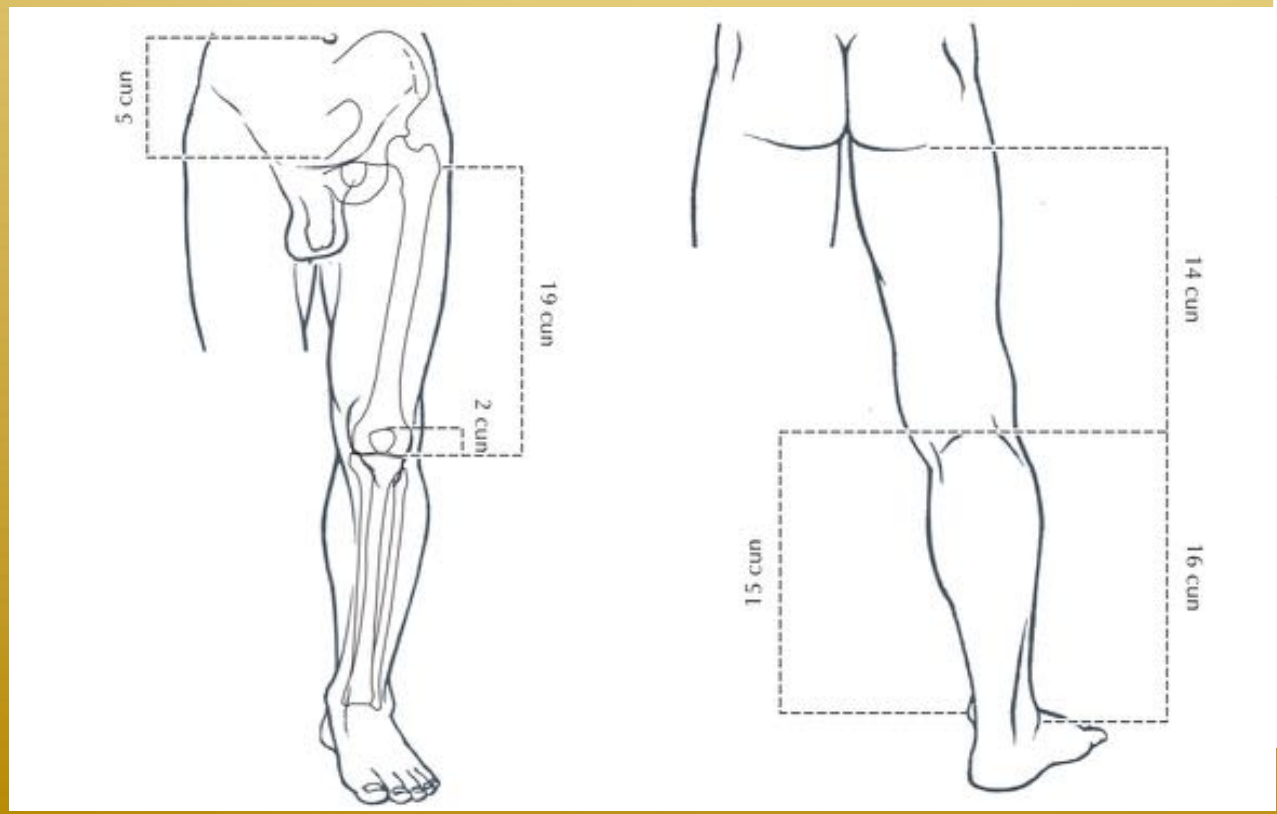
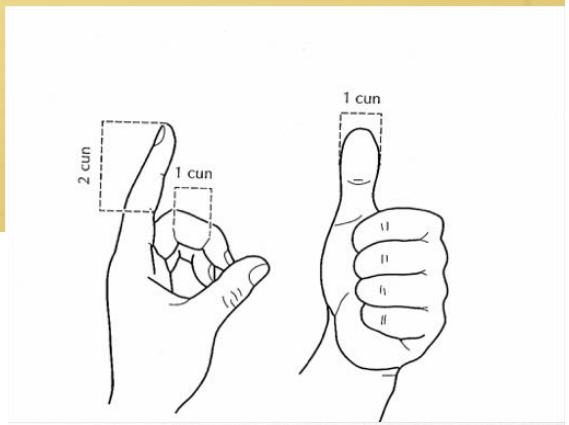
Point Location: Gallbladder Meridian

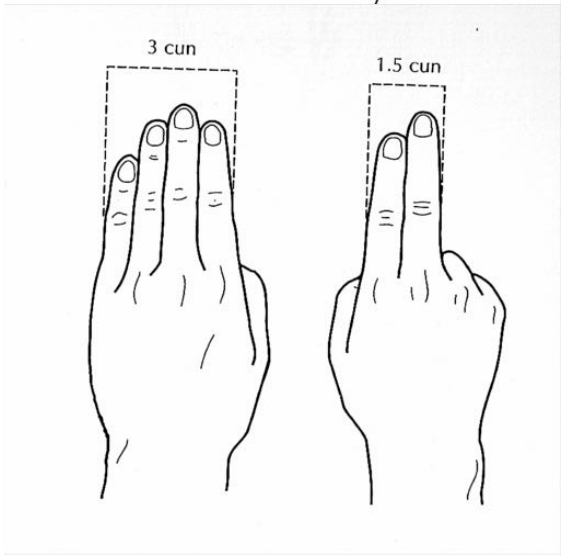
Foot Shao Yang

Leg Cun Measurements

Cun—a proportional unit of measure

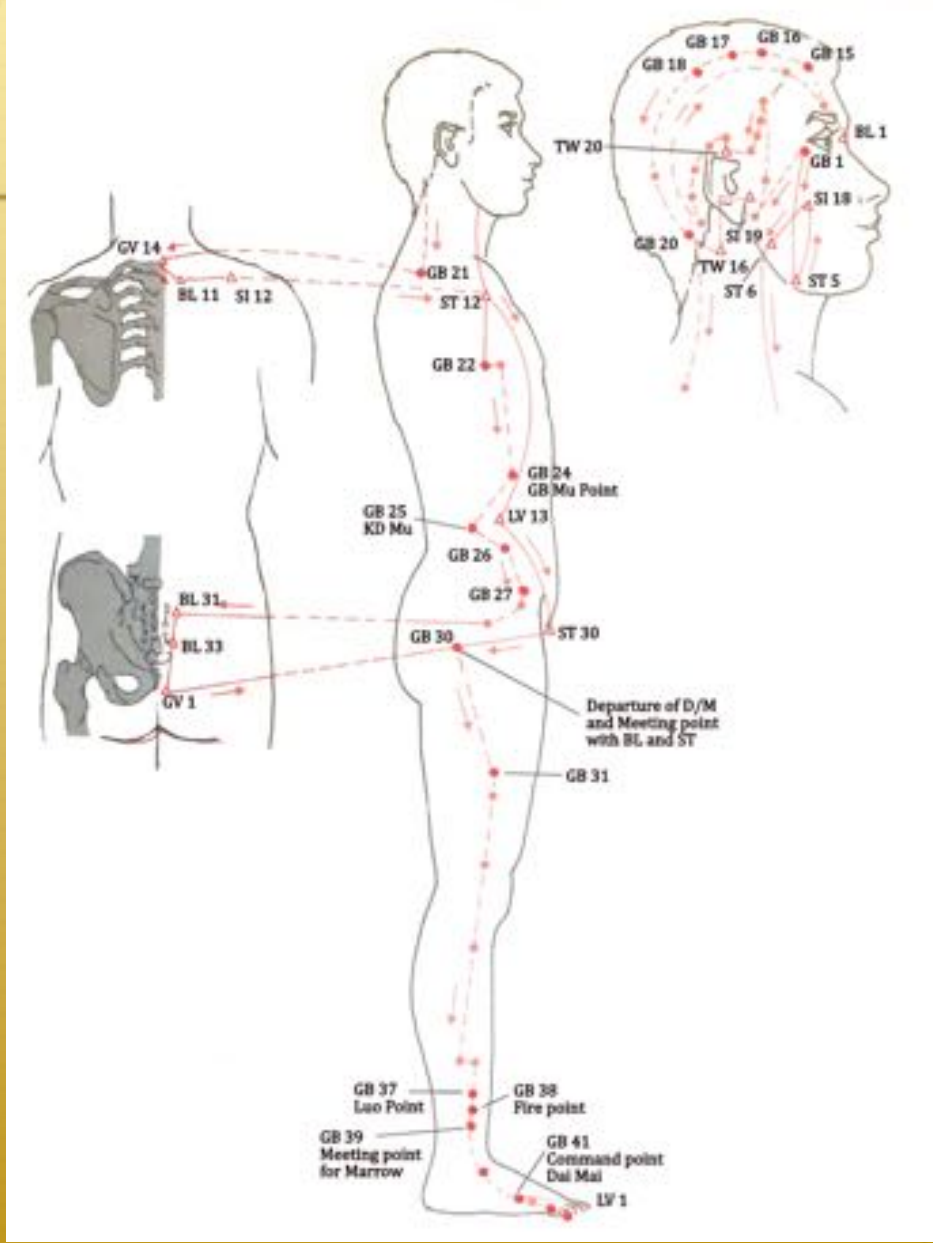






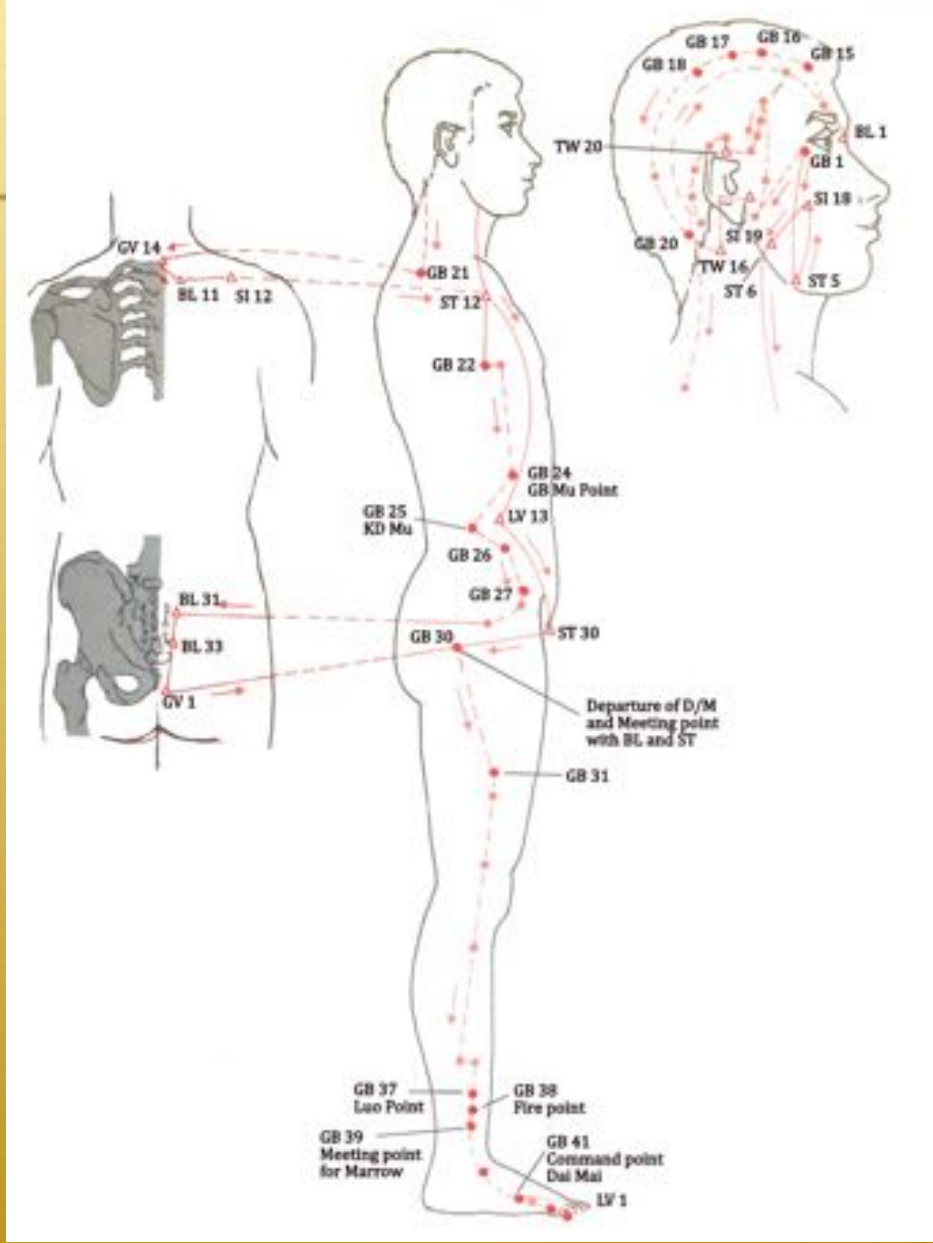
GB Meridian
Foot Shao Yang

Starts at GB 1 at outer corner of the eye, loops down to the ear and then loops around ear covering the temporal area of skull, then returns to forehead above the middle of eyebrow and goes up along the skull in a curved line heading to GB 20 where it descends to the trapezius at GB 21 and then down the lateral chest on mid-axillary line then zigzags out to the anterior ribs near LV 14 and then back to the 12th rib and then to the flank and down to the anterior hip, then back to lateral hip and down lateral line of thigh to lower leg and foot ending at the lateral 4th toe

