

Metal Water Points



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Important Signal of Pathology

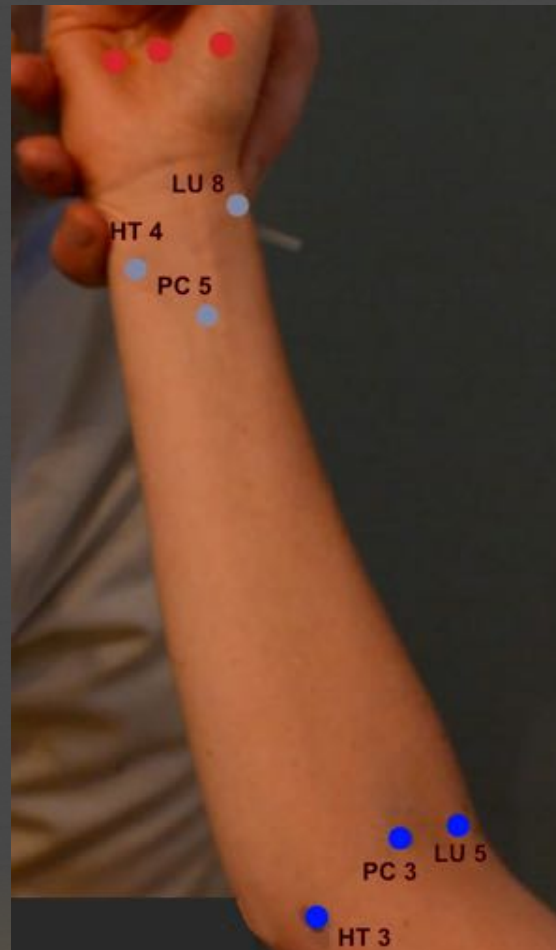
- ∞ Important to memorize locations of Metal Water points
- ∞ Yin Meridians
 - ∞ Fire point penultimate point to most distal point on hands and feet
 - ∞ Water points at Elbows or Knees
 - ∞ Metal Point variable locations with each meridian
- ∞ Yang Meridians
 - ∞ Fire point variable locations with each meridian
 - ∞ Metal point most distal point on fingers and toes
 - ∞ Water point penultimate point to most distal point on hands and feet

Yin Meridians Hand: M/W 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
Pericardium	PC 8 - Between 2 nd and 3 rd metacarpal bones, closer to radial side of 3 rd , 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 th and 5 th 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: Metal Water Points



