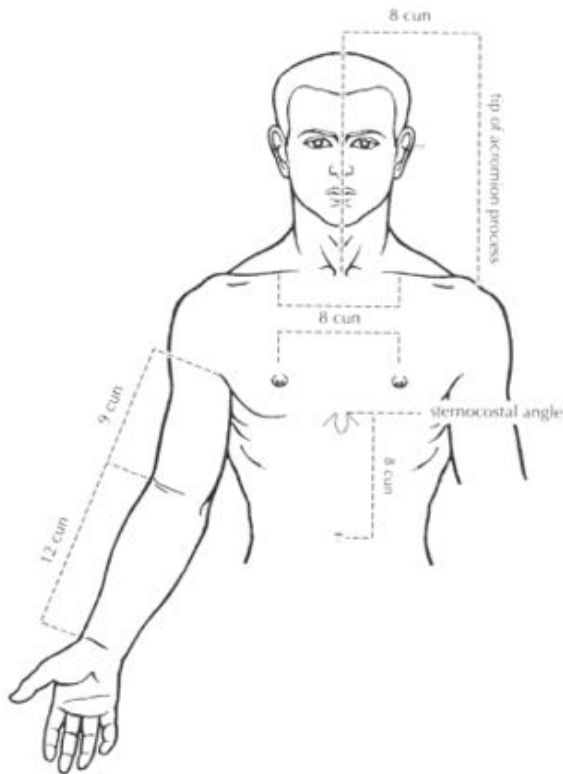


Point Location

***Small Intestine Meridian
Hand Tai Yang***

Arm Cun Measurements

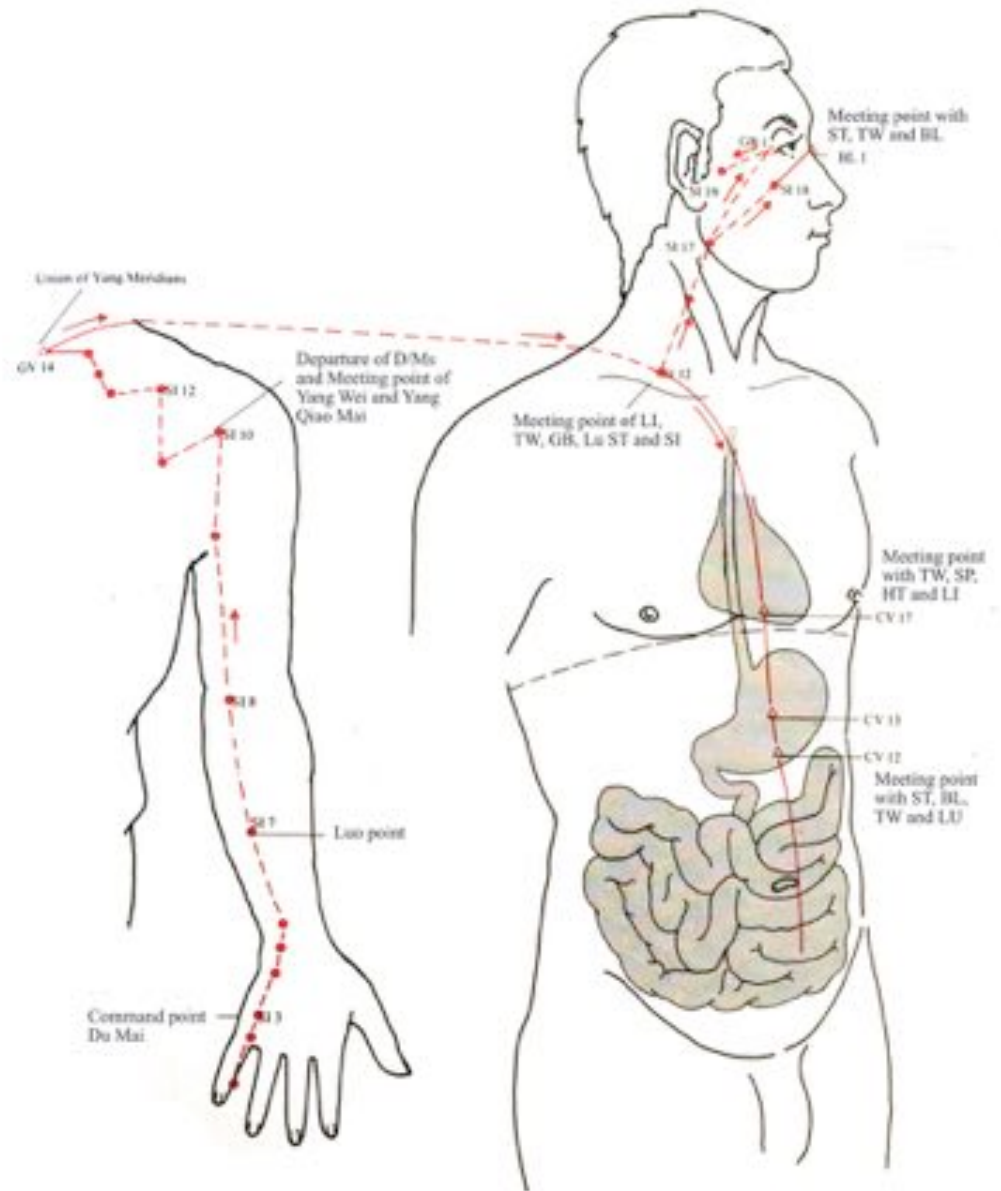
Cun—a proportional unit of measure



SI Meridian

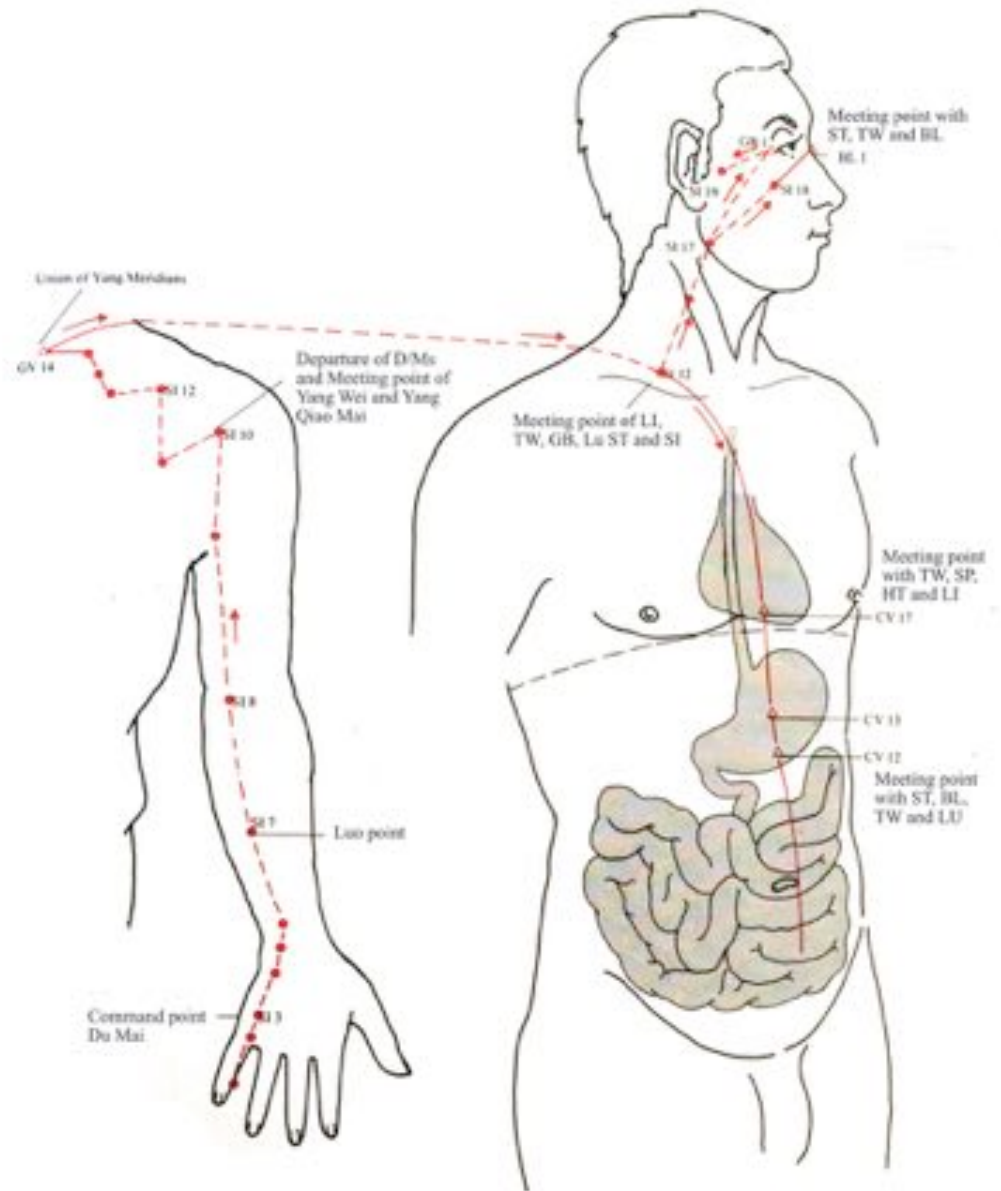
Hand Tai Yang

External meridian starts at small finger and ascends up the ulnar side of arm on dorsal surface to the posterior shoulder. At SI 10 it give off branches to the Distinct Meridian and communicates with Yang Wei Mai. It continues to SI 15 where it communicates with GV 14 (meeting point of all Yang Meridians) and then continues up into neck and face ending at SI 19 near tragus of ear