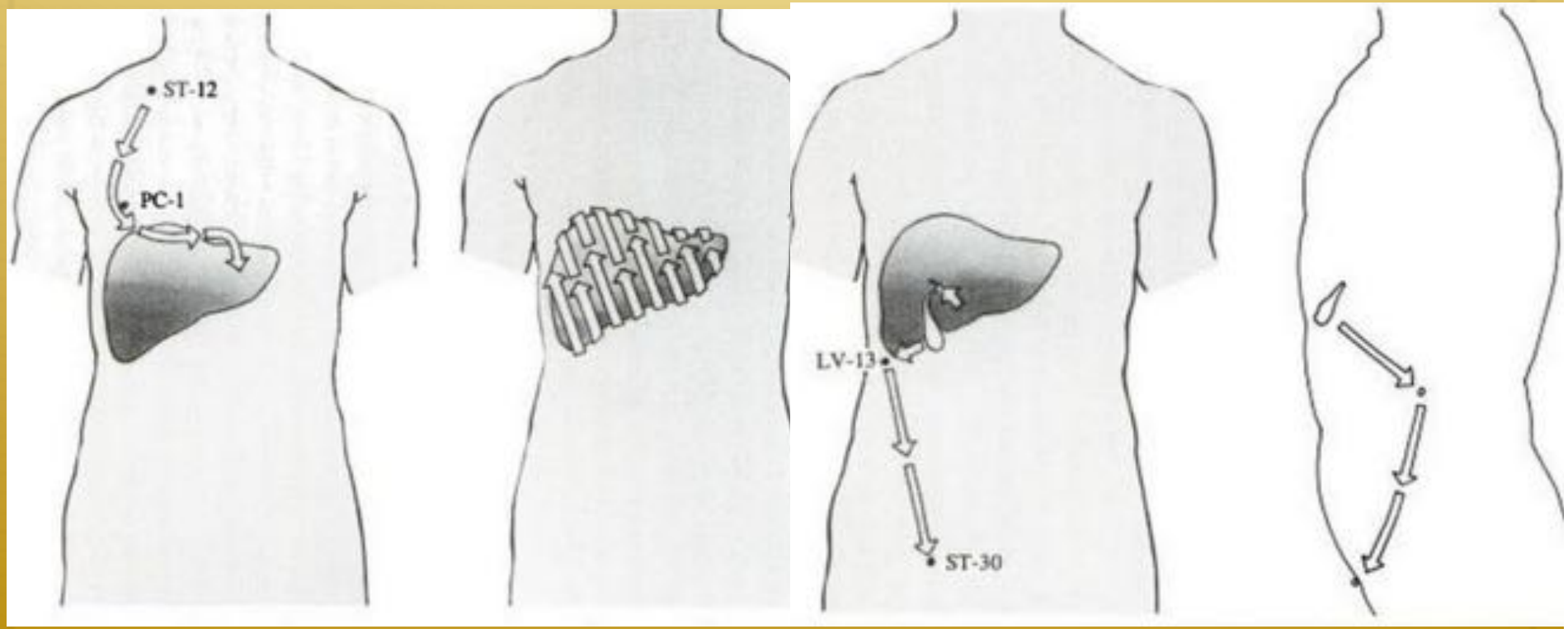


GB Meridian
Foot Shao Yang

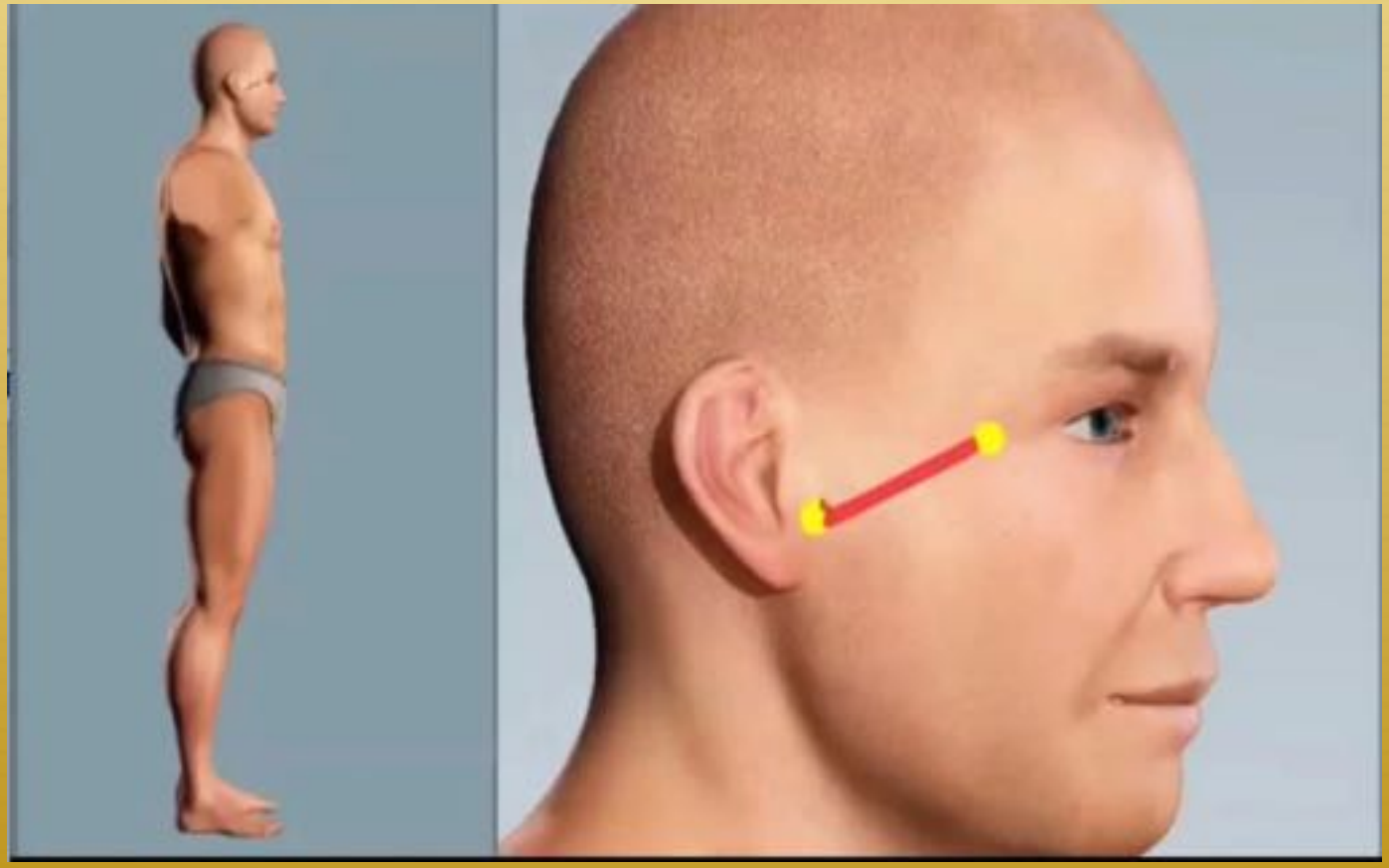
Internally, from the head where it connects to GV 14 BL 11, and SI 12 and then enters at ST 12 and passes into the chest and then down through the diaphragm, spirally wraps liver and then permeates the gallbladder. Then it circles round the inside of the lining of the ribs where it connects to LV 13 (Spleen Mu point) and connects to the side of the body and then comes down to ST 30 and connects to GV1 and Sacral Liao points



Gallbladder Internal Pathway

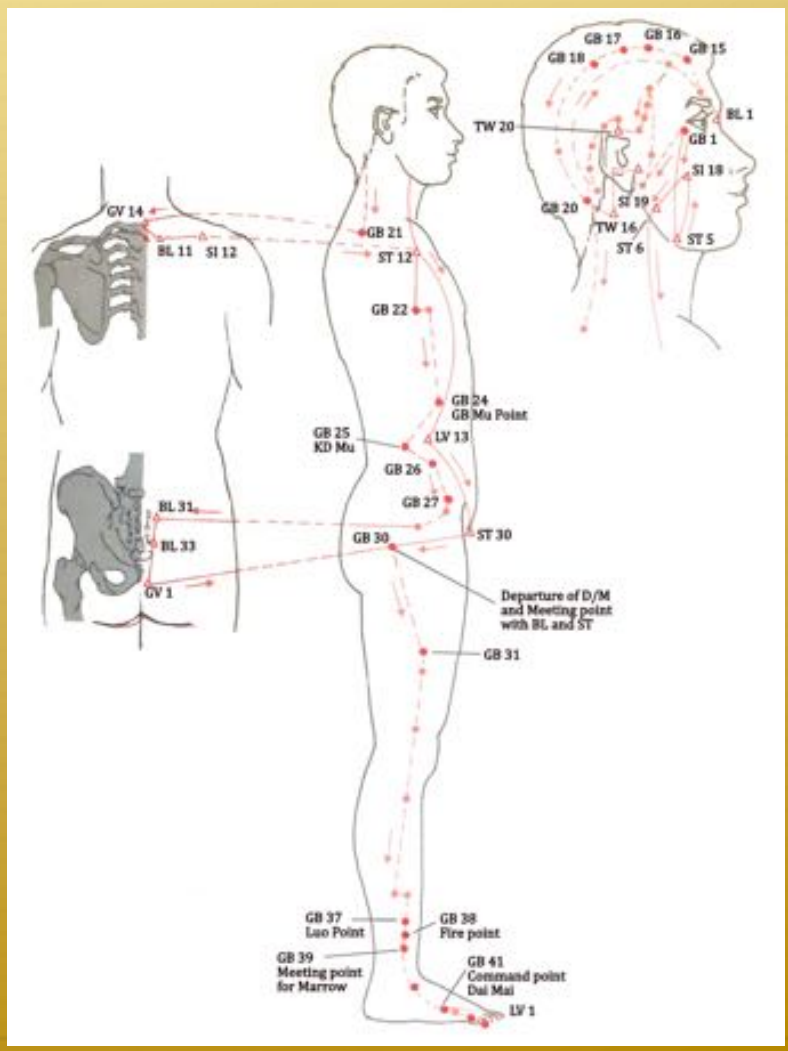


Gallbladder Trajectory



Gallbladder Meridian
Foot Shao Yang

Points to know: GB 1, 2, 15, 16, 17, 18, 20, 21, 22, 24, 25, 26, 27, 30, 31, 34, 38, 39, 40, 41, 43, 44

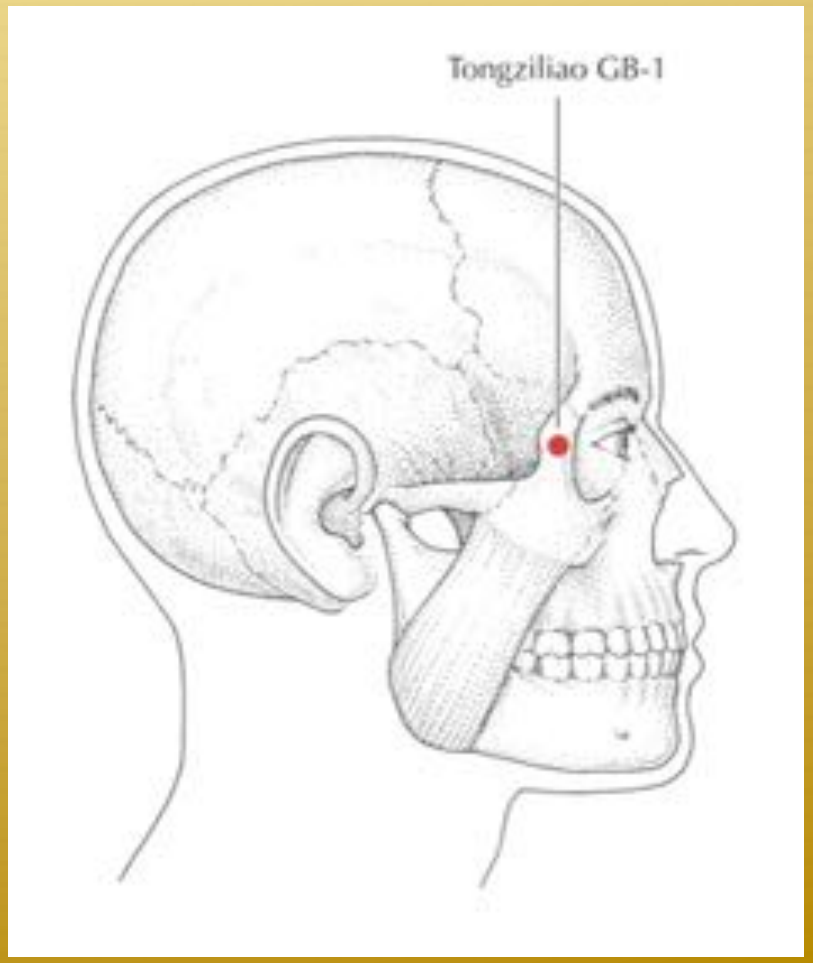


Gallbladder
Foot Shao Yang

GB 1 – (*Tongziliao* – Pupil Crevice)

