

Chapter Three: Anatomy and Acupressure Points, Channels & the 8 Extraordinary Vessels

Chapter Three Overview

Chapter 3 begins with some basic anatomy and then moves into channel and point locations along the 12 main meridians and the Du and Ren vessels. It is important to be familiar with the anatomical structures beneath your fingers as you locate acupoints and trace channels. You will want to familiarize yourself with the bony landmarks, joints and muscles.

We have some provided same basic information in this material. Depending on your familiarity with anatomy you may also want to refer to the supplemental anatomy text provided with this course.

We don't expect you to memorize this information and this curriculum can continue to serve as a resource for you even after the practical.

Anatomical Vocabulary

Becoming familiar with anatomical words and phrases will help you in your study of anatomy, kinesiology, and acupressure techniques. Many anatomical terms are derived from Greek and Latin. While these other languages may seem truly foreign, try to break each word into its roots, prefixes and suffixes. This will aid in understanding terms that may be confusing.

Root Words

Root Word	Meaning	Example
Brachi	pertaining to the arm	Biceps brachii, brachiocephalicus
Caud	pertaining to the tail	The hip is caudal to the shoulder
Cephal	pertaining to the head	Brachiocephalicus
Costo	pertaining to the ribs	Costovertebral joint
Crani	pertaining to the skull	The shoulder is cranial to the hip
Lat	pertaining to the side	Bilateral
Thora	pertaining to the chest	Thorax

Now, let's look at the term *brachiocephalicus*. (Don't worry about pronunciation!) It is a muscle. By looking for the two roots, you can already determine which two body parts it connects: the arm (*brachi*) and the head (*ceph*). Congratulations! You have learned your first muscle!

Prefixes

Root Word	Meaning	Example
Ab	Away from	Abnormal, abduction
Ad	To, toward	Adjunct, addition
Uni	One, single	Unilateral, unicycle
Bi	Two, double	Bilateral, bicycle
Tri	Three	Tricep, tricycle
Quad	Four	Quadruped, quadriceps
Pre / pro	Before, in front	Precede, protraction
Super / supra	Above	Superior, supraspinatus
Sym / syn	With, together	Synthesis, symphysis
Infra	Below	Infraspinatus, inferior

Look at the term *bilateral*. Two (*bi*); side (*lat*). You have just learned a directional term. By looking for a root and a prefix, you can be sure this term refers to two sides of an object.

Directional Terms

Term	Meaning	Example
Caudal	Toward the tail	Posterior is acceptable alternative
Cranial	Toward the head	Anterior is acceptable alternative
Deep	Toward the core	Into the body from any direction
Distal	Used with limbs; further from body/core	Think 'distant'
Dorsal	Toward the back, top, sky	Dorsal fin of the dolphin
Lateral	Toward the side	Latus = flank
Medial	Toward the midline	Think 'middle'
Proximal	Used with limbs; closer to	Think 'near', proximity

