

# Fire Points



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# Important Signal of Pathology

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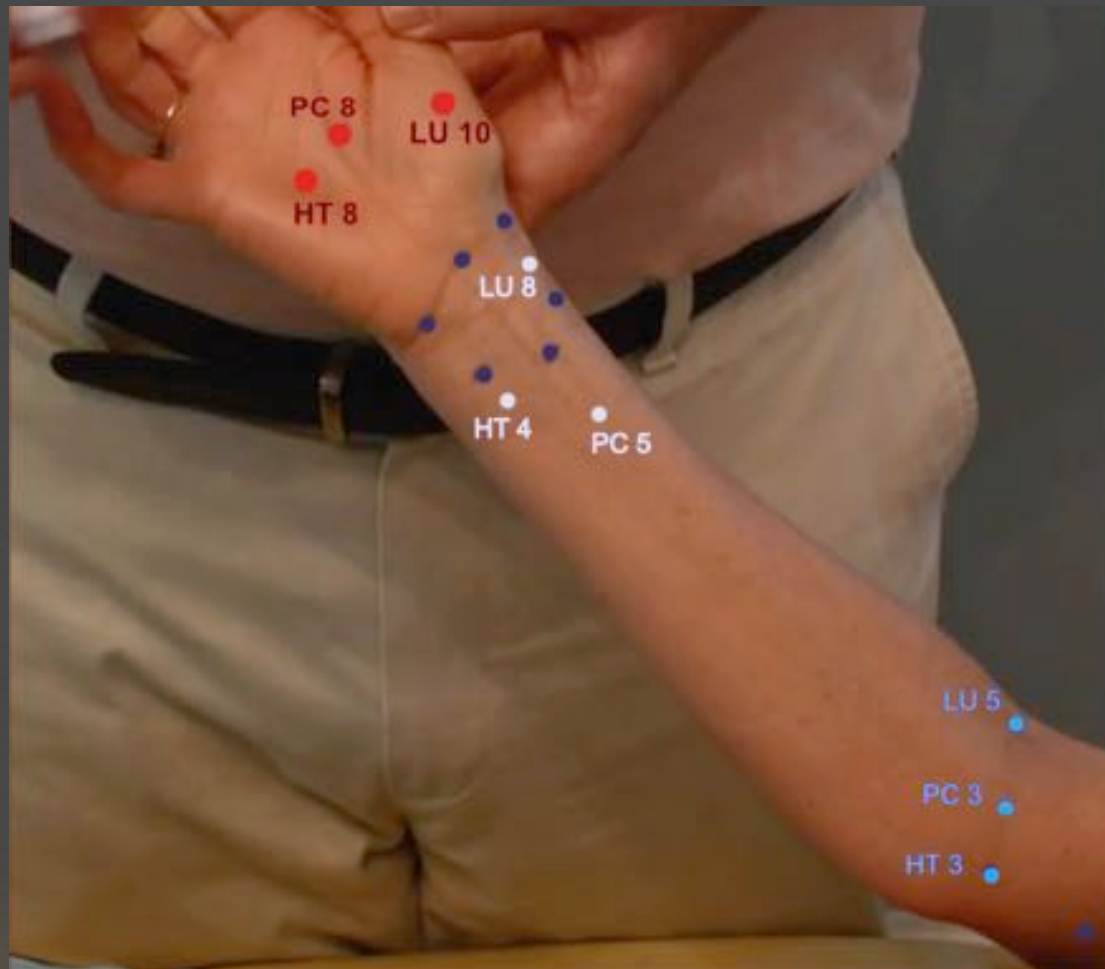
- ☞ Check Fire points as a routine after Hara Diagnosis
- ☞ Majority only positive if tender
- ☞ Exceptions:
  - ☞ Kidney Fire point usually very sensitive if positive, but occasionally in someone with Adrenal Exhaustion and Kidney Deficiency, it will only be tight
  - ☞ Spleen Fire point often sensitive given location on first toe near Bunion
    - ☞ May or may not be clinically relevant