In the hollow on the lateral side of the orbital margin, 0.5 cun lateral to outer canthus of eye

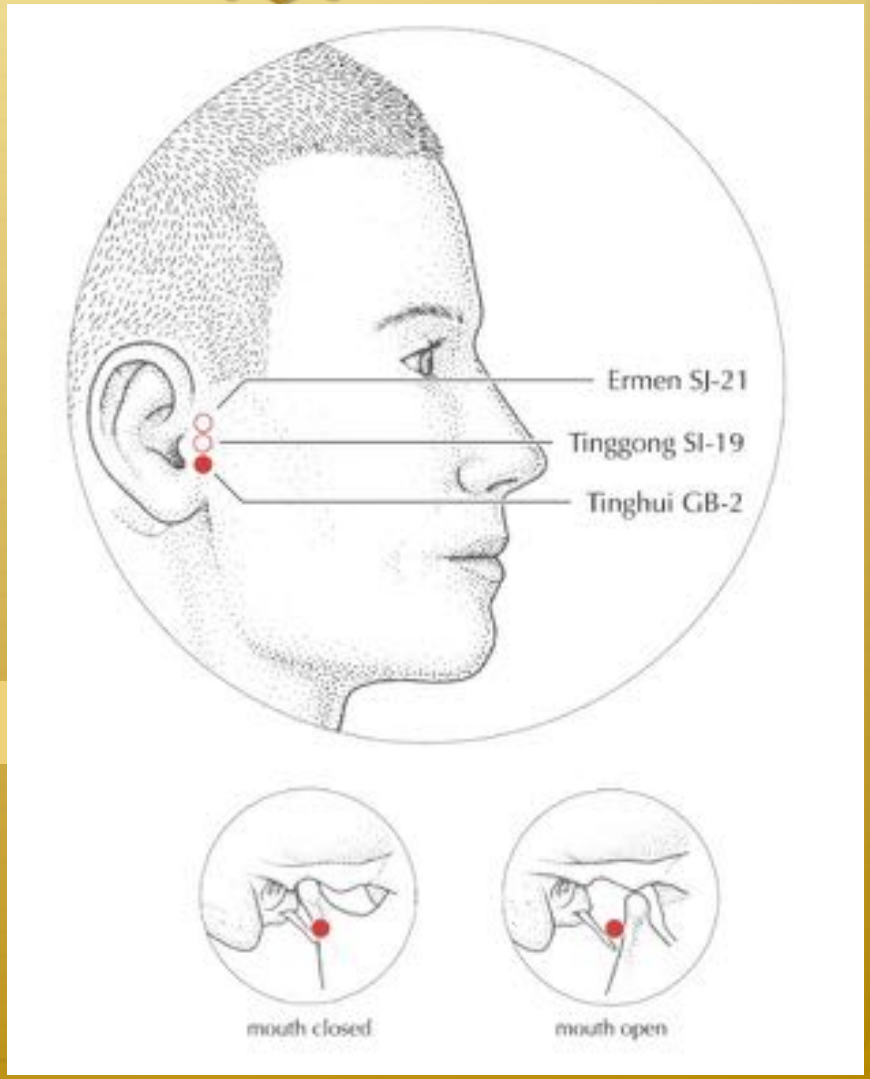
Meeting point of GB, SI and TW



Gallbladder 2
Foot Shao Yang

GB 2 – (*Tinghui* – Auditory Convergence)

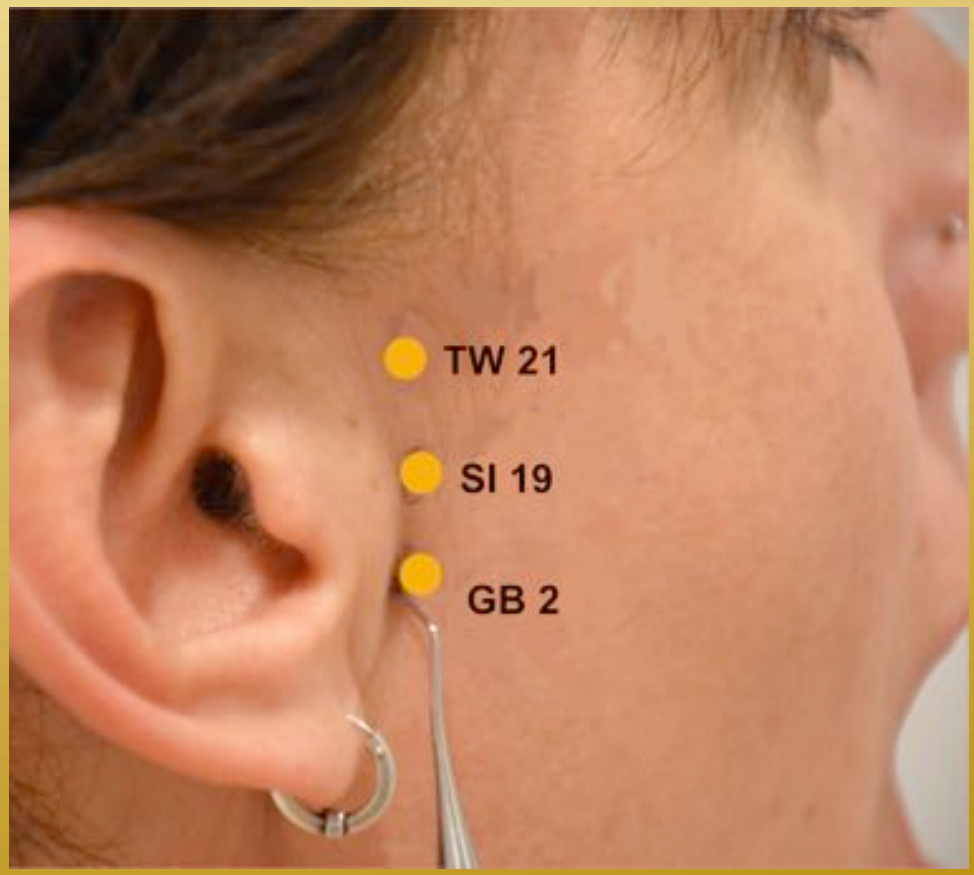
In the depression between the intertragic notch posteriorly and the condyloid process of the mandible anteriorly – locate with mouth open



Gallbladder 2
Foot Shao Yang

GB 2 – (*Tinghui* – Auditory Convergence)

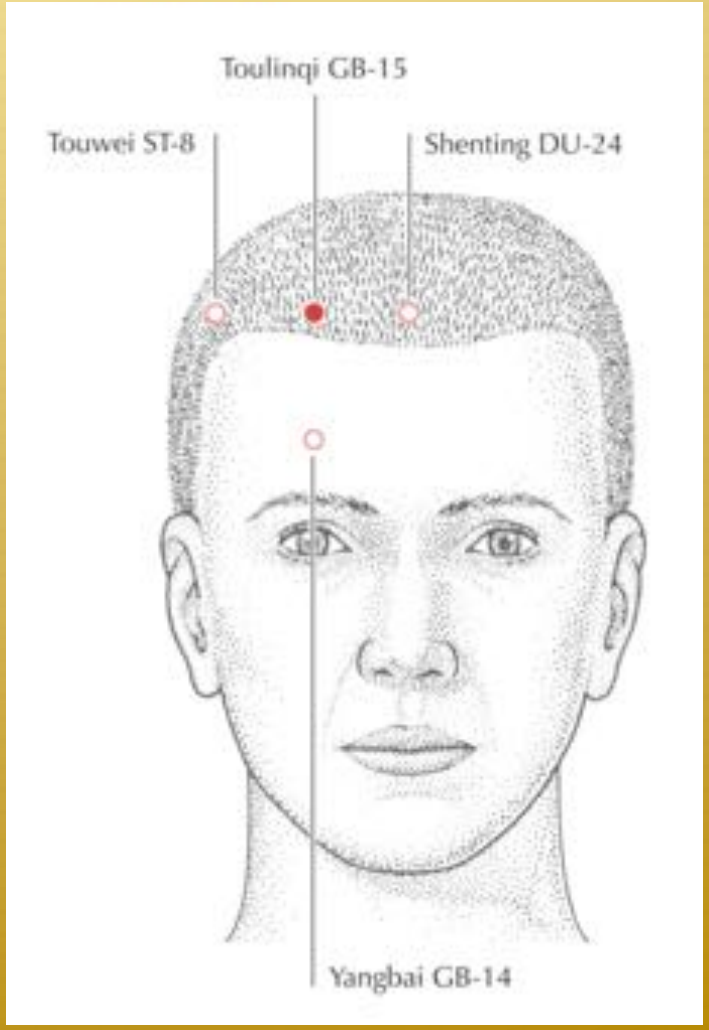
In the depression between the intertragic notch posteriorly and the condyloid process of the mandible anteriorly – locate with mouth open



Gallbladder 15
Foot Shao Yang

GB 15 – (*Toulinqi* – Head Governor of Tears)

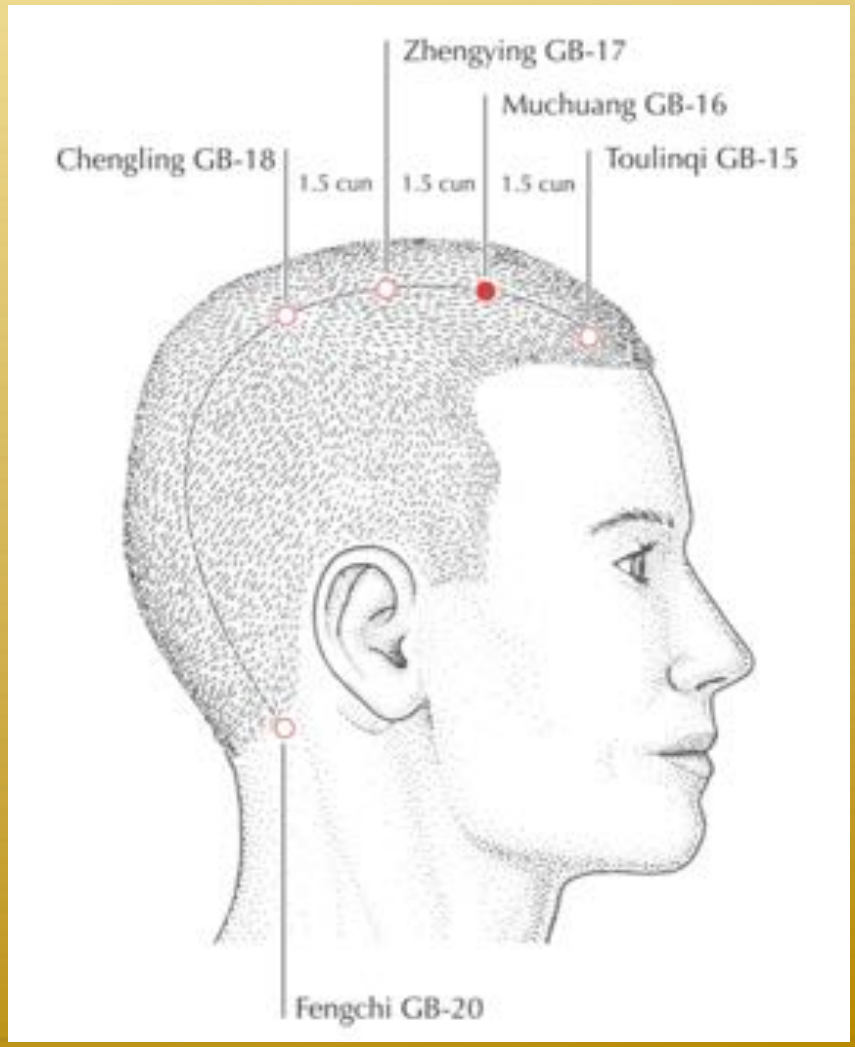
On the forehead, directly above GB 14 (on a line vertically above the midpoint of the eyebrow), 0.5 cun within the anterior hairline, midway between GV 24 and ST 8