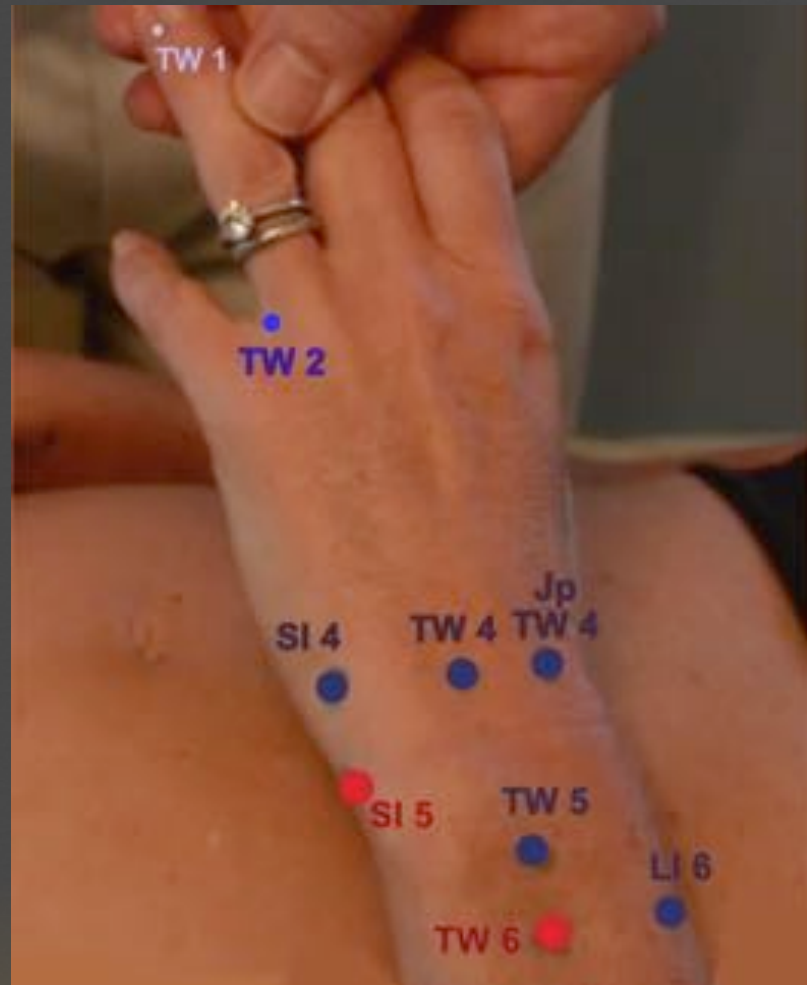
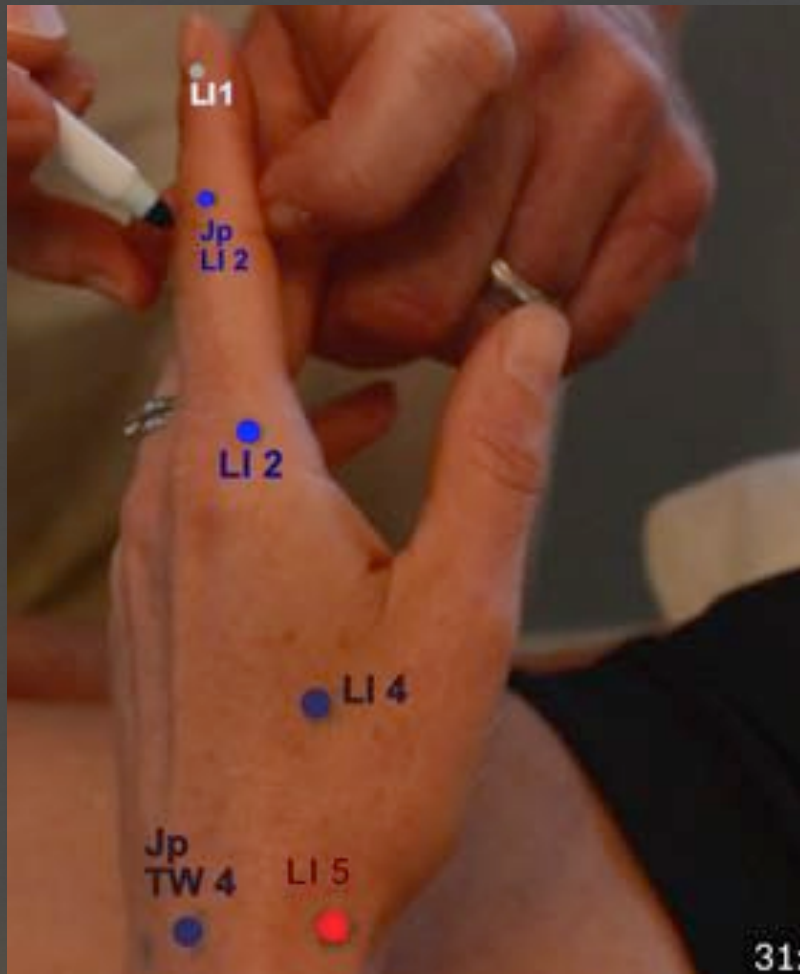
Yang Meridians Hand: M/W Point Locations



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 nd finger nail bed on radial side	LI 2 - Located distal to metacarpal-phalangeal joint of 2 nd finger (TCM) Alternate Japanese location is distal to proximal interphalangeal joint of 2 nd 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 th finger nail bed on ulnar side	TW 2 - Located distal to metacarpal-phalangeal joint of 4 th 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 th finger nail bed on ulnar side	SI 2 - Located distal to metacarpal-phalangeal joint of 5 th finger, ulnar side

Yang Meridians Hand: M/W Point Locations

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Yang Meridians Hand: M/W Point Locations



Yin Meridians Foot: M/W Point Locations



Meridian	FIRE	METAL	WATER
Spleen	SP 2 - Located on the medial side of the great toe, anterior and inferior to the 1 st 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 at junction of loose connective tissue and soleus muscle	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 1st and 2nd toes distal to lateral 1 st 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: M/W Point Locations