# Yin Meridians Hand: Fire Point Locations



Meridian	FIRE	METAL	WATER
Lung	LU 10 – Japanese location, at thenar eminence in muscle belly of Abductor Pollicis Brevis	LU 8 – Located 1 cun proximal to LU 9 (wrist crease) at the level of the radial styloid process	LU 5 – Japanese location, halfway between the lateral edge of cubital crease and the radial side of the biceps tendon in brachioradialis muscle
Pericardium	PC 8 – Between 2 <sup>nd</sup> and 3 <sup>rd</sup> metacarpal bones, closer to radial side of 3 <sup>rd</sup> , where tip of middle finger falls with loose fist	PC 5 – Japanese location in region of TCM PC 5, which is 3 cun proximal from PC 7 (wrist crease), but can vary proximal and distal to this location based on which point releases PC 8	PC 3 – On Transverse cubital crease on either radial side of biceps tendon (Japanese point) or ulnar side (TCM point)
Heart	HT 8 – Located between the 4 <sup>th</sup> and 5 <sup>th</sup> metacarpal bones, where the small finger lands when making a loose fist	HT 4 – Located 1.5 cun proximal to HT 7 (wrist crease), on radial side of the flexor carpi ulnaris tendon	HT 3 – Located at the end of the ulnar side of the cubital crease when the elbow is fully flexed, near medial epicondyle of elbow

# Yin Meridians Hand: Fire Point

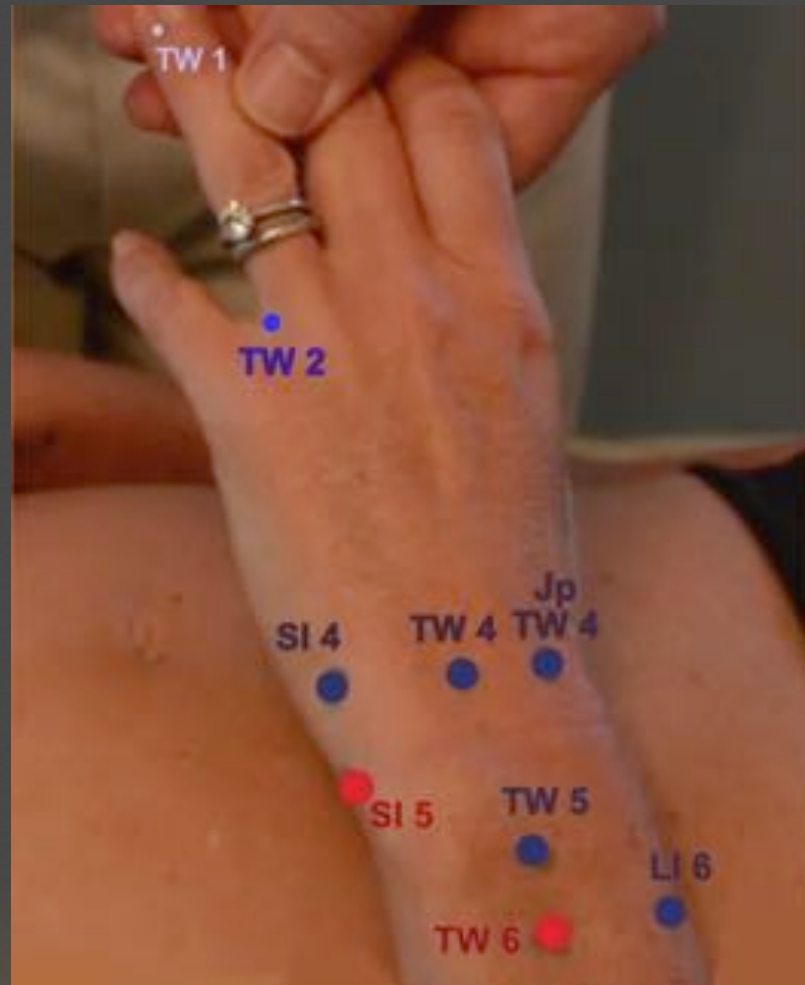
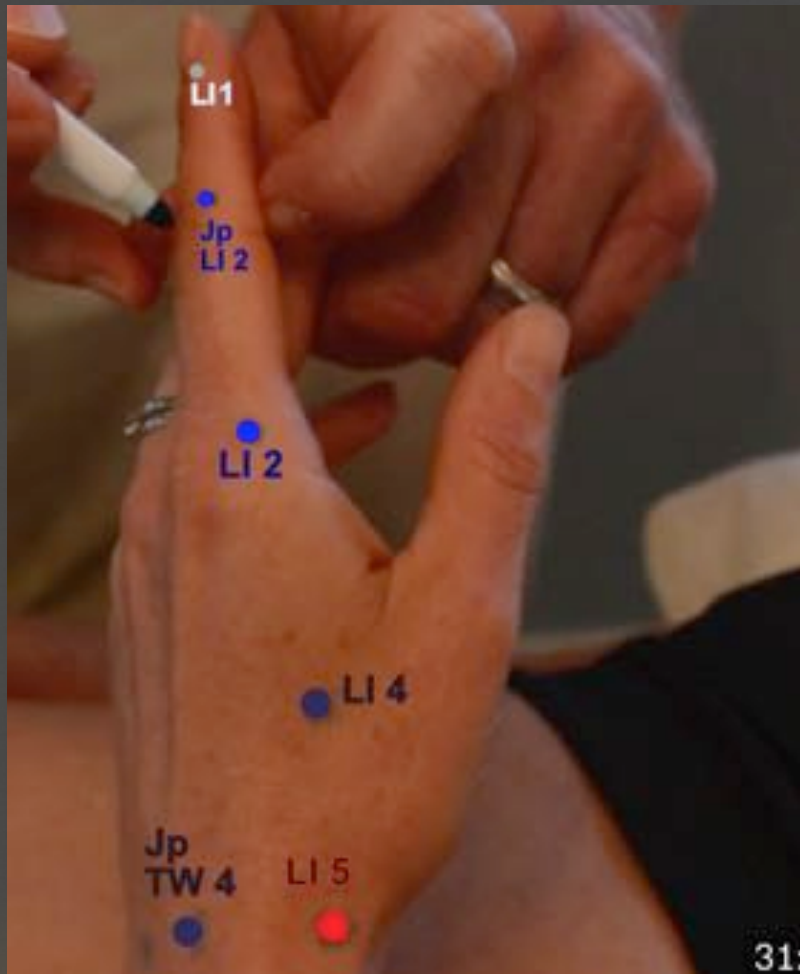