Gallbladder 16
Foot Shao Yang

GB 16 – (*Muchuang* – Window of the Eye)

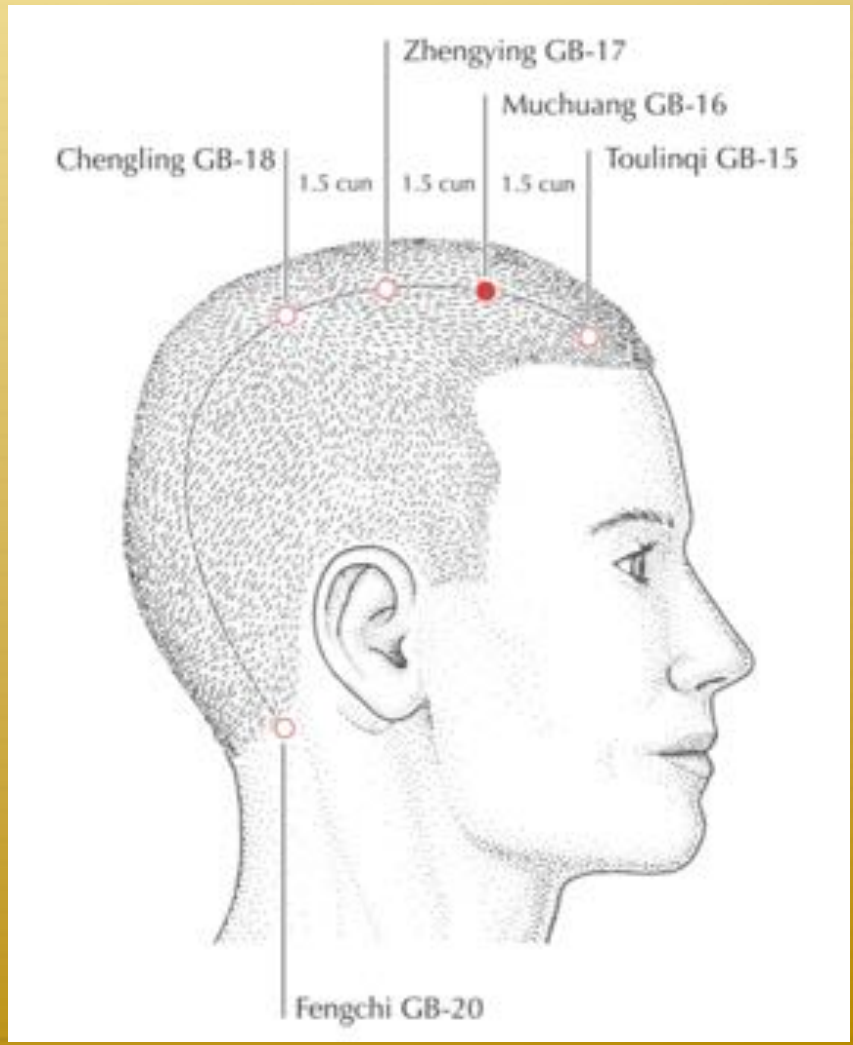
Above the forehead, on a curved line drawn between GB 15 and GB 20 following the contour of the cranium, 1.5 cun posterior to GB 15



Gallbladder 17
Foot Shao Yang

GB 17 – (*Zhengying* – Upright Nutrition)

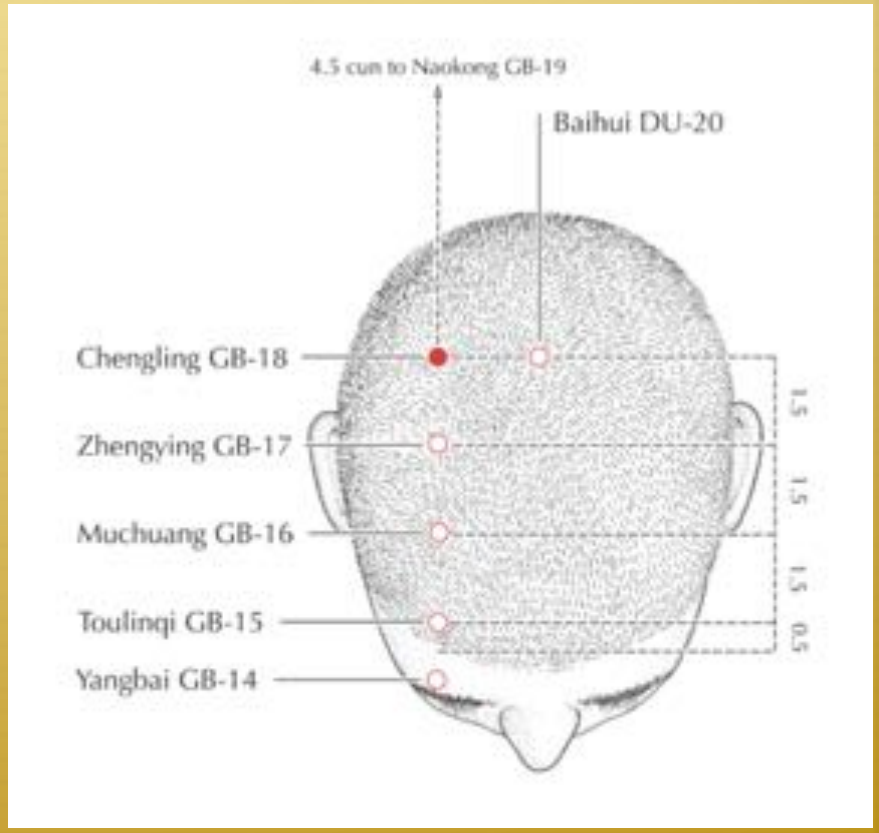
In parietal region, on a curved line drawn between GB 15 and GB 20 following the contour of the cranium, 1.5 cun posterior to GB 16



Gallbladder 18
Foot Shao Yang

GB 18 – (*Chengling* – Support Spirit)

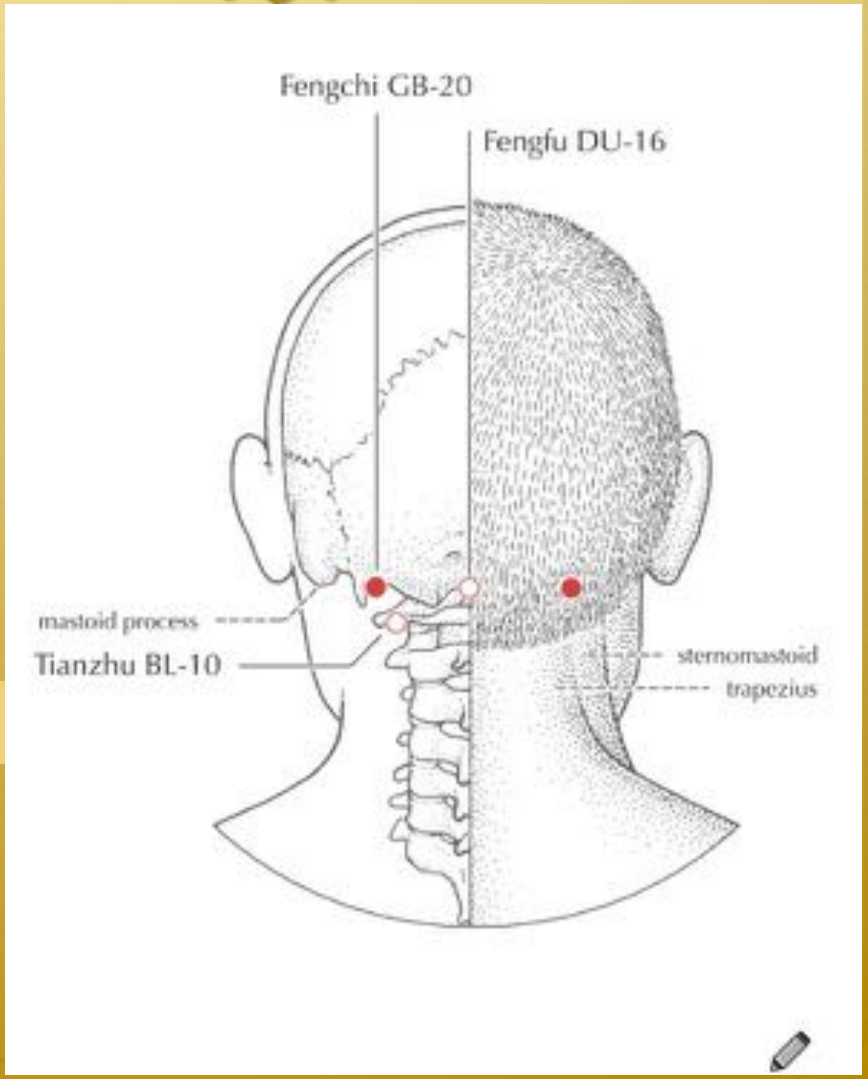
In parietal region, on a curved line drawn between GB 15 and GB 20 following the contour of the cranium, 1.5 cun posterior to GB 17, level with GV 20



Gallbladder 20
Foot Shao Yang

GB 20 – (*Fengchi* – Wind Pool)

Below the occiput, midway between GV 16 and GB 12 (just inferior to mastoid bone) in the depression between the orgins of the SCM and Trapezius muscle, just posterior to the mastoid bone



Gallbladder 20
Foot Shao Yang

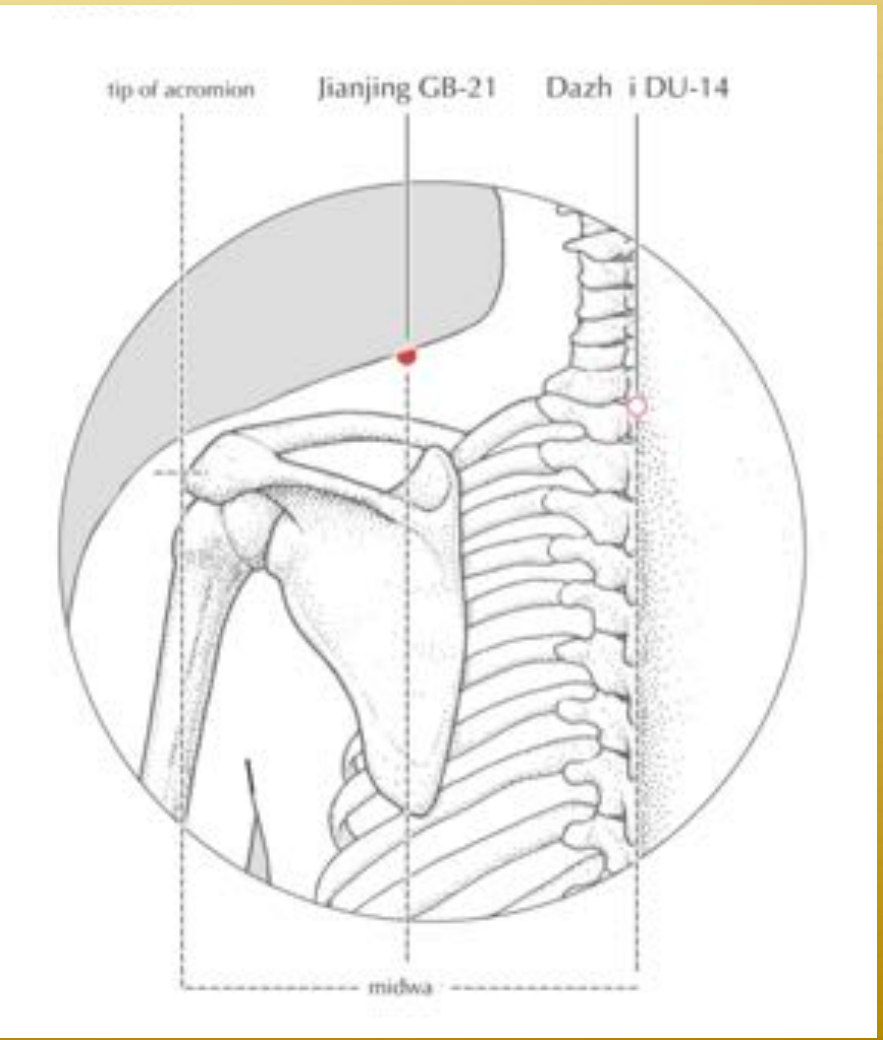
GB 20 – (*Fengchi* – Wind Pool)

Below the occiput, midway between GV 16 and GB 12 (just inferior to mastoid bone) in the depression between the orgins of the SCM and Trapezius muscle, just posterior to the mastoid bone

Gallbladder 21
Foot Shao Yang

GB 21 – (*Jianjing* – Shoulder Well)

