

# Key Points of Upper Extremity



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# Source Points



- ☞ Key Regulator of meridian and organ
- ☞ Part of TW function is to bring the source Qi to the source points from Ming Men
  - ☞ Helps enliven and energize action of point
- ☞ Major part of TCM approach to the treatment of organ dysfunction
  - ☞ Particularly helpful when treating deficient Yin organs

# Luo Points



- ❧ Luo Connecting points with 2 functions
  - ❧ Connect Yin – Yang pairs via Transverse Luo Vessels
    - ❧ Lung – Large Intestine
    - ❧ Pericardium – Triple Warmer
    - ❧ Heart – Small Intestine
  - ❧ Longitudinal Luo outgrowths of primary Channels

# Luo Points



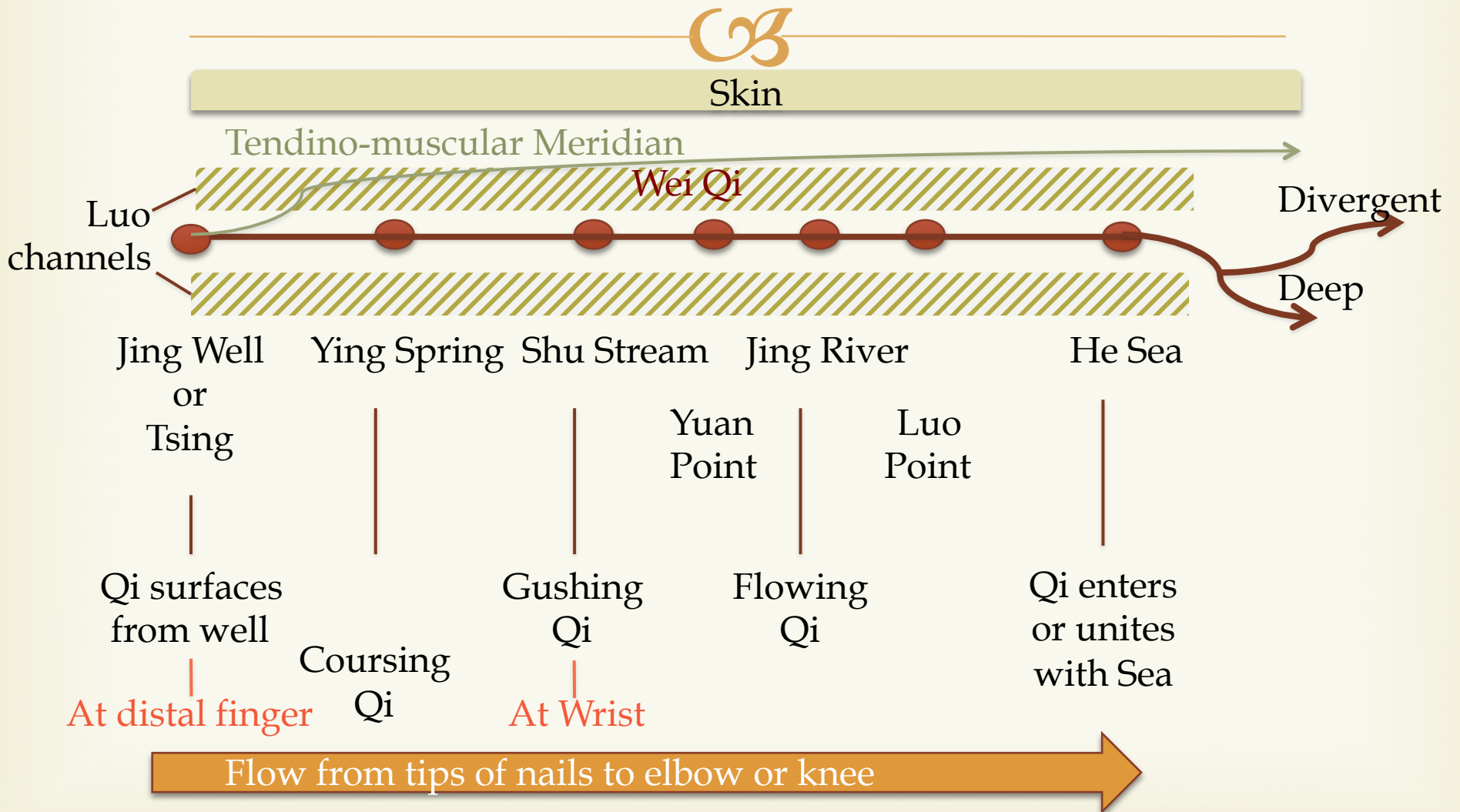
- ❧ The *Luo* Vessels also seen as outgrowths of the primary channels and can act as release valves if a primary channel is disturbed by either internal or external pathogenic factors
- ❧ Traumas, disturbances and insults to the normal physical and psychological development in a person can manifest in the Luo System
- ❧ Disturbance manifests as stagnation in superficial fascia

# He Sea Points



- ☞ Points at elbow considered influential points of the associated organ
- ☞ Yin Upper extremity He Sea points more commonly used than Yang
  - ☞ Lower He Sea points on Stomach meridian used for Yang Organs
  - ☞ May be related to segmental factors – Yang Organs in lower abdomen and so segmentally connect more to Lower Extremity points