body/core

Superficial Toward the surface In any direction from body's core

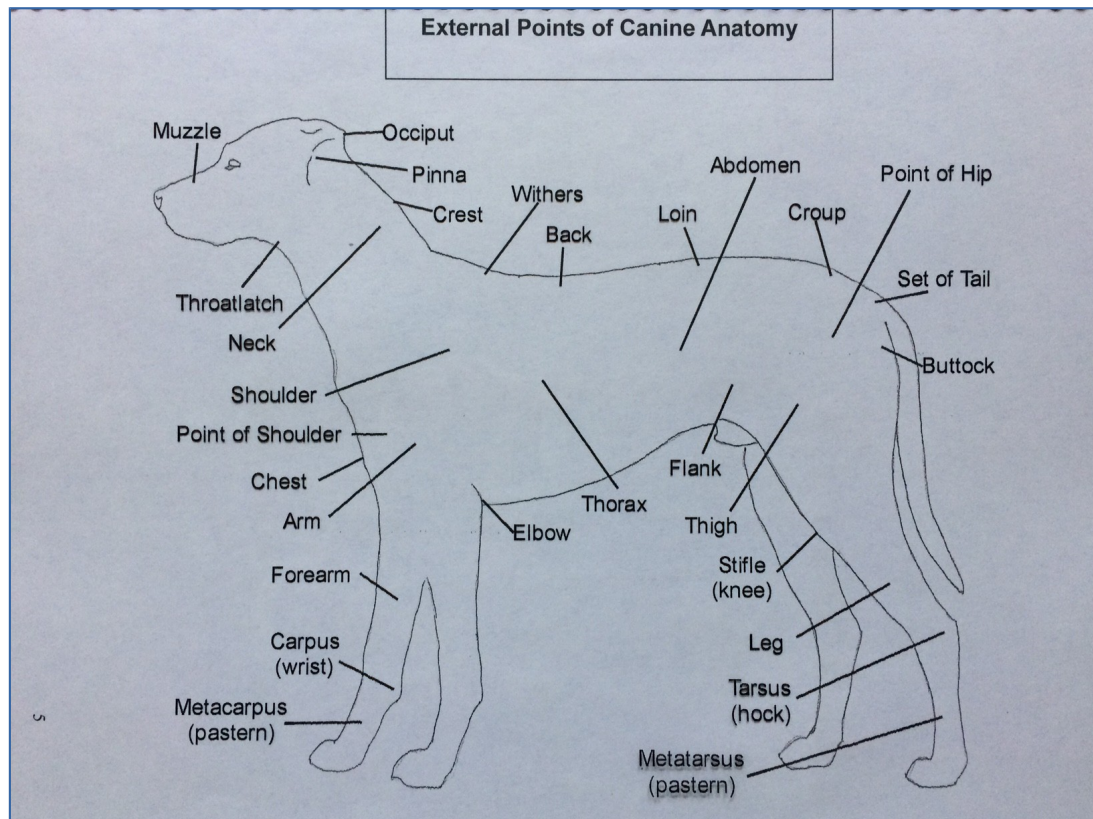
Unilateral Toward one side

Ventral Toward the belly, bottom,
ground

When describing parts of the body and the location of acupuncture points and channels we use terms to define position and direction.

External Points of the Dog

External anatomy includes both the general and scientific terms that are used to describe the surface features of the dog. It is helpful to learn and feel comfortable using these terms, because they will later help us describe patterns of movement, locate anatomical structures, and converse properly with other small animal health care professionals.



Now that you have learned the directional terms and the external points of the dog, you can practice describing the relationship of the anatomical features with the directional terms. For

example, you now know that the carpus is distal to the elbow. You can also say that the croup is caudal to the withers and dorsal to the thigh.

The Canine Skeletal System: An Overview

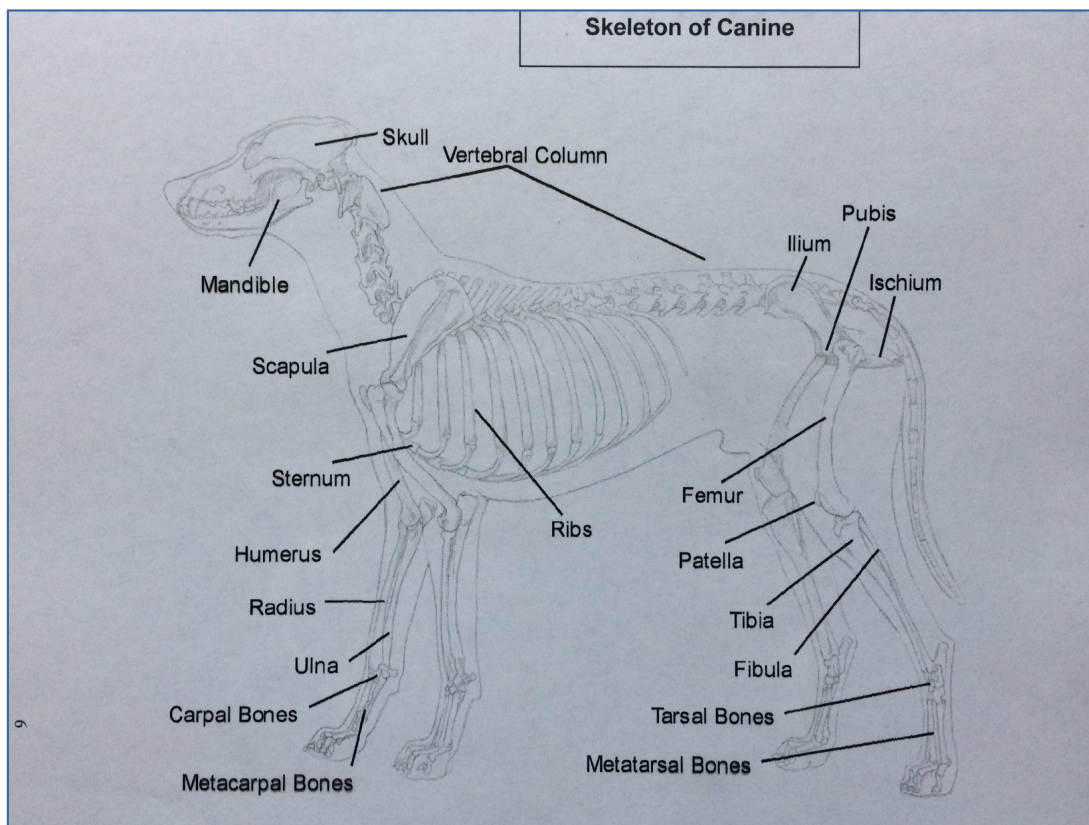
Before we can begin to study the movement (biomechanics) of the dog or learn the musculature we must study the framework around which they occur – the skeleton.