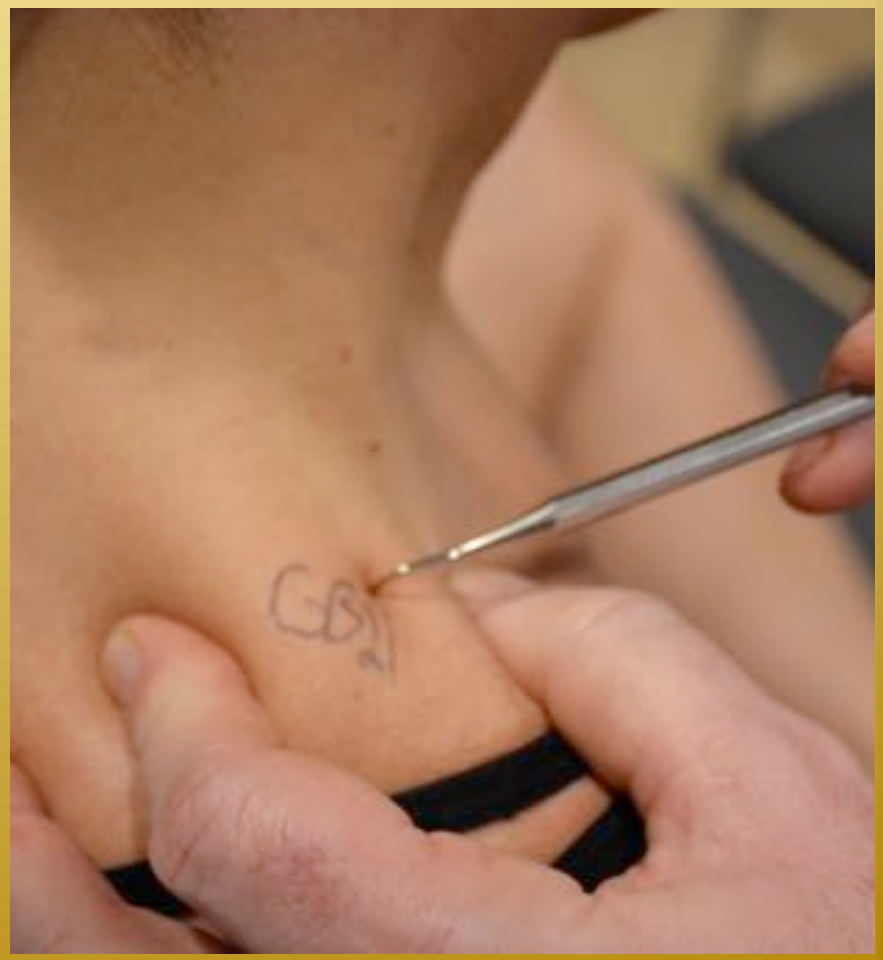
Midway between GV 14 and tip of acromion, at the apex of the trapezius muscle



Gallbladder 21
Foot Shao Yang

GB 21 – (*Jianjing* – Shoulder Well)

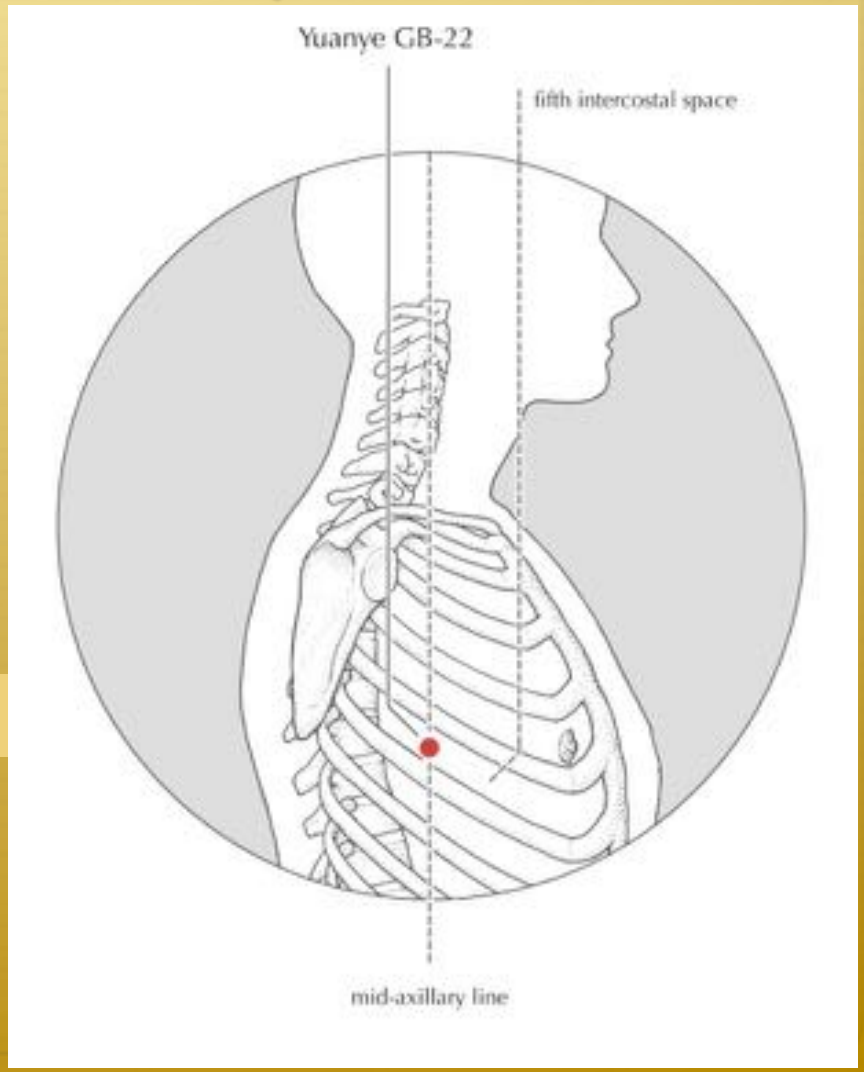
Midway between GV 14 and tip of acromion, at the apex of the trapezius muscle



Gallbladder 22
Foot Shao Yang

GB 22 – (*Yuanye* – Armpit Abyss)

Mid-axillary line between 5th and 6th intercostal space at level of nipple (about 3 cun inferior to apex of axilla)

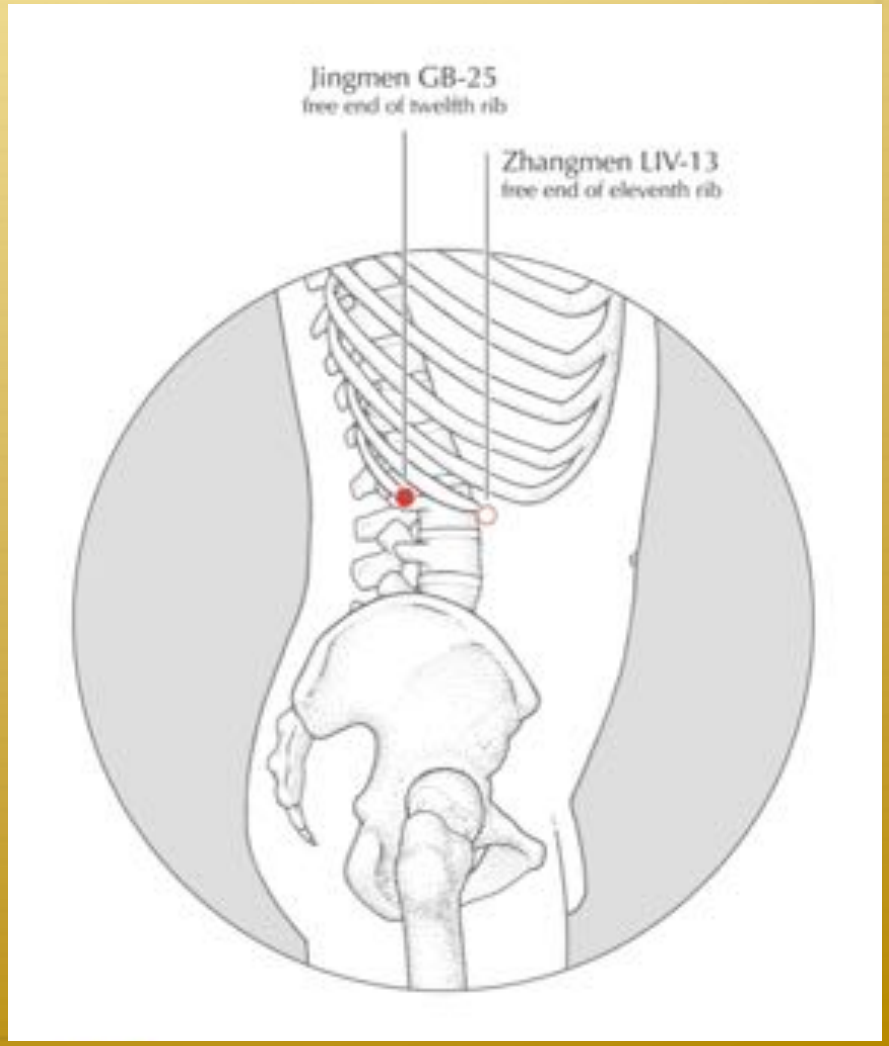


Gallbladder 25
Foot Shao Yang

GB 25 – (*Jingmen* – Capital Gate)

Below the lateral aspect of the ribs, just anterior and inferior to the free end of the 12th rib

Kidney Mu point

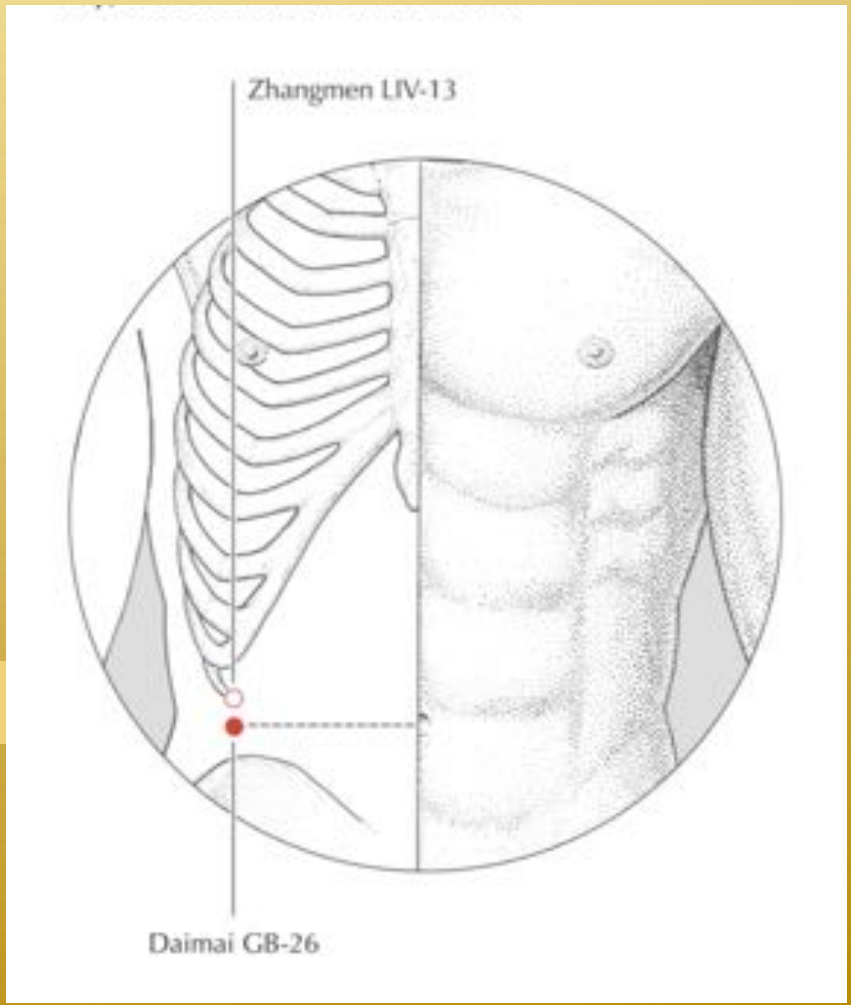


Gallbladder 26
Foot Shao Yang

GB 26 – (*Daimai* – Girdling Vessel)

Directly below LV 13 (11th rib) level with the umbilicus in the soft tissue between the iliac crest and the ribs

Meeting point of GB with Dai Mai (EOV)