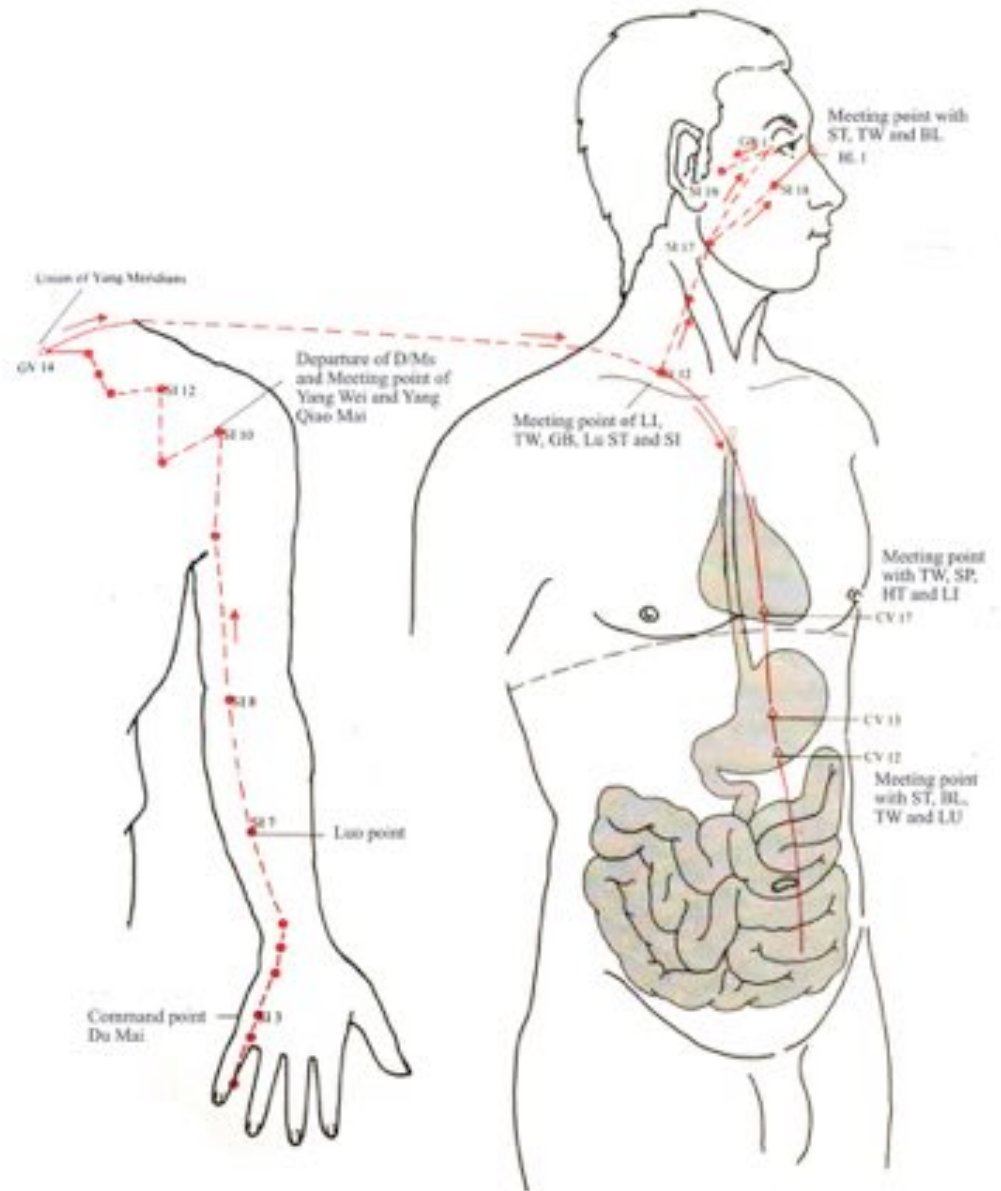
SI Meridian Hand Tai Yang

Internally, from GV 14, the meridian connects with ST 12 in supraclavicular fossa then passes through the heart at CV 17 (mu point of Pericardium), down along the esophagus through the diaphragm to the stomach at CV 12 (mu point of Stomach) and then down to the Small Intestines