The dog is a quadruped, walks on 4 legs, so the skeleton differs considerably from the human bipedal skeleton. Notably, the pelvis is shaped less like a bowl and more like a table; and the shoulder and hip are more stable and less mobile than in the human form. It is critical to know the names and locations of the bones before learning the musculature of the dog, because it is the bones where the muscles attach and upon which they exert their influence. It is not necessary to memorize the information presented here in preparation for the practicum. Use this material as a reference as you continue to deepen your knowledge in this area. The more you review and use this new language, the sooner it will become second nature to you.

Many of the bones in the canine skeleton are the same as those found in the human skeleton and other animals. There are exceptions, however. For example, dogs do not possess a clavicle (collar bone) and they walk on their toes rather than the bones of the ankle or hock.

Many bones may carry the same name and similar structure, but because of spatial placement they possess different functions. For example, the scapula lies on the sides of the dog, so movement of the shoulder does not possess the same range of motion as in humans, for instance, the dog cannot wave.



Functions of the Skeleton

The skeleton serves several functions for the body. It is important to appreciate the bones of the body not just for their role in structure and support, but to recognize that they are also active tissue involved in the storage, transport, and manufacture of elements including minerals and blood.

The skeleton performs several critical functions:

- Provides the structural frame for the body
- Provides the lever system for movement with the muscles
- Provides protection for the vital and internal organs
- Acts as a storage site for minerals, particularly calcium

- Acts as a production site for blood cells within the bone marrow

The cycle of bone growth in dogs is similar to humans. Growth plates exist at the ends of long bones. The bones of the skull and pelvis gradually fuse to a nearly immobile relationship in the adult. (There are tiny movements along the suture lines of the cranial-sacral system that can have immense impact on the hydrostatic flow and nervous function of the dog and cat.)

Introduction to the Axial and Appendicular Parts of the Canine Skeleton

Axial Skeleton



The axial skeleton refers to the bones located along the midline or in the core of the body.

Appendicular Skeleton

The appendicular skeleton refers to the bones of the limbs. The forelimb and hind limb are part of the appendicular skeleton. The sacroiliac joint is the only joint that connects the appendicular skeleton to the axial skeleton. The forelimb is connected to the axial skeleton through soft tissue structures only.

Clavicle

The clavicle of the dog technically does not exist. It has no articulation to the skeleton and is not present in all breeds. When a vestigial clavicle is present, it is very small and imbedded within a tendon. For the purpose of our study, we do not recognize the existence of a clavicle in the dog. It is difficult or impossible to palpate and does not reflect in the health of the musculoskeletal system.

Spinous Processes (SPs) and Transverse Processes (TVPs)

These are processes located on the vertebrae of the spinal column. Muscles are attached to these processes, so it is particularly important to be familiar with these processes. Notice that both the SPs and TVPs of the cervical vertebrae are short and broad. The thoracic vertebrae have long SP and much shorter TVPs near the articulation with the ribs. The lumbar vertebrae have very long and broad TVPs for muscle attachment and to limit movement in the low back. Also notice that the SPs of the spine have either a caudal tilt (in the thoracic spine) or a cranial tilt (in the lumbar spine). The SPs of the tenth thoracic vertebrae (T10) does not have a tilt and is called the point of aclinination (a=without, clin= incline).