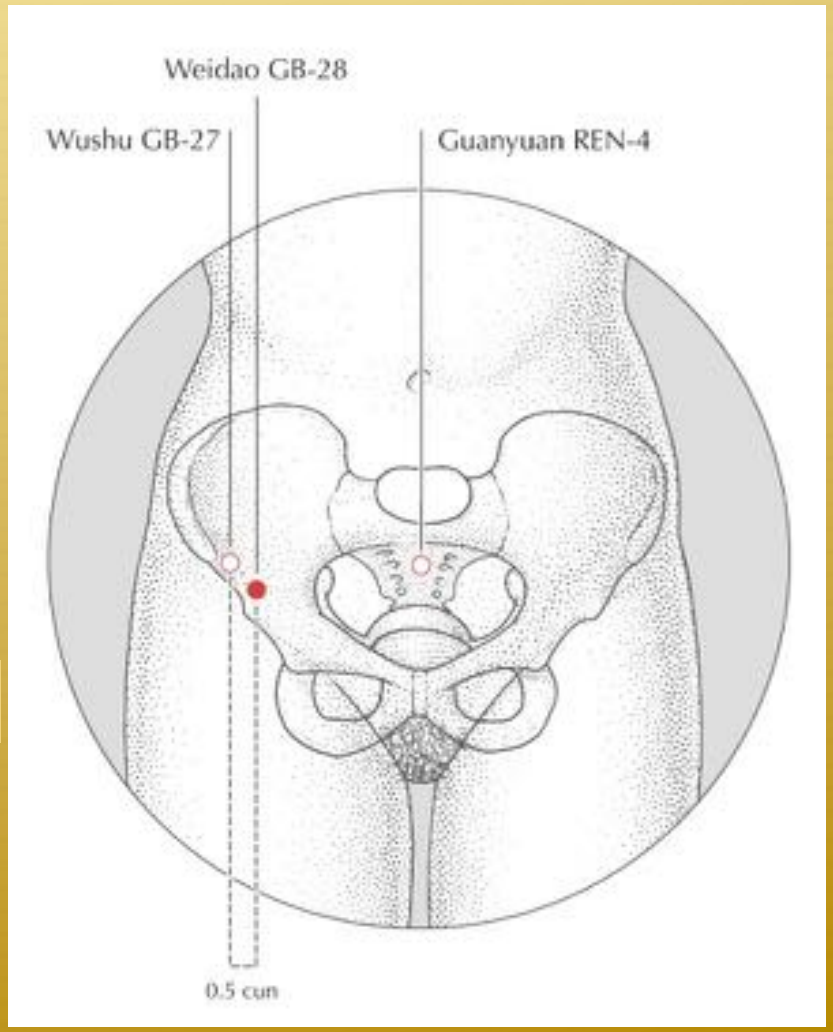


Gallbladder 27
Foot Shao Yang

GB 27 – (*Wushu* – Fifth Pivot)

In the depression just anterior to the anterior superior iliac spine (ASIS) approximately level with CV 4 (3 cun below umbilicus)

ASIS Palpation point

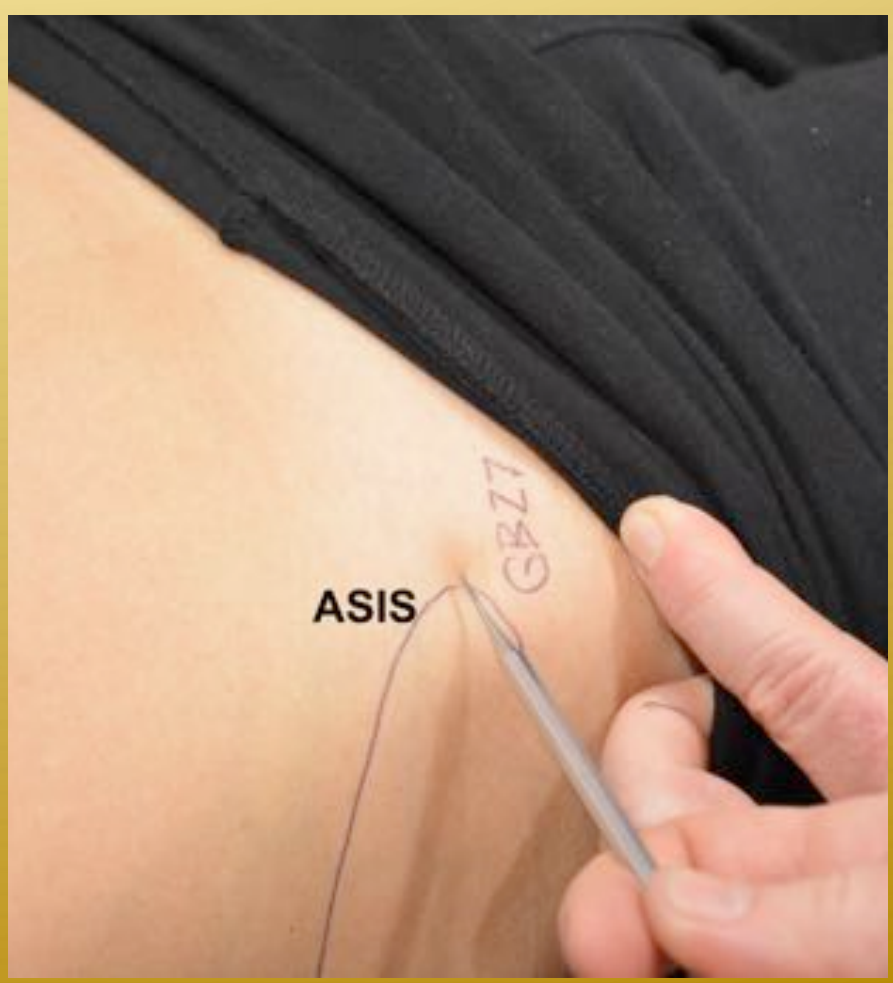


Gallbladder 27
Foot Shao Yang

GB 27 – (*Wushu* – Fifth Pivot)

In the depression just anterior to the anterior superior iliac spine (ASIS) approximately level with CV 4 (3 cun below umbilicus)

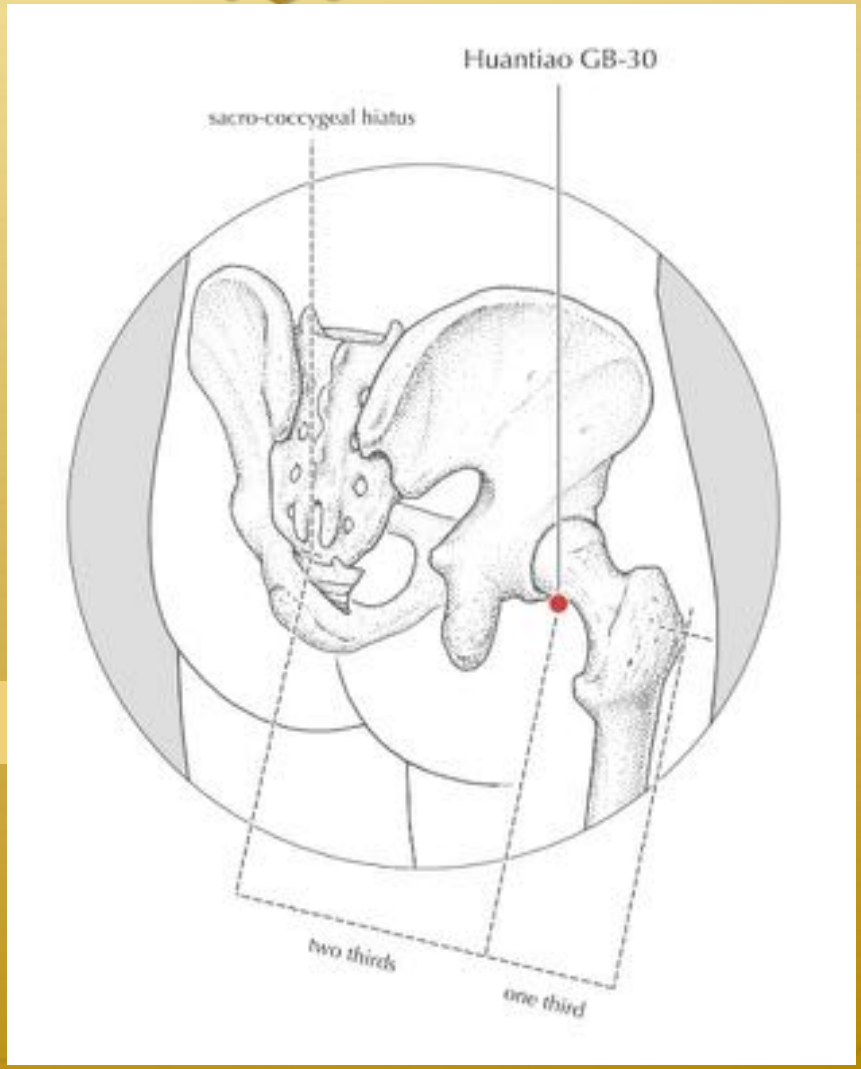
ASIS Palpation point



Gallbladder 30
Foot Shao Yang

GB 30 – (*Huantiao* – Jumping Circle)

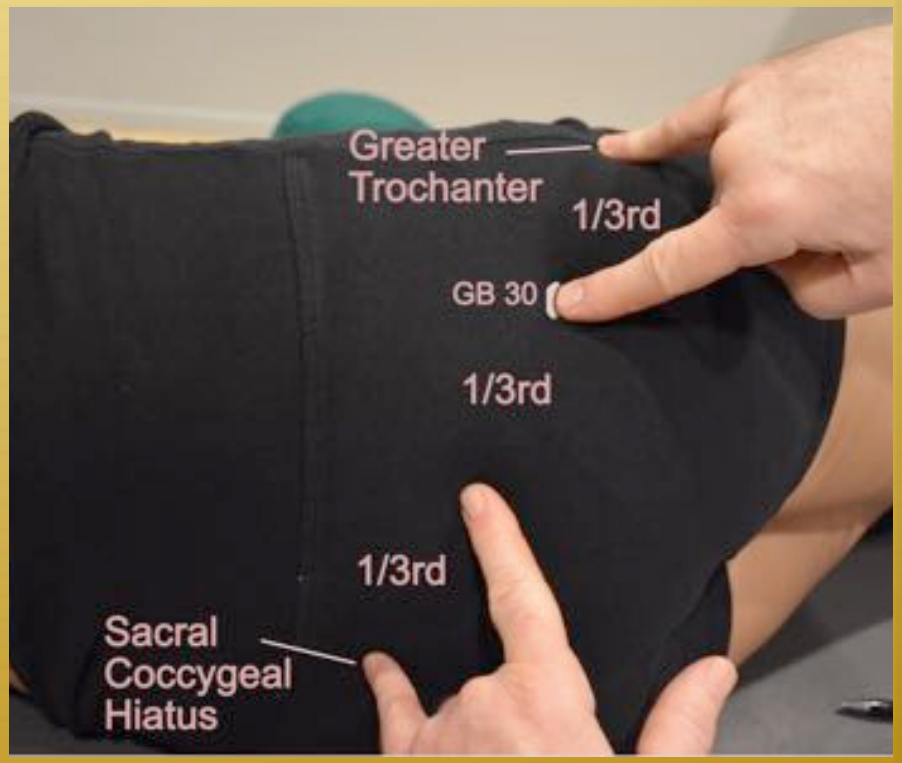
On the postero-lateral aspect of the hip joint, one third of the distance between the prominence of the greater trochanter and the sacro-coccygeal hiatus (GV 2)



Gallbladder 30
Foot Shao Yang

GB 30 – (*Huantiao* – Jumping Circle)

On the postero-lateral aspect of the hip joint, one third of the distance between the prominence of the greater trochanter and the sacro-coccygeal hiatus (GV 2)



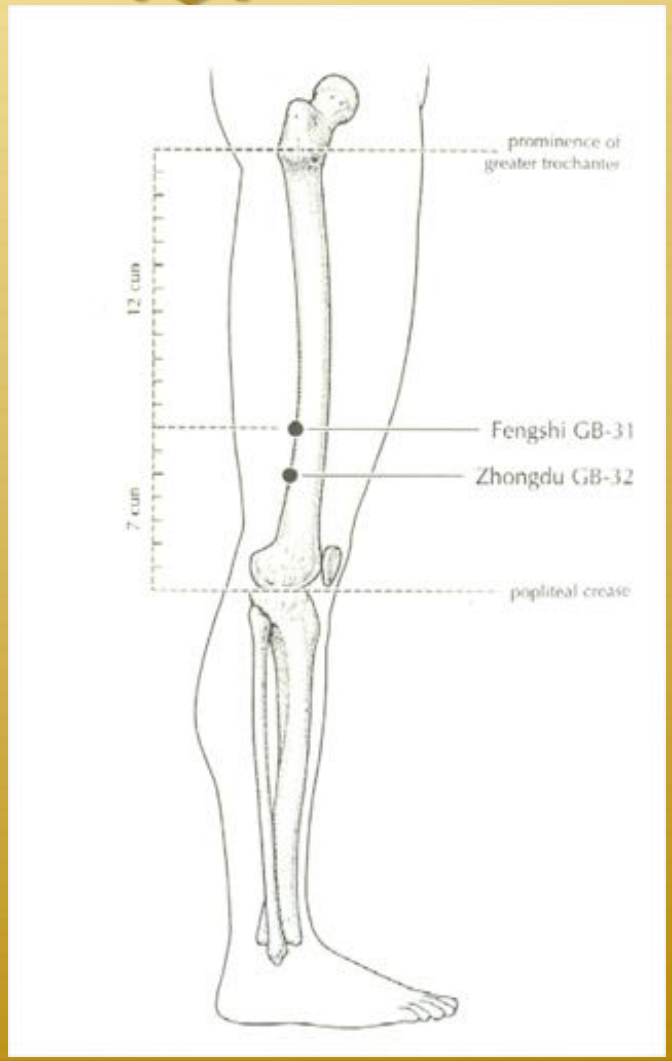
Gallbladder 31
Foot Shao Yang

GB 31 – (*Fengshi* – Wind Market)