SI Meridian Hand Tai Yang

Points to know: SI 1,
2, 3, 4, 5, 7, 8, 9, 10,
11, 13, 16, 19



Small Intestine 1

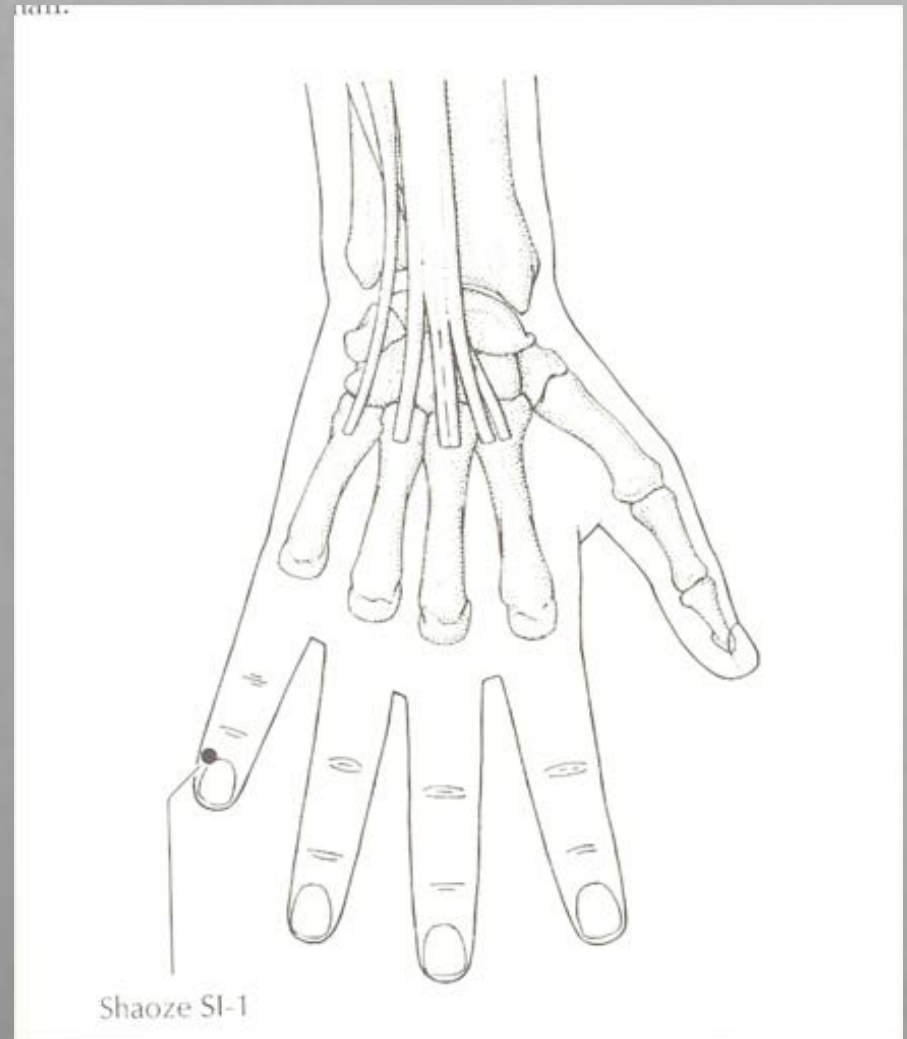
Hand Tai Yang

SI 1 –(*Shaoze* –Lesser Marsh)

On the dorsal aspect of the little finger, at the junction of lines drawn along the ulnar border of the nail and the base of the nail

Metal point

Jing well point



Small Intestine 2 and 3

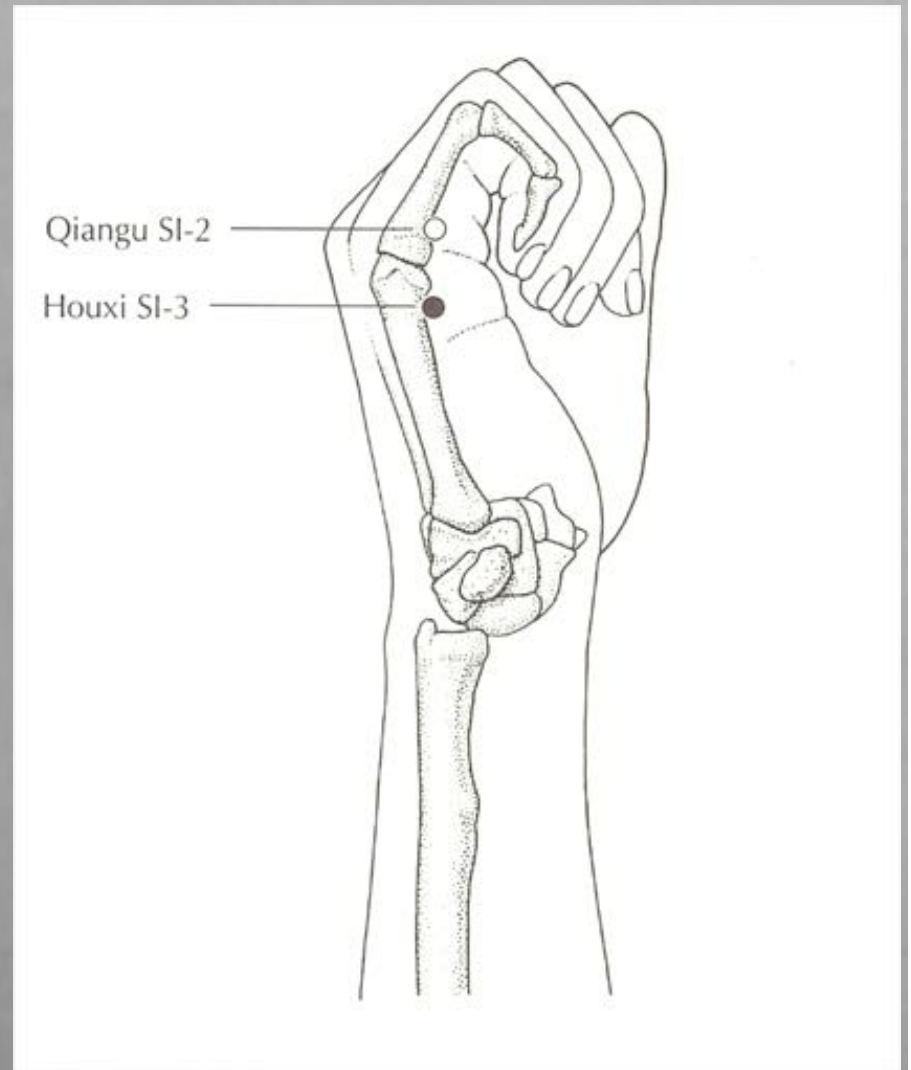
Hand Tai Yang

SI 2 –(*Qiangū* –Front Valley)

On the ulnar border of the little finger, in a depression just distal to the metacarpophalangeal joint

SI 3 –(*Houxi* –Back Ravine)

On the ulnar border of the hand, in the substantial depression proximal to the head of the 5th metacarpal bone. When a fist is made, this point can be easily found above the fold created just proximal to the fifth knuckle



Small Intestine 4 & 5

Hand Tai Yang

SI 4 –(Wangu –Wrist Bone)