Atlas (C1) and Axis (C2)

Note the special relationship that exists between the first cervical vertebrae (atlas) and the second cervical vertebrae (axis). This joint in the neck is responsible for rotation of the head and upper neck and is called the atlantoaxial joint.



Axial Skeleton

Skull



The dog skull is composed of the maxillary bones (upper jaw), the mandibular bones (lower jaw), and a number of paired (left and right) plates (frontal, parietal, occipital, zygomatic, lacrimal, palatine, nasal, incisive and temporal). These bones are joined by tight suture lines, thus creating the appearance of a singular bony structure. Faulty alignment of the suture lines between bones can create imbalance and sinus dysfunction. Dogs, like humans, can experience tension and swelling at the temporomandibular joint. This joint occurs at the junction of the temporal and mandibular bones.

Cervical Vertebrae (7)



There are seven cervical vertebrae in the dog, just as in humans (and all mammals). The atlas forms a joint with the skull at the location of the occipital bones called the atlanto-occipital joint. The first two cervical vertebrae are specialized in their shape and function and are named the atlas (C1) and axis (C2). The first two vertebrae form a second joint called the atlantoaxial joint where the majority of the rotation of the head and neck occurs. The remaining cervical joints are collectively called intervertebral joints and can be distinguished by the number of the vertebrae (i.e. the intervertebral joint of C4 - C5). (A trick for remembering that C1 is the atlas is that it holds up the skull, just as the Greek hero Atlas holds the earth on his shoulders.)



Thoracic Vertebrae (13)

The thoracic vertebrae are similar in structure to the human. The dog has 13 thoracic vertebrae and 13 pair of corresponding ribs attaching to the thoracic vertebra. The thoracic vertebrae have a straight alignment as compared to the human kyphotic curve (rearward curvature).

Thoracic vertebrae mark the first appearance of a prominent spinous process (SPs). The spinous processes form an arc at the shoulder that defines the withers. These processes serve as an attachment site for several muscles. The SPs at T1-T9 have a caudal tilt (toward the tail). The SPs of T11, T12, and T13 have a cranial (toward the head) tilt, while the SPs of T10 is upright or without incline. This unique area is called the point of aclination and can be a significant point of stress for dogs with back issues. Any displacement of these SPs can create a locked back (impaired movement) and pain.

A common site of subluxation (misalignment) occurs at C7-T1 and at T13 and the first lumbar vertebrae. These are both transitional areas in the spine because the cervical vertebrae end as the thoracic vertebrae begin and the thoracic vertebrae end where the lumbar vertebrae begin. The slightly different shapes of the vertebra create a unique junction in these areas where stress can become concentrated. Often, a release of muscular tension will allow these bones to return to a normal position.

Lumbar Vertebrae (7)

The seven lumbar vertebrae have a larger and flatter vertebral body with a wide transverse process and do not receive bony support from the ribcage. They form a flat bridge between the ribcage and the pelvis. There is a slight to moderate kyphotic curve (rearward curvature) in this area of the back which varies amongst breeds. The lumbar vertebrae receive strong support from the supraspinous ligament above and from the musculature below. The SPs of the lumbar vertebrae have a slight cranial tilt (toward the head).

Sacral Vertebrae (3 Fused)

The 3 sacral vertebrae are fused into the sacrum and form half of a floating joint with the ilium (part of the pelvis) called the sacroiliac joint. The ridge of the fused sacral vertebrae and the highest part of the left and right ilium (near the sacroiliac joints) create a high point in the hindquarter, commonly called the point of croup, the point of the sacrum, or the tuber sacral.

Caudal (coccygeal) Vertebrae (Approx. 20)

After the sacrum, the dog has a chain of coccygeal vertebrae, which make up the tail. (This is in contrast to the human coccyx.) The number of caudal vertebrae (or coccygeal) varies based on breed of dog. The spinal cord does not extend through the coccygeal vertebrae, although the fascial membrane that surrounds the spinal cord does.

Ribs (13 pairs)

The ribs (or costal bones) are part-bone and part-cartilage and attach at the sternum and at the vertebral column, as in the human. There are 13 pairs of ribs in the canine skeleton. The last rib does not have a sternal attachment and is referred to as the floating rib.