# Yang Meridians Hand: Fire Point Locations



Meridian	FIRE	METAL	WATER
Large Intestine	LI 5 - Located on radial aspect of wrist in anatomic snuffbox, between tendons of extensor pollicis longus and brevis	LI 1 - Located at corner of 2 <sup>nd</sup> finger nail bed on radial side	LI 2 - Located distal to metacarpal-phalangeal joint of 2 <sup>nd</sup> finger (TCM)  Alternate Japanese location is distal to proximal interphalangeal joint of 2 <sup>nd</sup> finger
Triple Warmer	TW 6 - Located 3 cun proximal from TW 4 (wrist crease) between radial and ulna bones	TW 1 - Located at corner of 4 <sup>th</sup> finger nail bed on ulnar side	TW 2 - Located distal to metacarpal-phalangeal joint of 4 <sup>th</sup> finger, ulnar side
Small Intestine	SI 5 - Located at ulnar border of wrist in the depression between the head of the ulna and triquetral bone	SI 1 - Located at corner of 5 <sup>th</sup> finger nail bed on ulnar side	SI 2 - Located distal to metacarpal-phalangeal joint of 5 <sup>th</sup> finger, ulnar side

# Yang Meridians Hand: Fire Point Locations



# Yin Meridians Foot: Fire Point Locations



Meridian	FIRE	METAL	WATER
Spleen	SP 2 - Located on the medial side of the great toe, anterior and inferior to the 1 <sup>st</sup> metatarso-phalangeal joint at the junction of the red and white skin	SP 5 - Located in the depression distal, anterior and inferior to the medial malleolus	SP 9 - On the medial aspect of the lower leg, in the depression of the lower border of the medial condyle of the tibia.
Kidney	KD 2 - On the medial aspect of the foot, below the tuberosity of the navicular bone - a region that extends to plantar surface	KD 7 - On the medial aspect of the lower leg, 2 cun directly above KID 3, anterior to Achilles tendon	KD 10 - When the knee is flexed, medial to popliteal fossa, between the tendons of m. semitendinosus and semimembranosus.
Liver	LV 2 - On the dorsum of foot, proximal to web margin, between the 1 <sup>st</sup> and 2 <sup>nd</sup> toes distal to lateral 1 <sup>st</sup> metatarsal phalangeal joint	LV 4 - On the dorsum of the foot, between SP 5 and ST 41, in the depression on the medial side of the tendon m. tibialis anterior.	LV 8 - In the depression on the medial end of the transverse popliteal crease, in depression anterior to the tendons of the m. semitendinosus and semimembranosus.