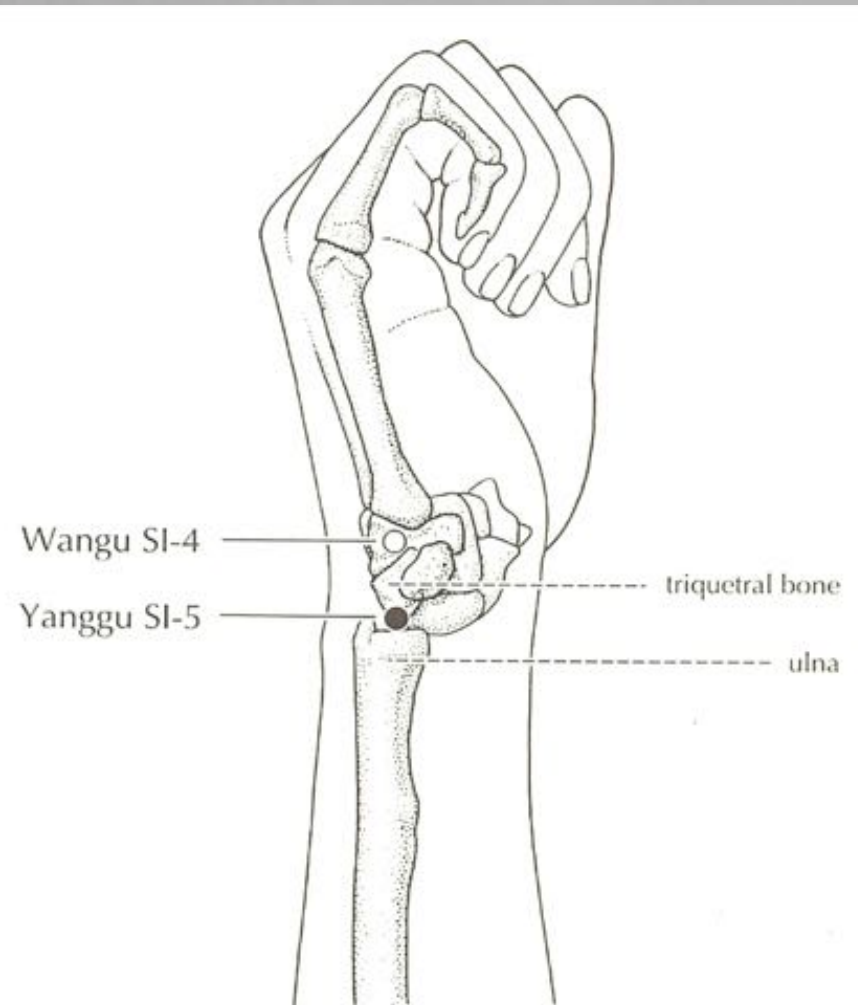
At the ulnar border of the wrist, in the depression between the base of the 5th metatarsal bone and the triquetral bone

Source point

SI 5 –(Yanggu –Yang Valley)

At the ulnar border of the wrist, in the depression between the head of the ulna and the triquetral bone

Fire point

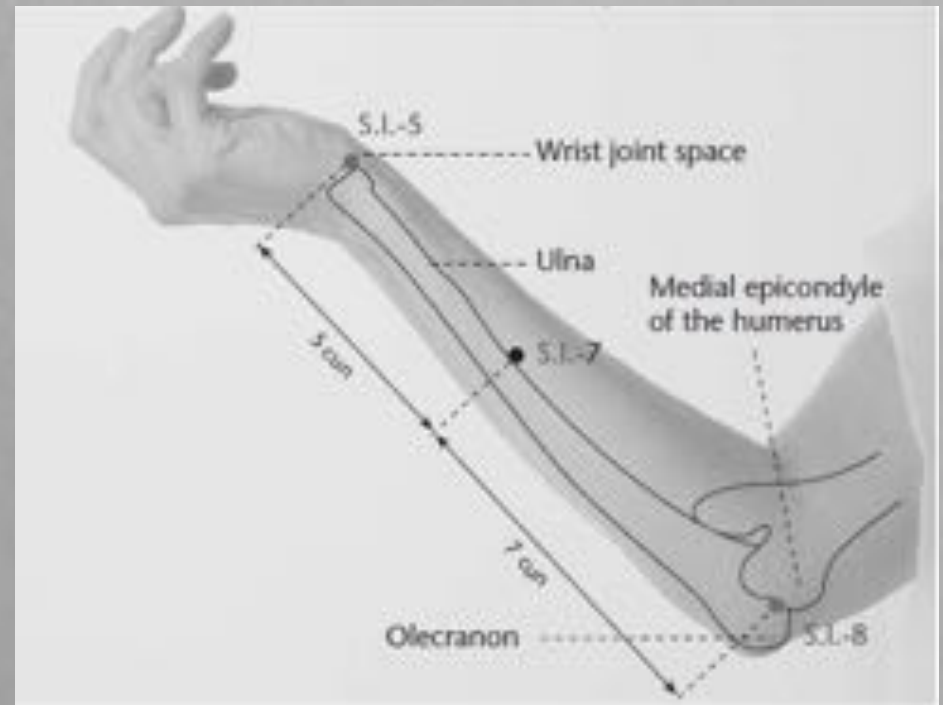


Small Intestine 5

Hand Tai Yang

SI 7 – (Zhizheng – Branch of the Upright)

On the line connecting SI 5 and SI 8, 5 cun proximal to SI 5 in the groove between the anterior border of the ulna and the muscle belly of the flexor carpi ulnaris



Small Intestine 8

Hand Tai Yang

SI 8 –(Xiaohai– Small Sea)

In the depression between the tip of olecranon process of the ulna and the tip of the medial epicondyle of the humerus