Appendicular Skeleton: Foreleg



Scapula

The scapula is markedly different in the canine skeleton in both structure and function. Like the human, it is located over the upper portion of the ribcage and has a palpable ridge down its center called the spine of the scapula. The canine and human scapula has a deep fossa (anatomical hollow) both above and below the ridge. All serve as muscle attachment sites. The scapula has a cranial (or anterior) border and a caudal (or posterior) border rather than lateral and medial in the human. Movements available at the scapula include elevation, depression, and movement cranially and caudally. Movement at the scapula is different than movement at the shoulder. The scapula is a specific bone while the shoulder is the joint between the scapula and the humerus.

Humerus

The humerus lies between the scapula and the radius and ulnar bones of the forearm. The humerus forms the shoulder and elbow joints. It is short and thick with pronounced condyles (rounded ends). The humerus is more firmly set in the glenoid (cup-shaped) cavity than in humans although the scapula and shoulder are exclusively supported by soft tissue structures.

Radius and Ulna

The radius and ulna make up the forearm and form part of the elbow (top) and the wrist (bottom). The ulna has a landmark called the olecranon process (Point of Elbow). In young animals, the radius is the larger of the two discrete forearm bones. In adults, the radius and ulna become fused to stabilize movement in the sagittal plane and limit movement in the coronal plane. The olecranon process (proximal end of the ulna) is the site of several muscle attachments of particular concern to the acupressure practitioner.

Carpals

The seven carpal bones are similar to the human wrist. The carpal bones are:

- Radial carpal
- Ulnar carpal
- Accessory carpal
- First carpal
- Second carpal
- Third carpal
- Fourth carpal

The accessory carpal bone is an important site to be familiar with as it can contribute to tendon stress when misaligned due to muscular tension originating in the shoulder. For the context of this class it is not necessary to know the individual carpal bones, but it is valuable for future study.

Metacarpals, Phalanges, and Claws

The dog is considered a digitigrades quadruped, meaning that they walk on their toes (digits). Below the carpus, the bones are similar as those in the human hands. The five metacarpals and the phalanges (digital bones) extend from the wrist to the toes. In-between the phalanges are numerous small floating bones called the sesamoid bones. They are attached in tendons

of muscles.

The metacarpal bones are:

- First metacarpal
- Second metacarpal
- Third metacarpal
- Fourth metacarpal
- Fifth metacarpal

The phalanges occur at three levels:

- Proximal
- Middle
- Distal

The toe nails (claws) are separate from the phalanges. They are encased in the ungula crest.

Appendicular Skeleton: Hindleg



Pelvis

The ilium, ischium, and pubis bones articulate along tight suture lines to form the os coxae or pelvis. Where these bones meet, a cup is formed called the acetabulum. This is where the pelvis and femur connect to form the hip joint which is called the coxofemoral joint. The pelvis of the dog is much different in shape and position from that of the human skeleton, due to the different postural orientation of the quadruped and the biped. There is a far less pronounced bowl-like structure in the canine. Also, the body of the pelvis is long and more horn-like or T-shaped in appearance.

There are important bony landmarks on the pelvis including the tuber coxae (Point of the Haunch). Other landmarks are the sacral tuberosity (Point of the Croup) and the ischial tuberosity (Point of Buttock).

Femur

The thighbone is called the femur and articulates at the pelvis to form the hip joint. A landmark of the femur is the greater trochanter (Point of Hip). The joint of the femur and the tibia is called the stifle and represents the actual or true knee. Like the human knee, the stifle possesses a floating patella (kneecap). This joint is of frequent concern due to the increasing number of injuries to the cranial cruciate ligament in dogs.

Tibia and Fibula

The fibula and tibia run between the stifle joint to the hock. They are very similar to the same bones in the human which form the calf.

Hock (ankle)

The tarsus bones are comparable to the human ankle, but are referred to as the hock in the dog. There are seven tarsal bones. The talus bone (tibial tarsal), located medially, is in contact with the distal end of the tibia and is shaped like the human ear. The calcaneus bone (fibular tarsal) has a bony landmark called the calcaneal tuberosity, located laterally, forms the point of the hock. Below the central tarsal bone are four smaller plates of other tarsal bones:

- First tarsal
- Second tarsal
- Third tarsal
- Fourth tarsal

It is not necessary to know the individual bones of the hock by name, except for the calcaneus and talus as they provide bony landmarks and attachment sites for the muscles.