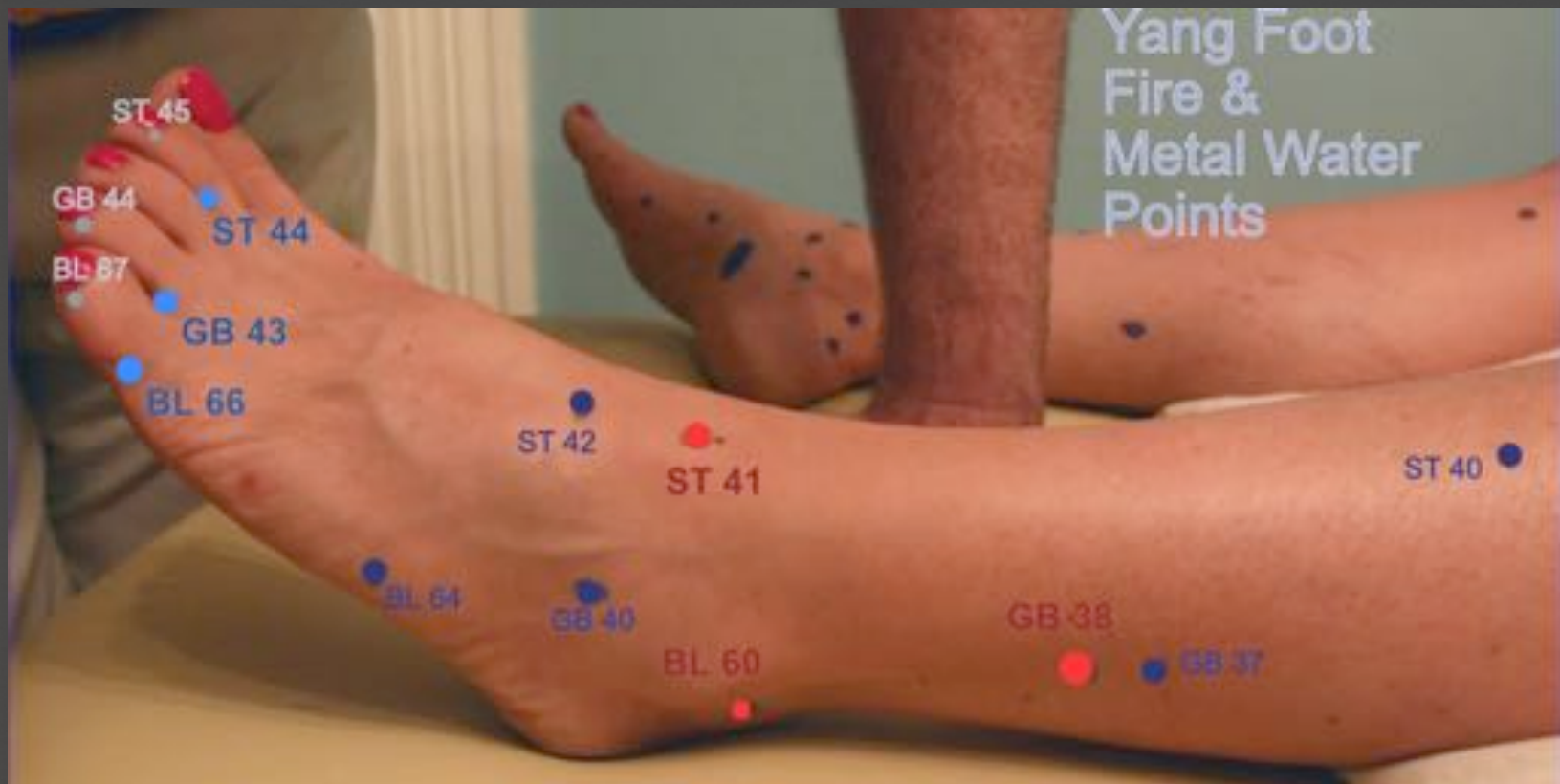


Yang Meridians Foot: M/W Point Locations



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, .01 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 nd 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: M/W Point Locations



Summary



- ∞ Extremely useful treatment option
- ∞ Direction of needle (with flow of meridian)
important on M/W points with exception of the
points at corners of nail, which is perpendicular
- ∞ Make sure combination releases tender, tight fire
point or painful area in body
- ∞ Used for scar release as well