# Yin Meridians Foot: Fire Point Locations



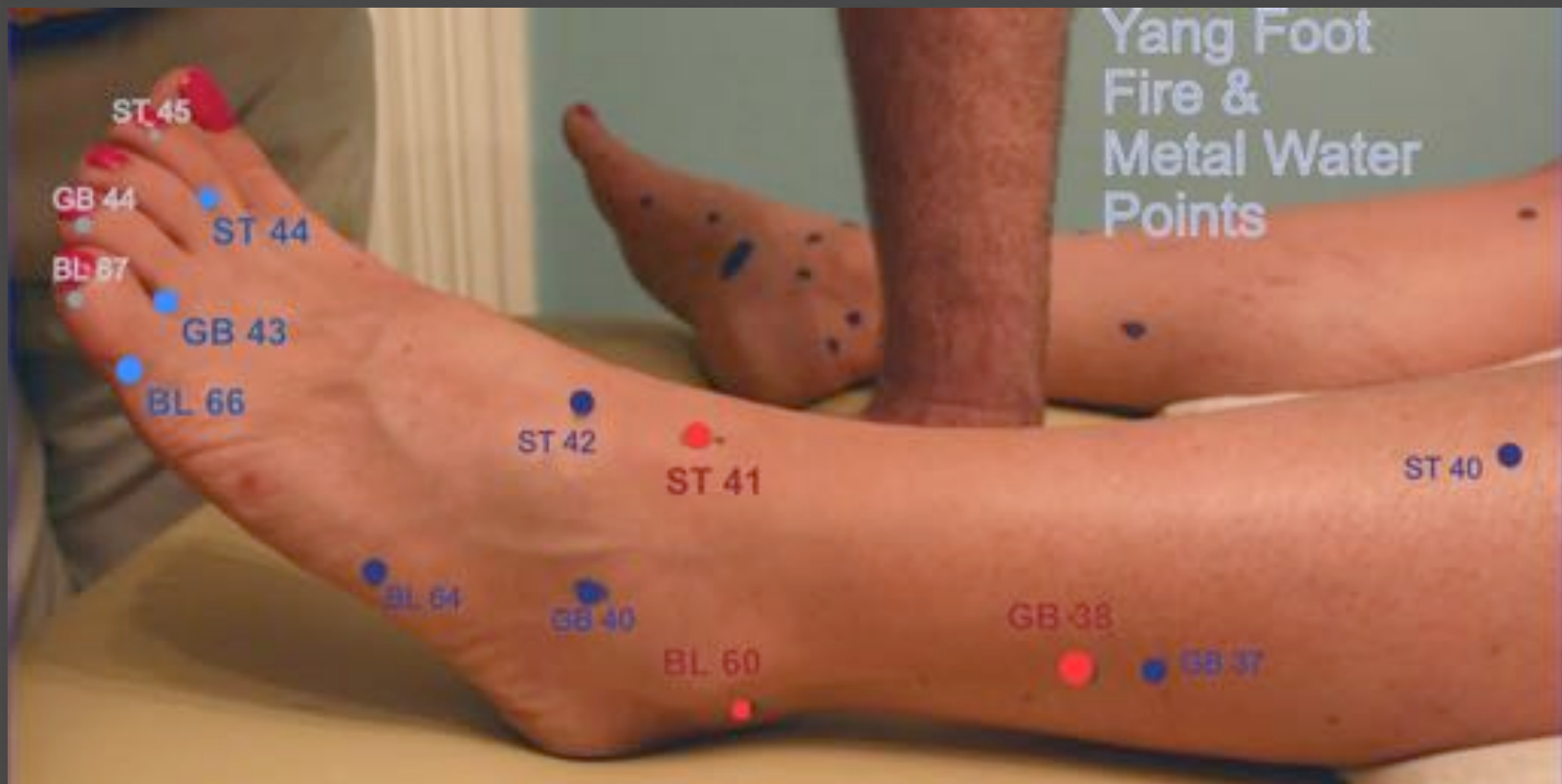


# Yang Meridians Foot: Fire Point Locations



Meridian	FIRE	METAL	WATER
Stomach	ST 41 – At ankle. in the depression between the tendons m. extensor hallucis longus and digitorum longus.	ST 45 – On the foot, on the lateral side of the end of the second toe, . 0.1 cun from the corner of the nail.	ST 44 – On the dorsum of the foot, proximal to the web margin between the second and third toes, distal to the 2 <sup>nd</sup> metatarso-phalangeal joint
Bladder	BL 60 – On the foot, behind the lateral malleolus, in the depression between the tip of the lateral malleolus and Achilles tendon.	