Bony Landmarks

Once you are comfortable knowing the bones and joints you can begin to study the various landmarks or sites on the bones. Bones are not smooth, but instead have many features such as bumps, ridges, curves and dents. These geographical features have specific names and are common attachment sites for the tendons and ligaments we will study. Listed below are some general terms used to describe bony landmarks.

Term	Meaning	Example
Arch	arc	inguinal arch
Condyle	knuckle	lateral femoral condyle
Crest	prominent ridge	crest of the ilium
Epicondyle	above the knuckle	medial epicondyle
Fossa	bowl	supraspinous fossa
Glenoid	cup shaped	supraglenoid fossa
Process	projection	spinous process
Spine	ridge	spine of the scapula
Trochanter	large process	greater trochanter
Tuber	root or bulb	tuber coxae
Tubercle	small round bump	lesser tubercle of the humerus
Tuberosity	large round bump	radial tuberosity

Bony Landmark Chart

Familiarize yourself with the following list of bony landmarks. They are among the most common attachment sites and will reappear throughout our study. Many of them are palpable with relative ease. DO NOT TRY TO MEMORIZE THIS MATERIAL. The muscles given are examples and there may be additional muscles that share the same attachments.

Bony Landmark	Location	Muscle
Zygomatic Arch	Ventral to the eye on the lateral aspect of the skull	Masseter
Ramus of the Mandible	Caudal portion of the lower jaw from the corner across the fossa to the coronoid process	Masseter
Frontal Bone	From the ears and eyes to the midline of the skull	Frontalis
Mastoid Process	Caudal to the ramus of the mandible and medial on the temporal bone of the skull	Brachiocephalicus Sternocephalicus
Occiput	Along the edge of the occipital	Brachiocephalicus

Bony Landmark	Location	Muscle
	bone where the skull and the first cervical vertebrae articulate	
Cranial Border of the Scapula	Along the cranial edge or anterior of the scapula	Cranial Deep Pectoral
Subscapular Fossa	On the medial surface of the scapula between the scapula and the ribs	Rhomboid, Serratus Ventralis
Supraglenoid Tubercle	On the cranial distal edge of the scapula just proximal to the shoulder joint	Bicep Brachii
Supraspinous Fossa	On the cranial half of the scapula from the cranial border to the spine of the scapula	Supraspinatus
Spine of the Scapula	A ridge that bisects the scapula longitudinally (top to bottom)	Trapezius
Infraspinous Fossa	On the caudal half of the scapula from the posterior border to the spine.	Infraspinatus
Greater Tubercle	Small rounded projection on the anterior head of the humerus	Supraspinatus
Lesser Tubercle	Small rounded projection on the medial head of the humerus	Supraspinatus
Deltoid Tuberosity	Prominent ridge along the anterior humerus distal to the greater tubercle.	Deltoid
Teres Major Tuberosity	In the posterior and medial surface of the proximal humerus, distal to the lesser	Latissimus Dorsi

Bony Landmark	Location	Muscle
	tubercle	
Lateral Tuberosity	Above the condyle (knuckle) on the lateral surface of the proximal humerus	Infraspinatus
Crest of the Humerus	On the proximal third of the anterior and medial humerus	Brachiocephalicus
Olecranon Process	A long projection extending off the proximal ulna (forms the point of elbow)	Tricep Brachii
Radial Tuberosity	On the lateral proximal radius	Bicep Brachii
Sternum	On the ventral midline of the ribcage	Pectoral Muscles
Manubrium of the Sternum	The first segment of the sternum	Pectoral Muscles
Xiphoid Process	The last segment of the sternum	Rectus Abdominus
Crest of the Ilium	Between the point of hip and the point of the sacrum	Longissimus Dorsi
Ishchiatic Tubers	On the caudal aspect of the ischium on either side of the tail (point of the buttock)	Bicep Femoris, Semitendinosus Semimembranosus
Tuber Coxae (Point of Hip)	On the tip of the wing of the ilium most lateral to the midline	Tensor Fascia Latae
Iliac Spine	Along the dorsal aspect of the ilium between the tuber sacrala and the ischium	Internal Obliques
Inguinal Arch	Not a true bony landmark, but a descriptive term for the curve of the pelvis between the tuber coxae and the pelvis	External Oblique