Small Intestine 9 and 10

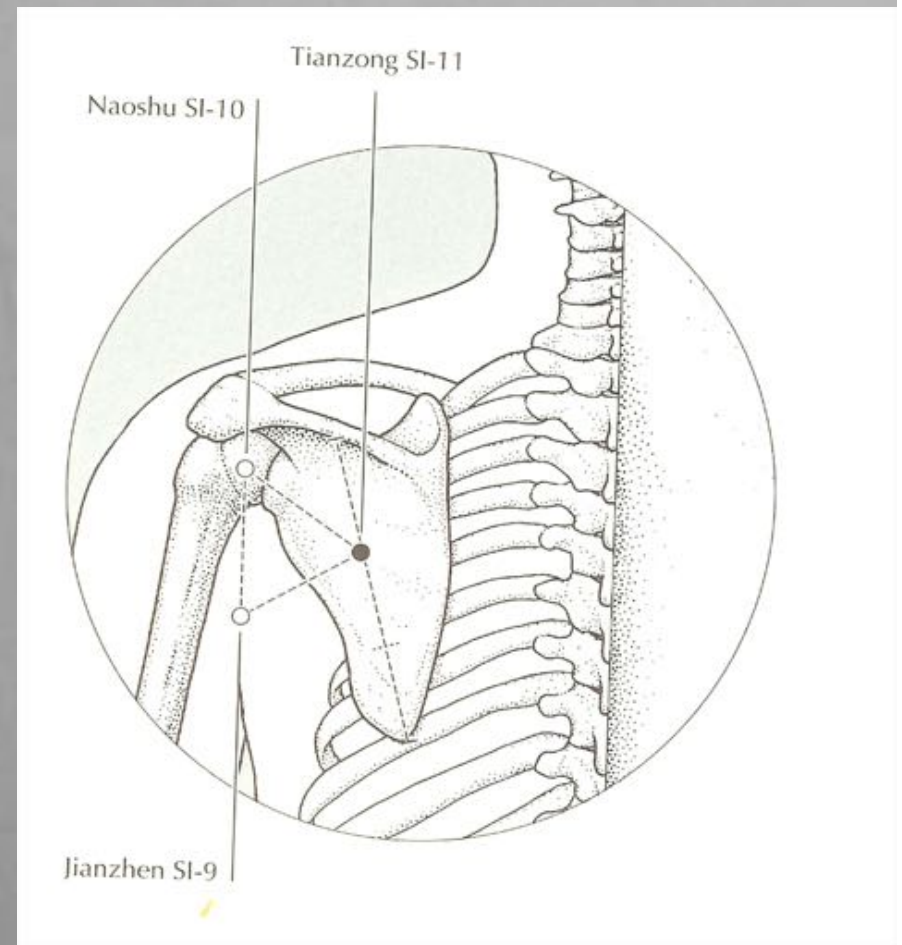
Hand Tai Yang

SI 9 –(Jianzhen –True Shoulder)

On the posterior aspect of the shoulder, 1 cun superior to the posterior axillary crease when the arm hangs in the adducted position. When used for the Dai Mai treatment, SI9 is at the posterior border of the deltoid muscle

SI 10 –(Naoshu –Upper Arm Shu)

On the posterior aspect of the shoulder, in the depression inferior to the scapular spine, directly superior to the posterior axillary crease when the arm hangs in the adducted position.