BL 67 – On the lateral side of the small toe, 0.1 cun from the corner of the nail.	BL 66 – On the lateral aspect of the foot, distal to the 5th metatarso-phalangeal joint, at the junction of the red and white skin.
Gallbladder	GB 38 – Located 4 cun above the tip of the lateral malleolus, slightly anterior to the anterior border of the fibula.	GB 44 – On the foot, on the lateral side of the 4th toe, 0.1 cun from the corner of the nail.	GB 43 – On the lateral side of the foot, proximal to the margin of the web between the 4th and 5th toes, distal to the 4th metatarso-phalangeal joint

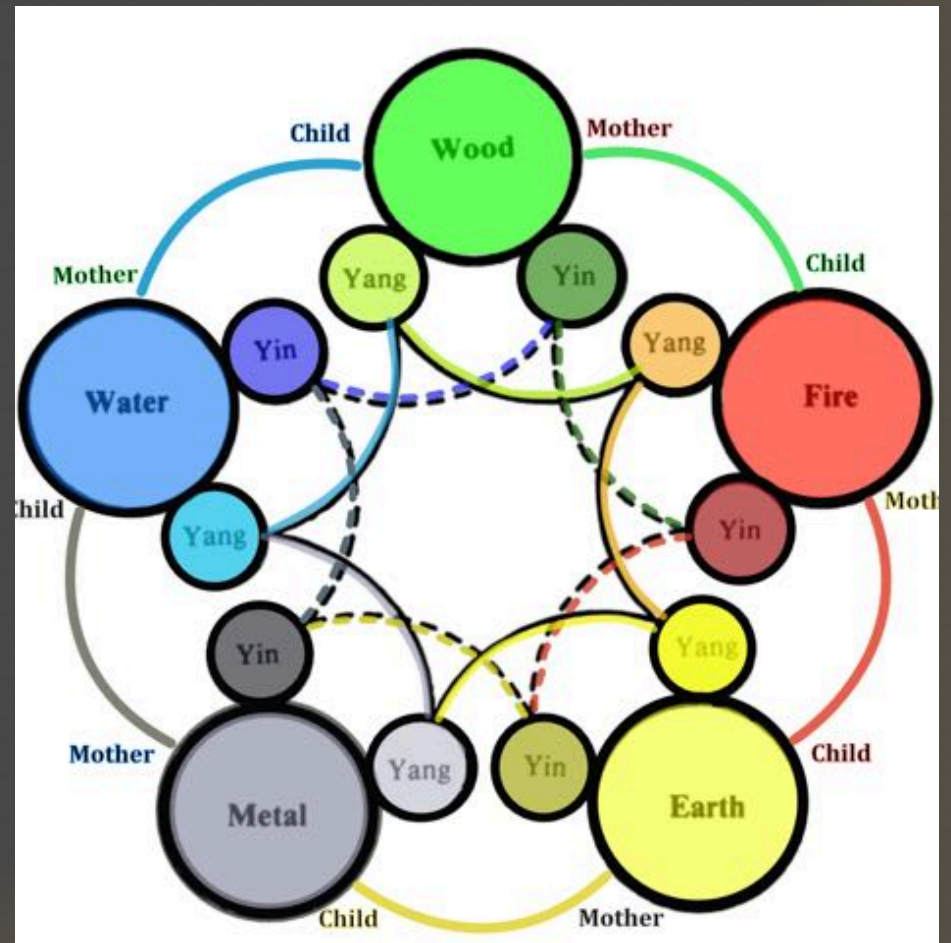
# Yang Meridians Foot: Fire Point Locations