Bony Landmark	Location	Muscle
	symphysis (soft tissue of the groin)	
Rim of the Pubis	The most cranial edge of the pubic bone to the left and right of the symphysis	Rectus Abdominus
Head of the Femur	On the proximal end of the femur situated in the hip socket	
Greater Trochanter	On the most lateral aspect of the proximal femur	Superficial Gluteal
Lesser Trochanter	On the medial and posterior aspect of the femur distal to the femoral head	Iliopsoas
Tibial Crest	On the anterior edge of the proximal third of the tibia	Bicep Femoris
Tibial Tuberosity	On the cranial, proximal tibia just below the stifle joint	Quadricep muscles (via the patellar ligaments)

Joint Anatomy

A joint is the location at which two or more **bones** make contact. They are constructed to allow movement and provide mechanical support, and are classified structurally and functionally. Joints come in specific shapes that help determine their range of motion.

The skeletal system alone is not capable of movement until the soft tissue elements are added to it. The bony structure certainly is a determining factor in the type of movement possible. Muscles create movement, while the bones (and ligaments) limit movement to within a safe range-of-motion. The majority of the bones we have studied articulate at a joint. An articulation is considered a union or junction of two or more bones and is commonly called a joint.

Classification of Joints

Joints are mainly classified structurally and functionally. Structural classification is determined by how the bones connect to each other, while functional classification is determined by the degree of movement between the articulating bones.

Structural Classification

Structural classification names and divides joints according to how the bones are connected to each other. There are three structural classifications of joints:

- **Fibrous joints** are connected by [dense connective tissue](#), consisting mainly of [collagen](#).
- **Cartilaginous joints** are connected entirely by [cartilage](#) ([fibrocartilage](#) or [hyaline](#)).
- **Synovial joints** are not connected.

Functional Classification

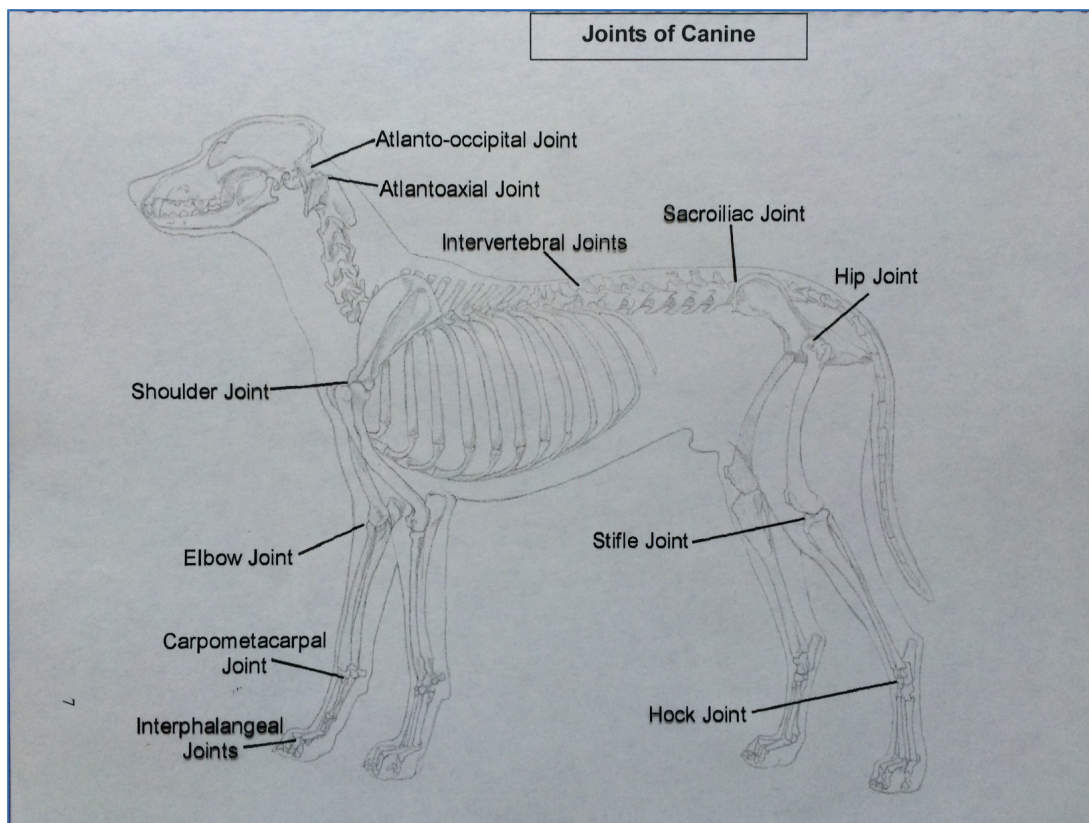
Joints can also be classified functionally, by the degree of mobility they allow.