# Meridian System



# Yin Meridians Hand: Source Points

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# Yin Meridians Hand: Point Locations



Meridian	Yuan Source	Luo
Lung (Metal)	<p>LU 9 - At wrist joint between radial artery and abductor pollicis longus tendon</p> <p><b>Shu Stream point</b></p> <p><b>Mother point (Earth)</b></p>	<p>LU 7 - Japanese location is 1.5 cun proximal to LU 9 (wrist crease) just distal to radial styloid process on line between Japanese LU 5 and LU 9</p> <p><b>Command point Ren (CV)</b></p>
Pericardium (Fire)	<p>PC 7 - At wrist joint between tendons of palmaris longus and flexor carpi radialis</p> <p><b>Shu Stream Point</b></p> <p><b>Child Point (Earth)</b></p>	<p>PC 6 - 2 cun proximal to PC 8 between tendons of palmaris longus and flexor carpi radialis</p> <p><b>Command point Yin Wei</b></p>
Heart (Fire)	<p>HT 7 - At wrist joint on radial side of the flexor carpi ulnaris, just proximal to pisiform bone</p> <p><b>Child Point (Earth)</b></p>	<p>HT 5 - Located 1 cun proximal to HT 7 (wrist crease), on radial side of the flexor carpi ulnaris tendon</p>



# Yin Meridians Hand: Luo Points



# Yang Meridians Hand: Point Locations

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Meridian	Yuan Source	Luo
Large Intestine (Metal)	LI 4 - In first interosseous muscle between 1 <sup>st</sup> and 2 <sup>nd</sup> metacarpal bones at midpoint of 2 <sup>nd</sup> metacarpal	LI 6 - Found by linking hands sliding thumb and 2 <sup>nd</sup> finger over each other, between 2 <sup>nd</sup> and 3 <sup>rd</sup> finger.. TCM point located 3 cun proximal to LI 5
Triple Warmer (Fire)	TW 4 - On dorsum of wrist at wrist joint between tendons of extensor digitorum communis and extensor digiti minimi ( TCM) Japanese location on radial side of extensor digitorum communis	TW 5 - 2 cun proximal to TW 4 between radius and ulna bone.  <b>Command point Yang Wei</b>
Small Intestine (Fire)	SI 4 - Located at ulnar border of wrist in the depression between the base of the 5 <sup>th</sup> metacarpal bone and the triquetral bone	SI 7 - On line between SI 5 and SI 8, 5 cun proximal to wrist

# Yang Meridians Hand: Points

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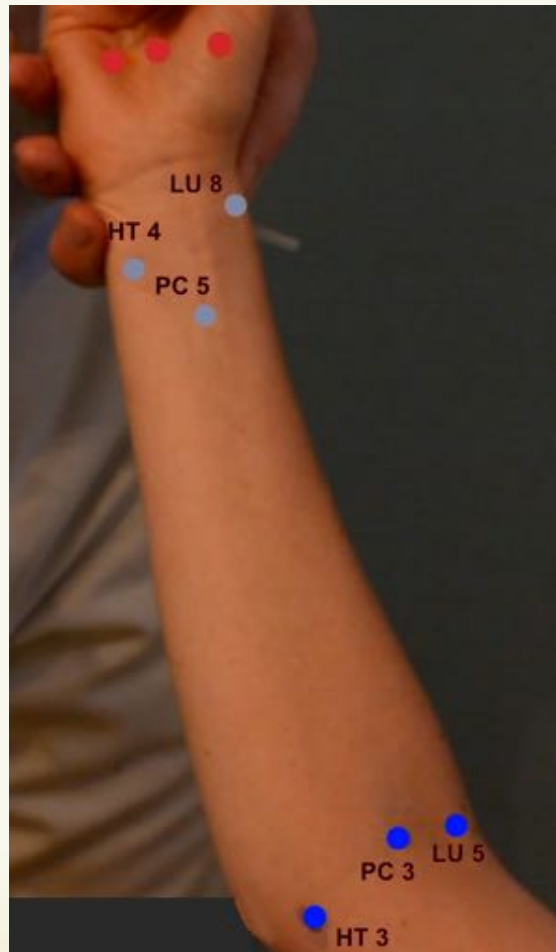
# Yin Meridians Hand: He Sea Point Locations

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Meridian	He Sea Point
Lung	LU 5 - Japanese location, halfway between the lateral edge of cubital crease and the radial side of the biceps tendon
Pericardium	PC 3 - On Transverse cubital crease on either radial side of biceps tendon (Japanese point) or ulnar side (TCM point)
Heart	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: He Sea Points



# Summary



- ❧ Source and Luo points useful points in addition to the Fire - Metal/Water points
- ❧ Consider use of Source points when Yin organ deficient
- ❧ Luo points can release excess pressure in meridian
  - ❧ Alternative to use of M/W points for pain, swelling, inflammation in fascial tissues along a meridian pathway
  - ❧ For example when there is myofascial pain in anterior shoulder along Lung meridian
    - ❧ Use LU 7 (Luo) to release pressure in Lung meridian then needle LI 5 (Fire point) against flow of meridian to disperse excess from its yang pair
- ❧ He Sea points on Yin meridians of UE support associated organ function