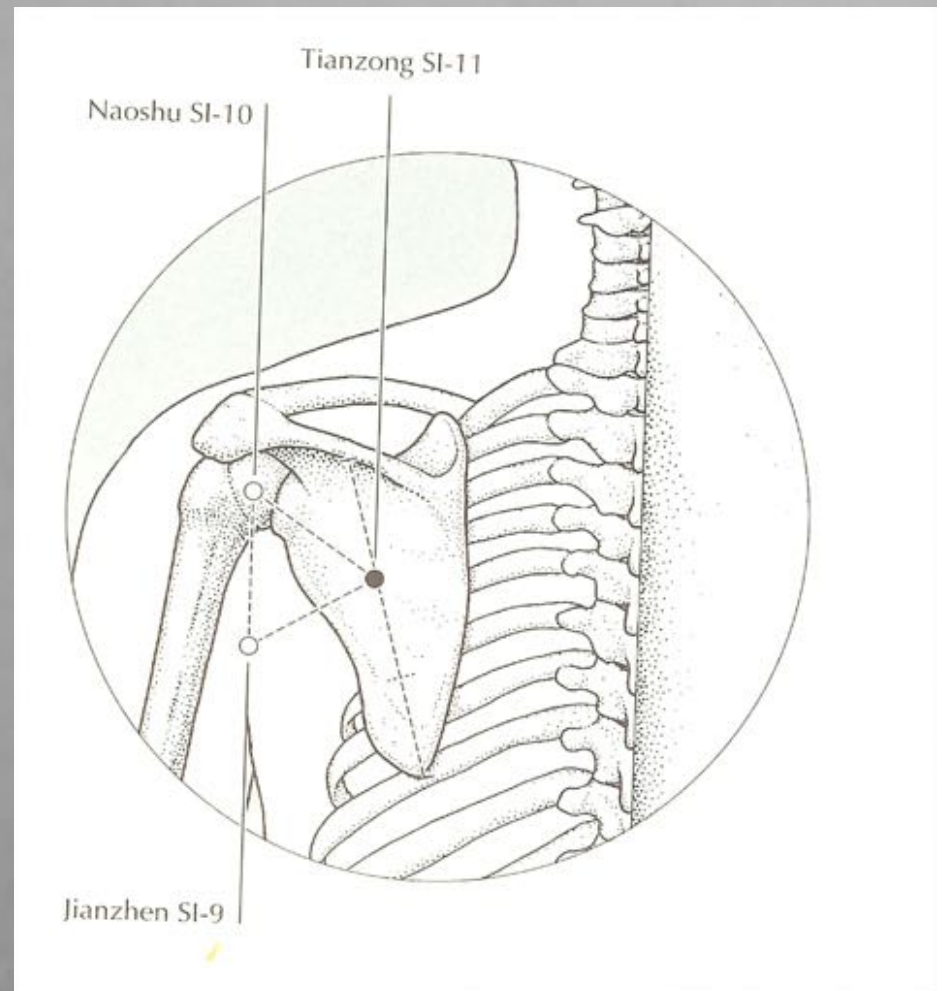


Small Intestine 11

Hand Tai Yang

*SI 11 – (Tianzong –
Celestial Gathering)*

In the center of the infrascapular fossa, in a tender depression on third of the distance from the midpoint of the inferior border of the scapular spine to the inferior angle of the scapula. In practice, a tender or puffy area in the middle of the scapula is considered as SI11

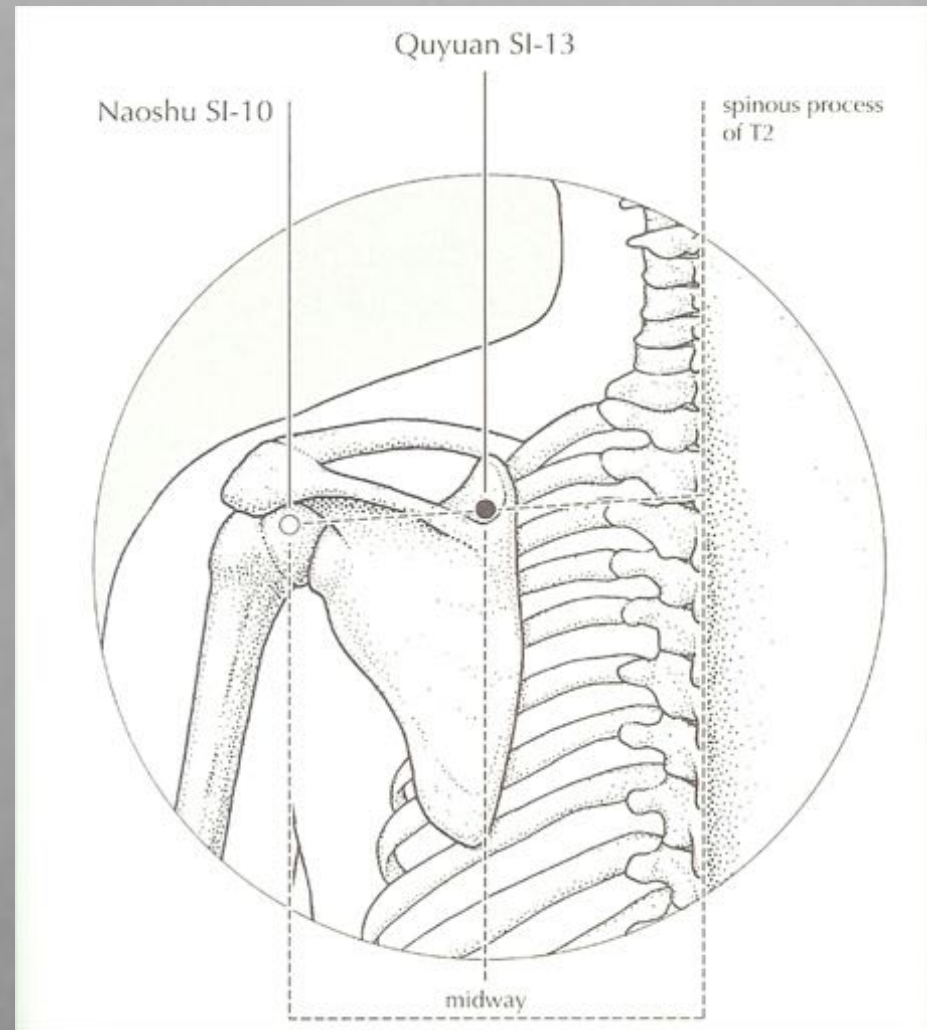


Small Intestine 13

Hand Tai Yang

SI 13 –(Quyuan, Crooked Wall)

In the tender depression superior to the medial end of the scapular spine. This point is palpated downwards, against the superior aspect of the spine of the scapula.