# 10 Stems: Creation Cycle



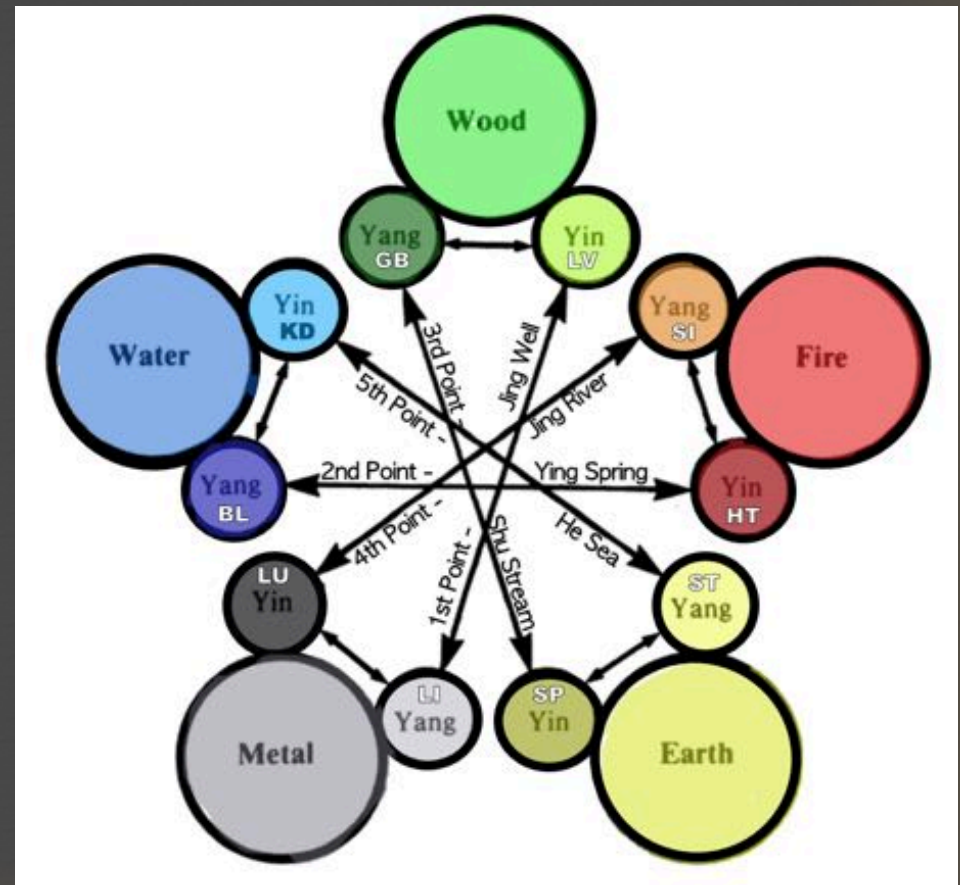
- Creation Cycle leads natural combinations of Fire Point treatments
- Metal is Mother of Water
  - Often find Kidney and Lung Fire points active
- Triple warmer (Fire) and Gallbladder M/W treatments often combined



# 10 Stems: Control Cycle



- Control cycle also involved with combinations of Fire Points
  - Liver and Large Intestine Fire points often positive
  - Gallbladder and Spleen Fire points can be active together
- Also see Yin/Yang interactions
  - Liver and Gallbladder fire points both active
  - Stomach and Spleen



# Summary



- ☞ Extremely useful part of our diagnostic evaluation
- ☞ Get into habit of checking on every patient
- ☞ When there are pairs of fire points positive on different meridians, it may provide clues to issues that are occurring on control or creation cycle
  - ☞ For example when Lung and Kidney fire point tender, indicates Lung disturbance affecting ability to nourish Kidney
    - ☞ Recommend breathing exercises to patient