On the lateral aspect of the thigh, directly below the greater trochanter, 7 cun superior to the popliteal crease

Japanese GB 31 – (Hukaya's GB 31)

With the patient standing erect or lying flat, bring hands close to sides of legs, then the point is found at the tip of their middle finger, just posterior to the Iliotibial band



Japanese Gallbladder 31
Foot Shao Yang

Japanese GB 31 – (Hukaya's GB 31)

With the patient standing erect or lying flat, bring hands close to sides of legs, then the point is found at the tip of their middle finger, just posterior to the Iliotibial band

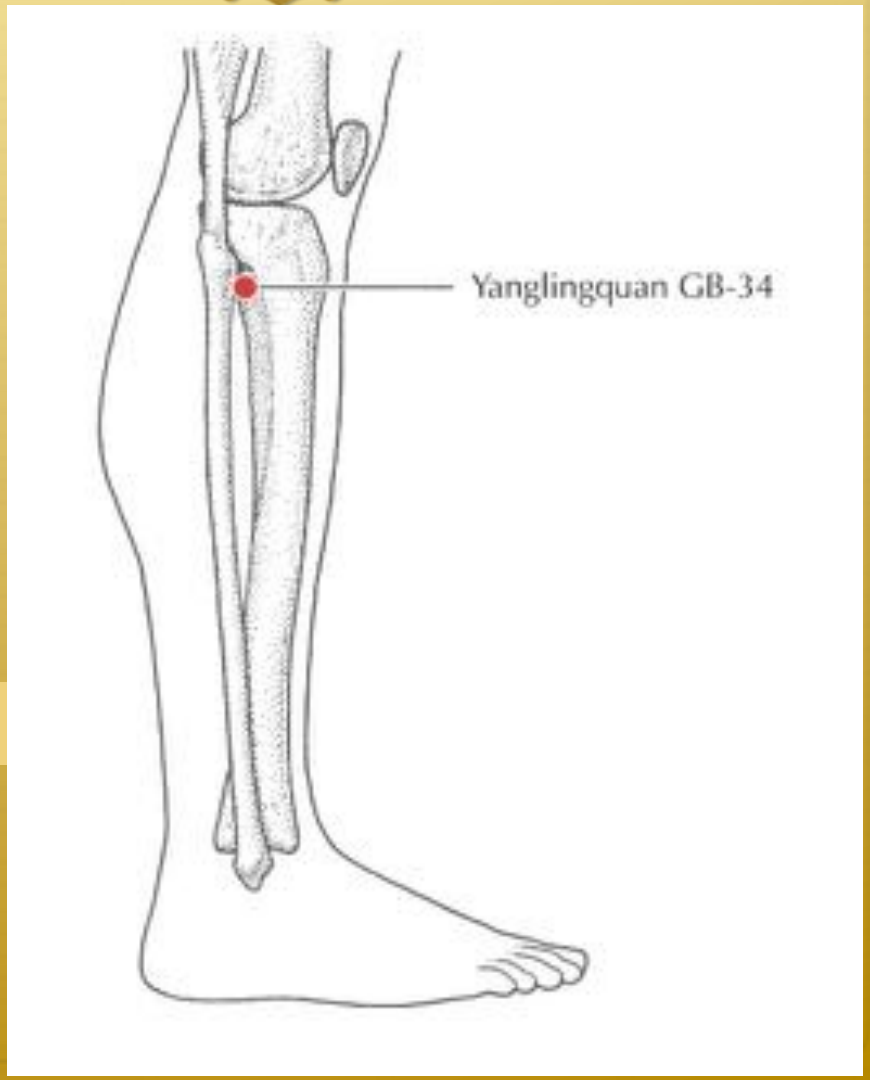
Gallbladder 34
Foot Shao Yang

GB 34 – (*Yanglingquan* – Yang Mound Spring)

Below the lateral aspect of the knee, in the depression approximately 1 cun anterior and inferior to the head of the fibula

He Sea point Gallbladder

Meeting point of Sinews

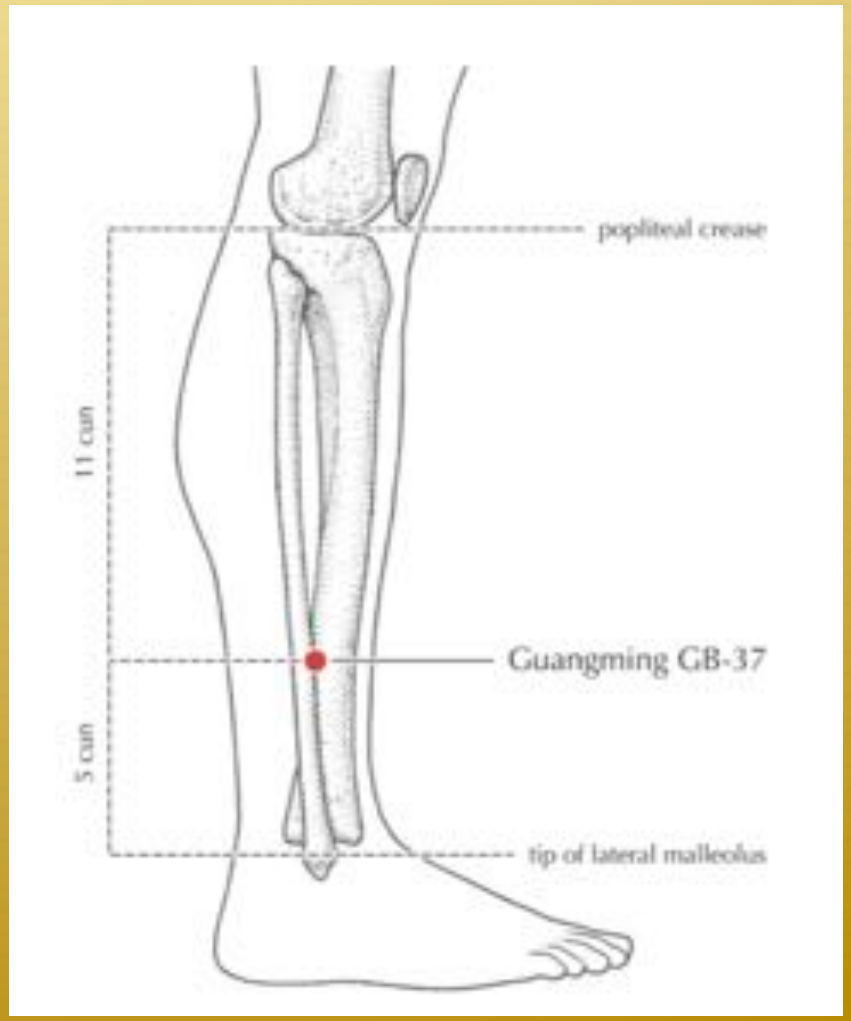


Gallbladder 37
Foot Shao Yang

GB 37 – (*Guangming* – Bright Light)

On the lateral aspect of the lower leg, 5 cun superior to the prominence of the lateral malleolus, on the anterior border of the fibula

Luo Point

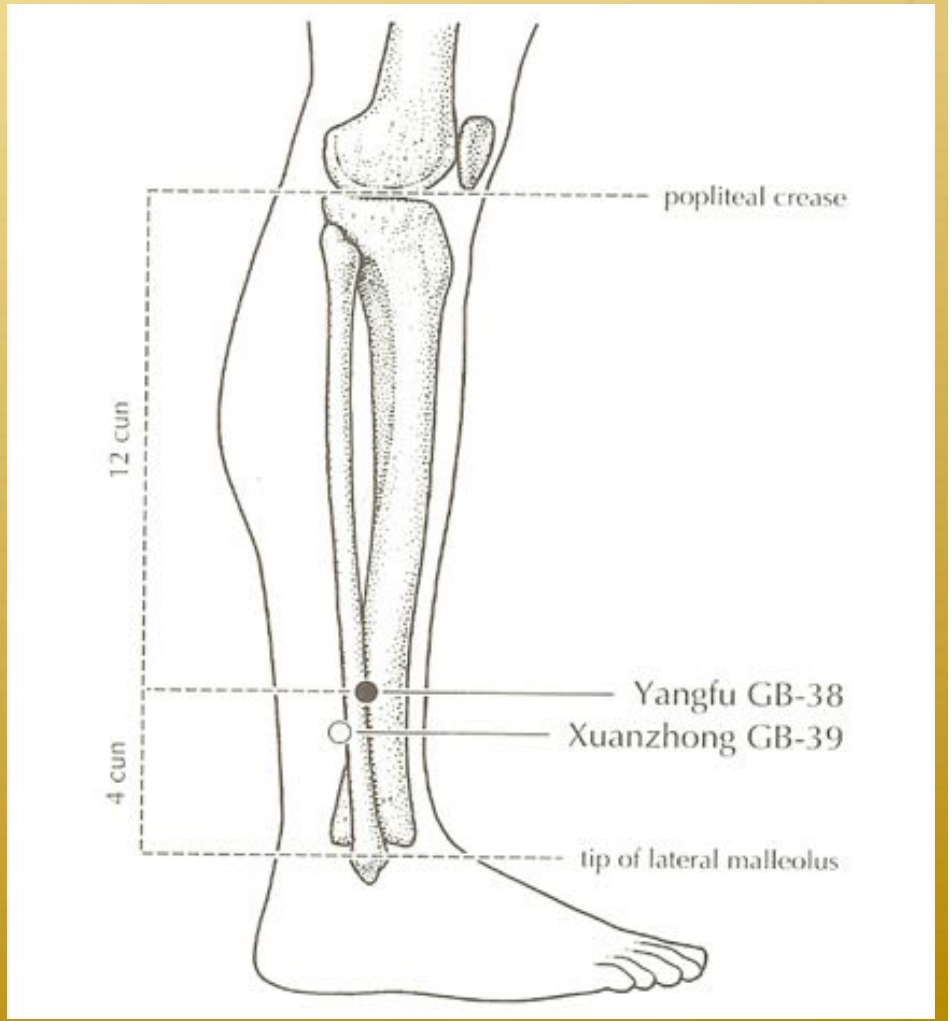


Gallbladder 38
Foot Shao Yang

GB 38 – (*Yangfu* – Yang Assistance)

On the lateral aspect of the lower leg, 4 cun superior to the prominence of the lateral malleolus, at the anterior border of the fibula

Fire Point

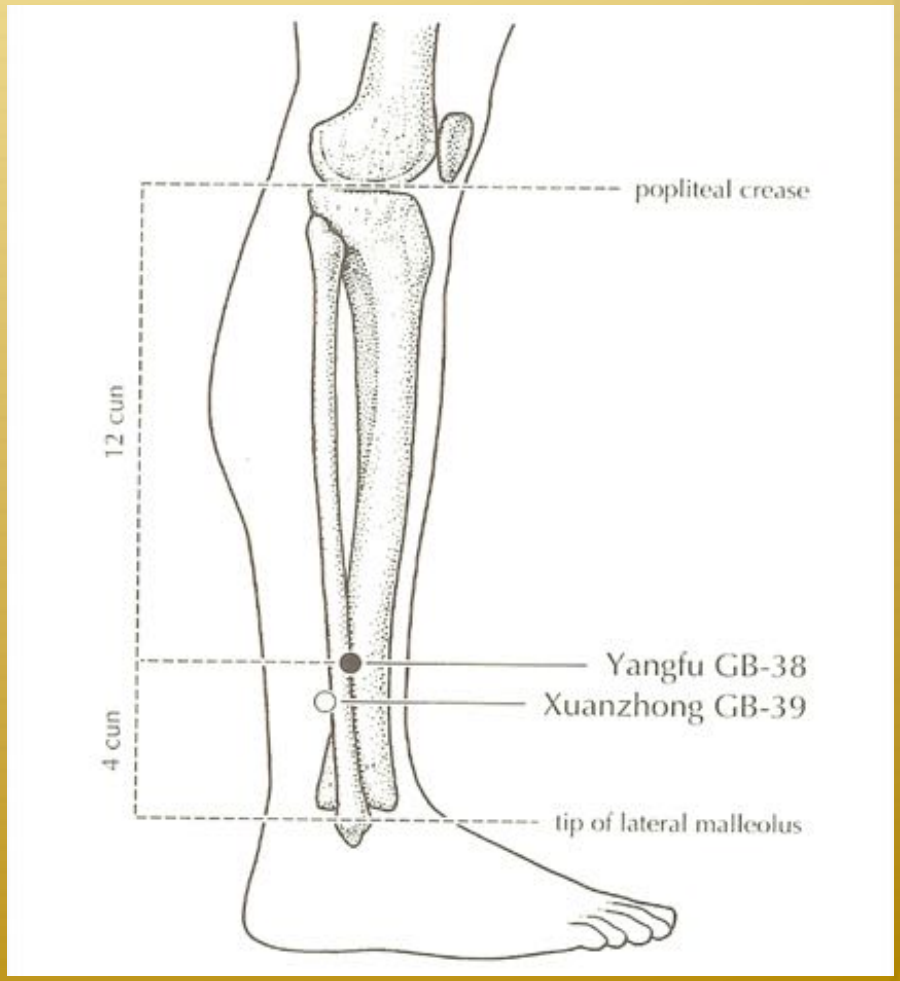


Gallbladder 39
Foot Shao Yang

GB 39 – (*Xuanzhong* – Suspended Bell)