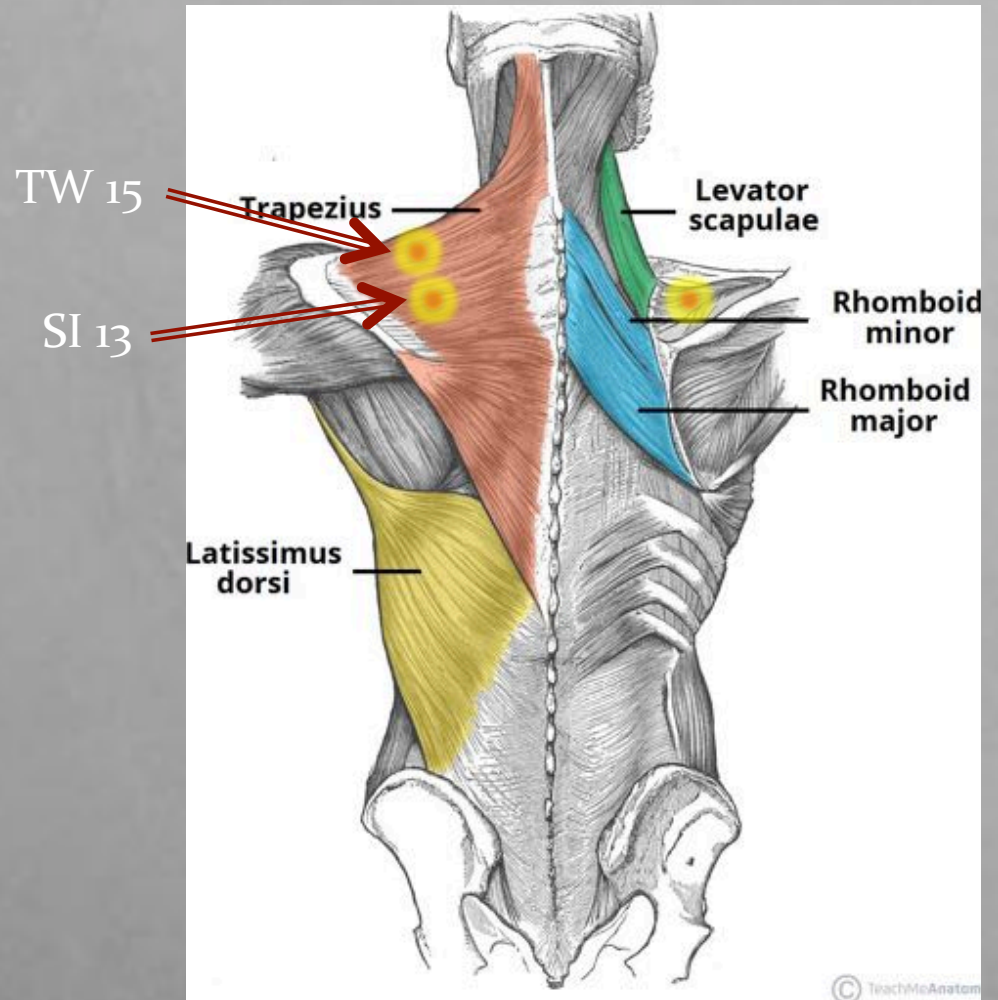


Small Intestine 13

Hand Tai Yang

SI 13 –(Quyuan, Crooked Wall)

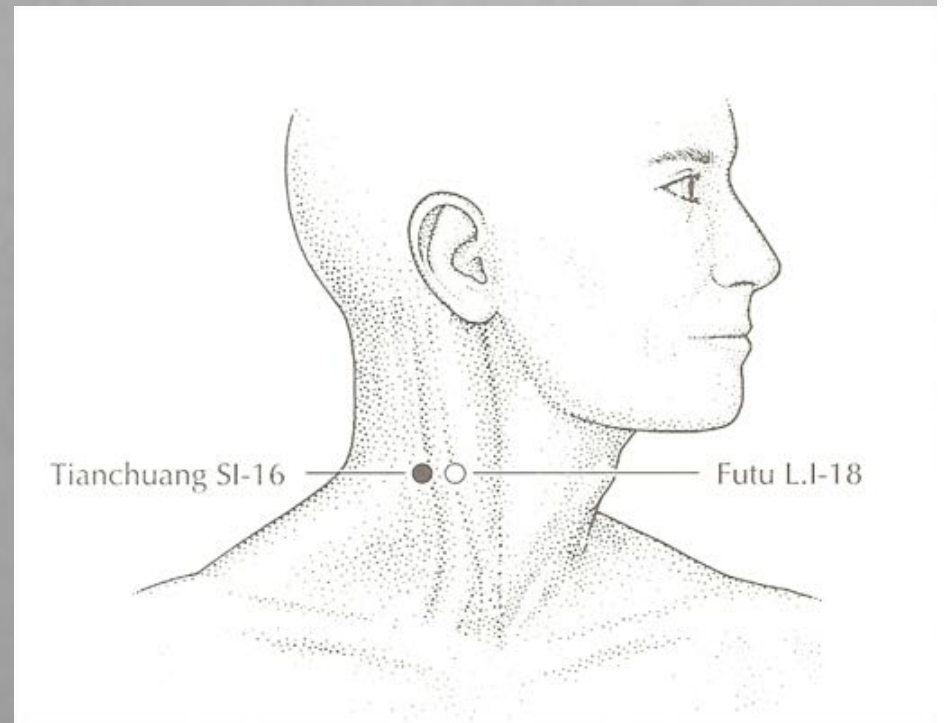
In the tender depression superior to the medial end of the scapular spine. This point is palpated downwards, against the superior aspect of the spine of the scapula.



Small Intestine Meridian Hand Tai Yang

*SI 16 – (Tianchuang –
Celestial Window)*

On the posterior border of the SCM, level with the laryngeal prominence, at the same level of LI 18 (between heads of SCM) and ST 9 (anterior to SCM).



Small Intestine Meridian Hand Tai Yang

Small Intestine 19 – (Tinggong –Auditory Palace)

With the mouth open,
the point is located in
the depression
between the middle of
the tragus and the
condyloid process of
the mandible.

