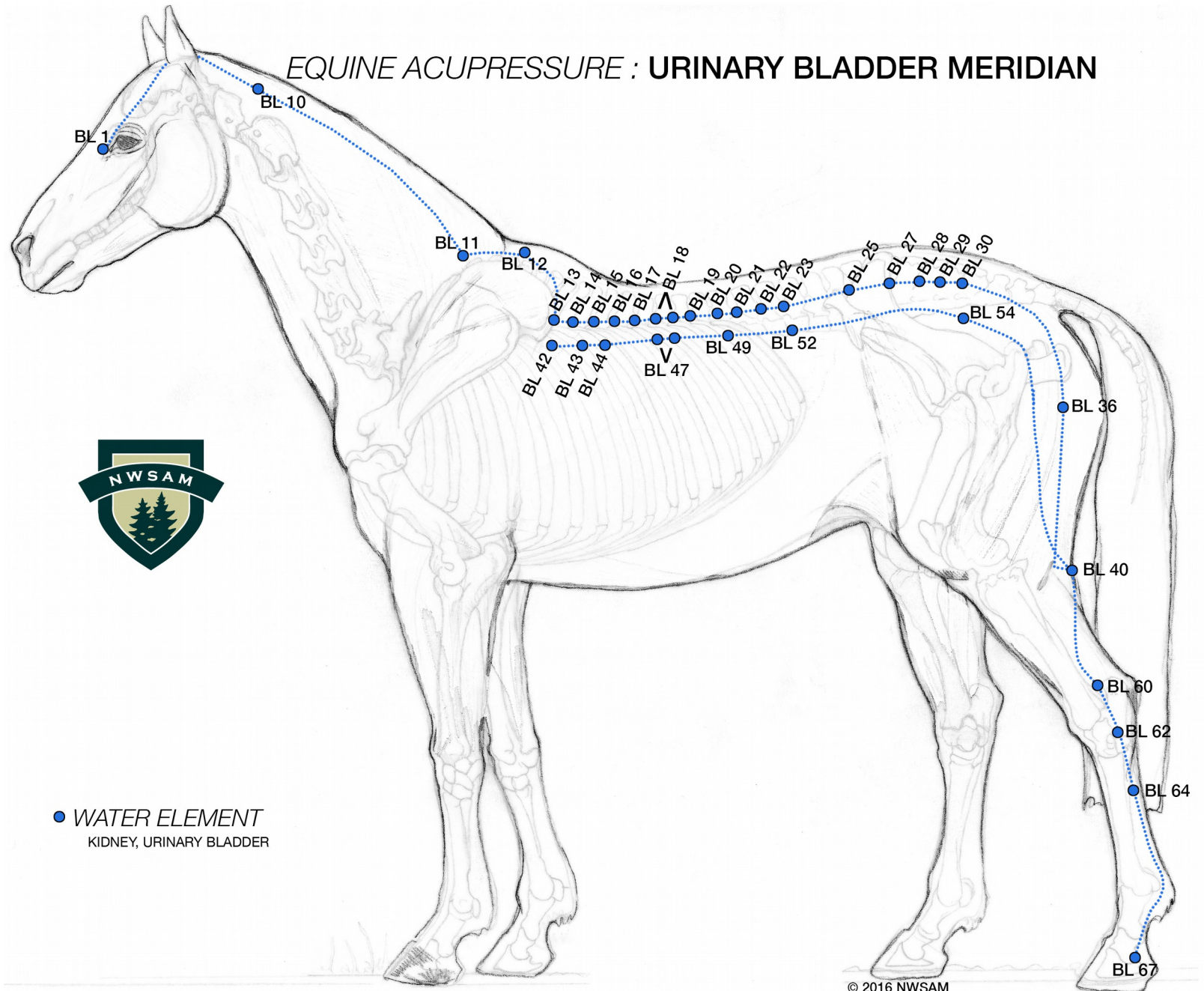


EQUINE ACUPRESSURE : URINARY BLADDER MERIDIAN



Acupoint	Location	Uses
BL 1	indentation at the medial canthus of the eye.	eye problems, conjunctivitis, uveitis.
BL 10	approximately 2 cun lateral to the dorsal midline, in a depression just caudal to the wing of the atlas, between C1 and C2.	cervical stiffness, pain and weakness of the neck, back, hindquarters and hind legs as this point activates the entire BL channel, strengthens and relaxes the sinews (tendons and ligaments).
BL 11	in a depression just cranial to the craniodorsal border of the scapular cartilage, 1.5 cun lateral to the dorsal midline, over the cervical part of the trapezius muscle.	arthritis, painful joints, degenerative joint disease especially of neck, shoulder and spine.
BL 12	1 cun lateral to the spinous process between the 4th and 5th thoracic vertebrae, at the highest point of the withers.	use for acute conditions such as colds, flu, sneezing, allergies, rashes or hives, relaxes muscles of withers and shoulders due to location.
BL 13	3 cun (approximately 1 hand width) below the dorsal midline, at the caudal edge of the scapula in the 8 th intercostal space.	respiratory issues, cough, heaves, asthma, sweat, nasal congestion, grief, difficulty letting go.
BL 14	3 cun below the dorsal midline, in the 9th intercostal space.	chest pain, girthy or cinchy horse, palpitations, synchronous diaphragmatic flutter (when contraction of diaphragm and heart beat happen at the same time), anxiety.
BL 15	3 cun below the dorsal midline, in the 10 th intercostal space.	heart palpitations, heart failure, sweating, nourishes the Shen, calms agitation and anxiety, mania.
BL 16	3 cun below the dorsal midline, in the 11 th intercostal space.	relieves chest tension and pain, pain along the GV (Du) channel
BL 17	3 cun below the dorsal midline, in the 12 th intercostal space.	blood stagnation, anemia, high blood pressure, low hemoglobin, low packed cell volume, low white and red blood cell counts, skin issues that won't heal (not being nourished by the Blood), fatigue, wasting conditions, diaphragmatic spasms.