Above the ankle joint, 3 cun superior to the prominence of the lateral malleolus, between the posterior border of the fibula and the tendons of the peroneus longus and brevis

Meeting point for Marrow

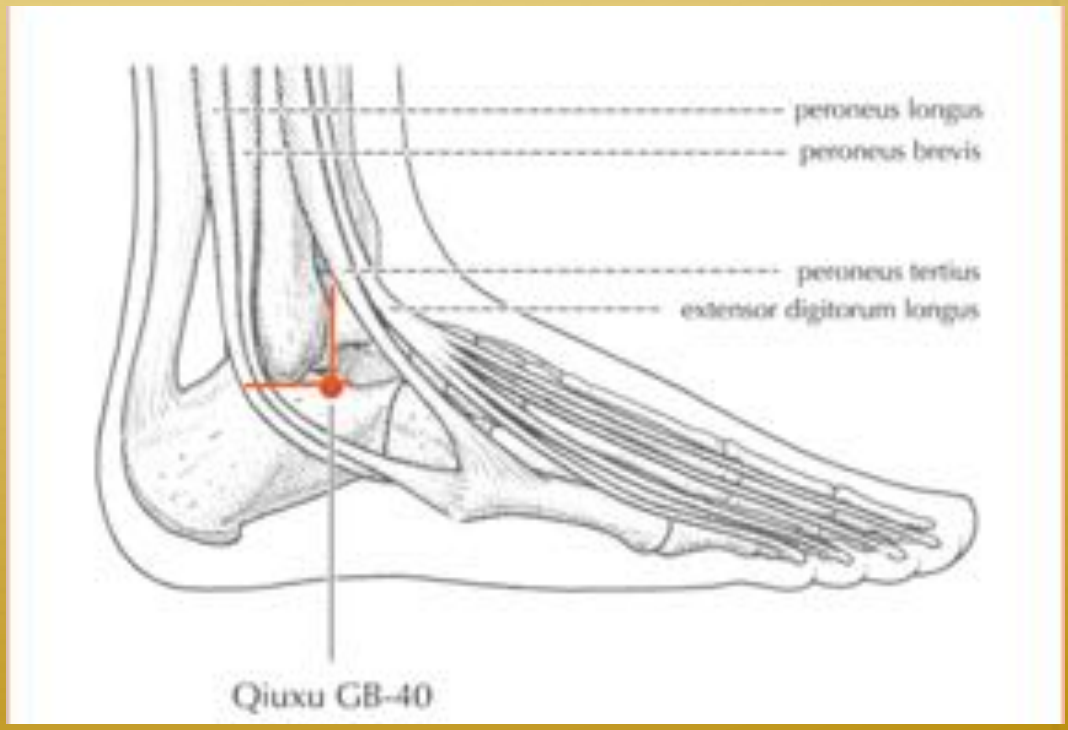


Gallbladder 40
Foot Shao Yang

GB 40 – (*Quixu* – Mound of Ruins)

At the ankle joint, in the depression anterior and inferior to the lateral malleolus

Yuan Source Point



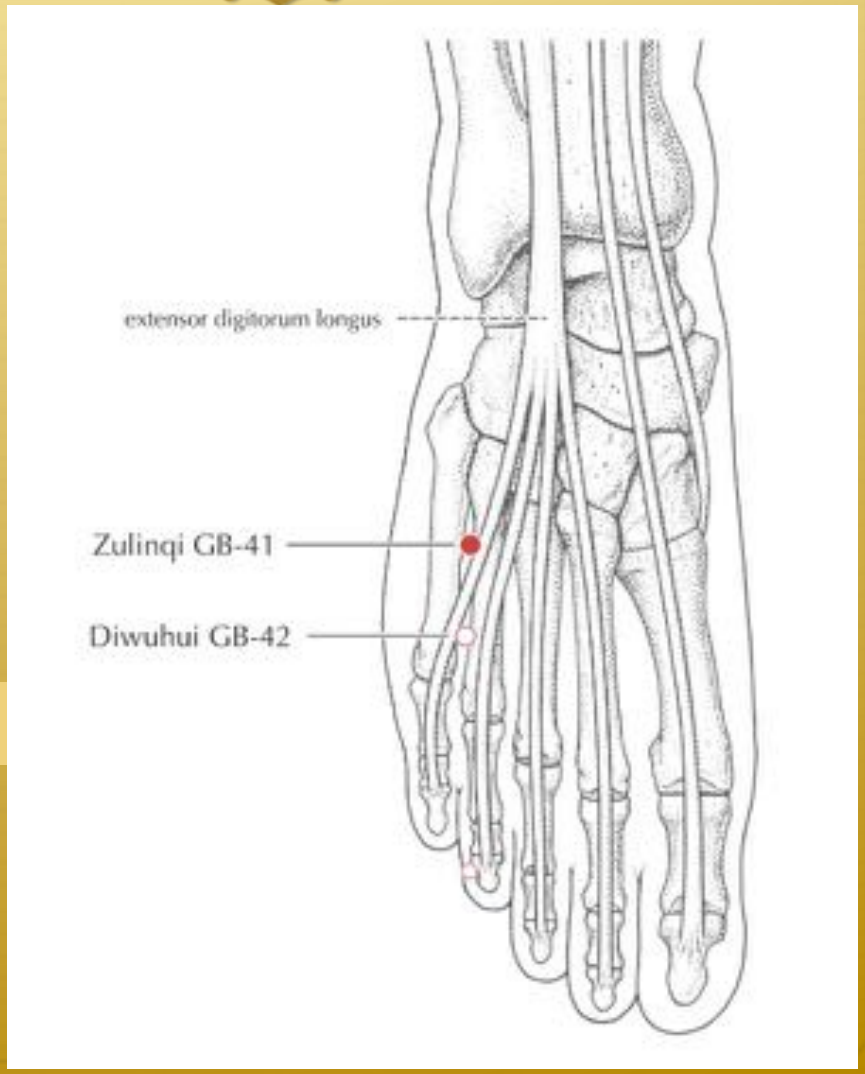
Gallbladder 41
Foot Shao Yang

GB 41 – (*Zulinqi* – Foot Governor of Tears)

In the depression distal to the junction of the 4th and 5th metatarsal bones, on lateral side of the tendon of the extensor digitorum longus branch to small toe

Command point for Dai Mai (EOV)

Shu Stream Point



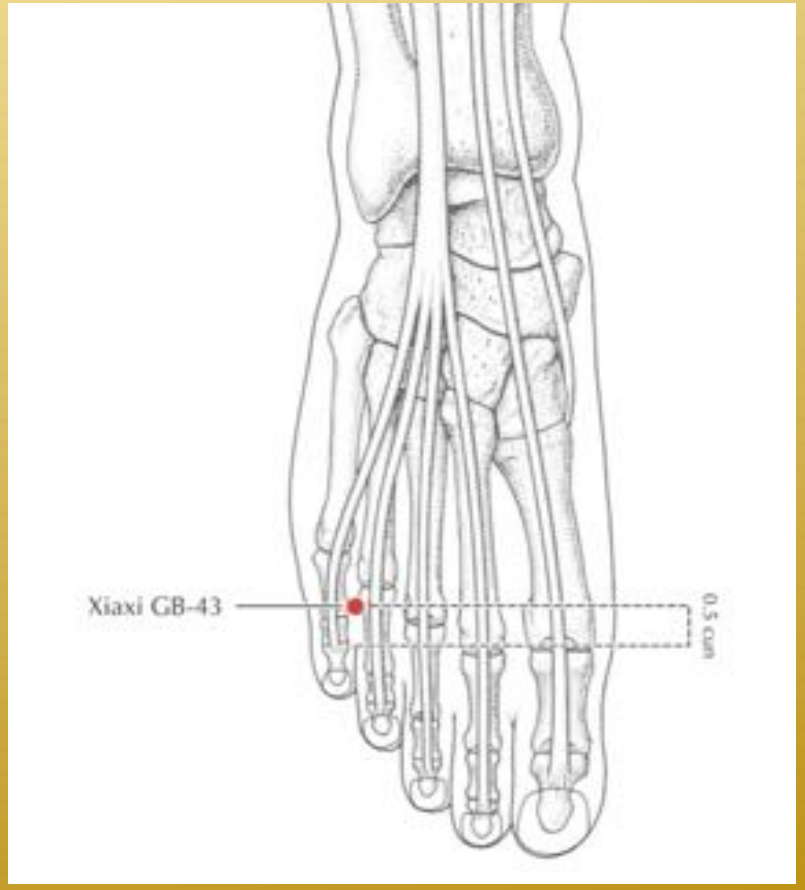
Gallbladder 43
Foot Shao Yang

GB 43 – (*Xiaxi* – Pinched Stream)

Between 4th and 5th toes, 0.5 cun proximal to the margin of the web, just distal to the prominence of the metarsal phalangeal joint

Water Point

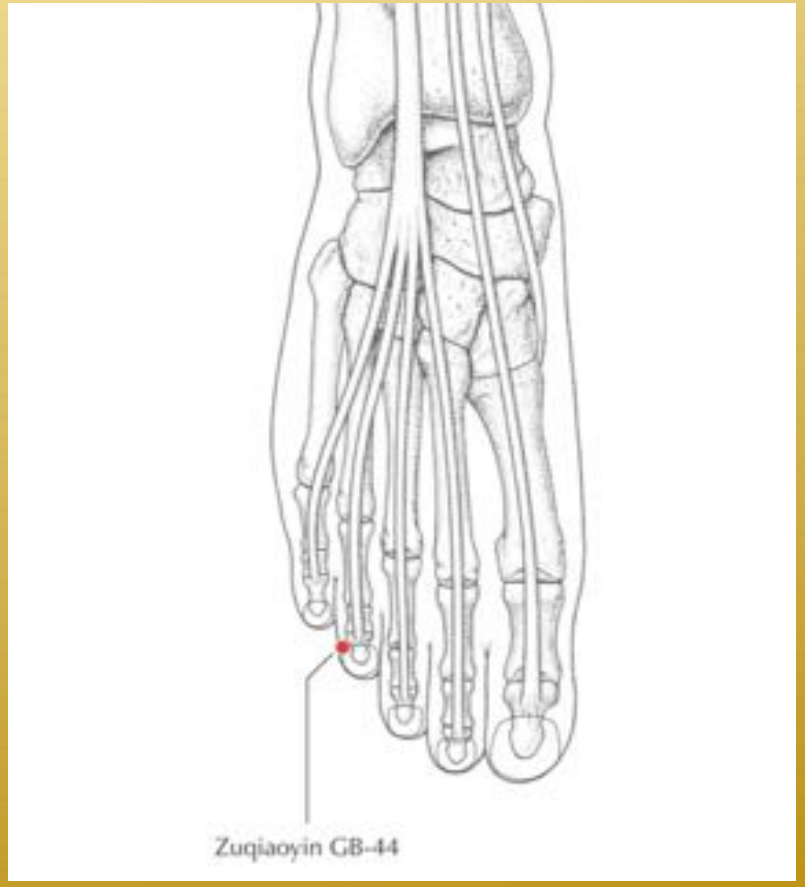
Ying Spring point



Gallbladder 44
Foot Shao Yang

GB 44 – (*Zuqiaolyin* – Yin Portals of the Foot)

On the dosral aspect of the 4th toe, at the junction of the lines drawn along the lateral border of the nail and the base of the nail

Metal Point

Jing Well point