BL 18	3 cun below the dorsal midline, in the 13 th and 14 th intercostal spaces.	relieves headaches, redness of eyes such as conjunctivitis, ulcers, reproductive issues, softens chronically tight muscles, tendons and ligaments, dry skin, cranky, irritable and aggressive.
BL 19	3 cun below the dorsal midline in the 15 th intercostal space.	helps with intestinal parasites, clears muscle tension along GB channel.
BL 20	3 cun below the dorsal midline, in the 17 th intercostal space.	bloating, loose stool, diarrhea, poor appetite or obsessive about food, edema, promotes lactation, anxiety.
BL 21	3 cun below the dorsal midline, caudal to the last rib, between T18 and L1.	ulcers, obsessive appetite (trying to cool heat in ST), constipation, agitation.
BL 22	3 cun below the dorsal midline, between L1 and L2.	urinary retention, incontinence, Kidney stones, diarrhea, abdominal swelling, noisy gurgling of digestive system, ventral midline edema, hind leg edema.
BL 23	3 cun below the dorsal midline, between L2 and L3. Can follow the tip of last rib straight up to locate.	urinary incontinence or frequent urination, hind end weakness, low back pain, stiffness in joints, dry skin and hair, wounds that don't heal well, premature aging, loss of hearing, bone loss, teeth problems, muscle atrophy, infertility, fear, agitation, over-reactive.
BL 25	3 cun below the dorsal midline, between L5 and L6. Draw a line that extends from the dorsal border of tuber coxae up.	local point for low back pain and sciatica, constipation, colic.
BL 27	3 cun below the dorsal midline, between the spinous processes of S1 and S2.	colic, diarrhea, back pain.
BL 28	3 cun below the dorsal midline, between the spinous processes of S2 and S3.	urination problems, diarrhea, constipation, back pain.
BL 29	3 cun below the dorsal midline, between the spinous processes of S3 and S4. Where the semitendinosus muscles originates.	cold-backed horses, chronic low back pain, sciatica, muscle tension in hamstrings.

BL 30	3 cun below the dorsal midline, between the spinous processes of S4 and S5.	chronic low back pain, sacral pain, hamstring muscle tightness.
BL 36	in the muscular groove between the biceps femoris and semitendinosus muscles, 2 cun below the tuber ischii.	low back pain, hind leg paralysis.
BL 40	at the midpoint of the transverse crease of the popliteal fossa between the caudal division of the biceps femoris and semitendinosus muscles. This point is found more easily with the stifle flexed.	muscle spasms in low back, chest, hind end, back pain, hip pain, stifle pain, urinary incontinence, helps mares that colic while pregnant (calms the fetus).
BL 42	3 cun below BL 13.	Grief.
BL 43	3 cun below BL 14.	helps with chronic, hopeless conditions
BL 44	3 cun below BL 15.	Anxiety.
BL 47	3 cun below BL 18.	Anger.
BL 49	3 cun below BL 20.	Worry
BL 52	3 cun below BL 23.	Fear.
BL 54	draw a line connecting Bai Hui (lumbosacral space) and the caudal aspect of the greater trochanter of the femur. Draw another line from the dorsal edge of tuber coxae to the tuber ischii and where the 2 lines meet is UB 54.	pain and tension in gluteal muscles, hip pain and arthritis, hind limb lameness, muscle atrophy in the area, immune mediated disorders.
BL 60	between the lateral malleolous and the calcaneal tuber. Opposite KID 3.	referred to as the Aspirin Point, can help with pain anywhere in the body, hock pain, swelling, relaxes the sinews. Contraindicated in pregnancy
BL 62	in a depression just caudodistal to the tip of the lateral malleolus.	mostly used for disorders of the head, eye disorders, seizures.
BL 64	caudodistal to the base of the lateral splint bone.	cervical stiffness, headache, back pain.
BL 67	on the caudolateral aspect of the rear hoof, just proximal to the coronary band.	laminitis, can flip the fetus in a breech presentation, moves retained placenta.