- **Synarthrosis** permits little or no mobility. Most synarthrosis joints are [fibrous joints](#) (e.g. The Skull).
- **Amphiarthrosis** permits slight mobility. Most amphiarthrosis joints are [cartilaginous joints](#) (e.g. vertebrae).
- **Diarthrosis** permits a variety of movements. All diarthrosis joints are [synovial joints](#), (e.g. hip, elbow, stifle), and the terms "diarthrosis" and "synovial joint" are considered equivalent by [Terminologia Anatomica](#).

Biomechanical Classification

Joints can also be classified based on their anatomy or on their biomechanical properties. According to the anatomic classification, joints are subdivided into simple, compound and complex, depending on the number of bones involved.

- **Simple Joint:** 2 articulation surfaces (e.g. [shoulder joint](#), [hip joint](#))
- **Compound Joint:** 3 or more articulation surfaces (e.g. [radiocarpal joint](#))
- **Complex Joint:** 2 or more articulation surfaces and an [articular disc](#) or [meniscus](#) (e.g. [stifle joint](#))



Common Joint Dysfunctions

Some common joint dysfunctions include osteoarthritis aka degenerative joint disease, hip and elbow dysplasia, inflammation due to strain or injury to supporting ligaments or tendons, and desiccation of joint fluid associated with age or nutrition. Many of these conditions can benefit from the rejuvenating effects of acupressure. Acupressure can help to restore or enhance circulation, remove waste products stored at the site of injury, or encourage mobility in stiff joints.

The Soft Tissues

The skeleton provides the architecture for the body and the levers for movement, but the soft tissues create the overall shape of the body and define the range and type of movement available. In medicine, the term soft tissue refers to tissues that connect, support, or surround other structures and organs of the body. As acupressure practitioners, we are primarily concerned with the function of the ligaments, the tendons, the muscles, and the fascia. These four types of soft tissues are responsible for creating movement and also for preventing hypermobility (too much movement) in the body. They play a large role in posture and they

help transport fluids and nutrients throughout the body to support the health of the system.

Other soft tissues that we will not study here include all of the internal organs, the brain and spinal cord, and various membranes or pleura. The impact of acupressure extends indirectly to these other soft tissues as well. All soft tissues are composed of several constituents including water, proteins, lipids, salts, minerals, and simple sugars. Each type of tissue will have different amounts of these elements which will affect the thickness, pliability and function of the tissue.

Fascia: The Connective Tissue System

The connective tissue system is referred to by many names, depending on its consistency and function. Most commonly we refer to any connective tissue that supports or lies between or around other tissues as fascia. Fascia is largely made up of water and collagen and other proteins.

Fascia is the soft tissue component of the connective tissue system that permeates the human body. It interpenetrates and surrounds muscles, bones, organs, nerves, blood vessels and other structures. Fascia is an uninterrupted, three-dimensional web of tissue that extends from head to toe, from front to back, from interior to exterior. It is responsible for maintaining structural integrity; for providing support and protection; and acts as a shock absorber. Fascia has an essential role in [hemodynamic](#) and biochemical processes, and provides the matrix that allows for [intercellular communication](#). Fascia functions as the body's first line of defense against pathogenic agents and infections. After injury, it is the fascia that creates an environment for tissue repair.

- **Superficial fascia:** Refers to those layers of connective tissue just below the skin or closest to the external body that can usually be palpated.
- **Deep fascia:** Includes the connective tissue between muscles and bones, the periosteum, and membranes of the internal viscera, and others that are less accessible.
- **Myofascia:** Is fascia associated with the muscle and its neural components.

Connective Tissue

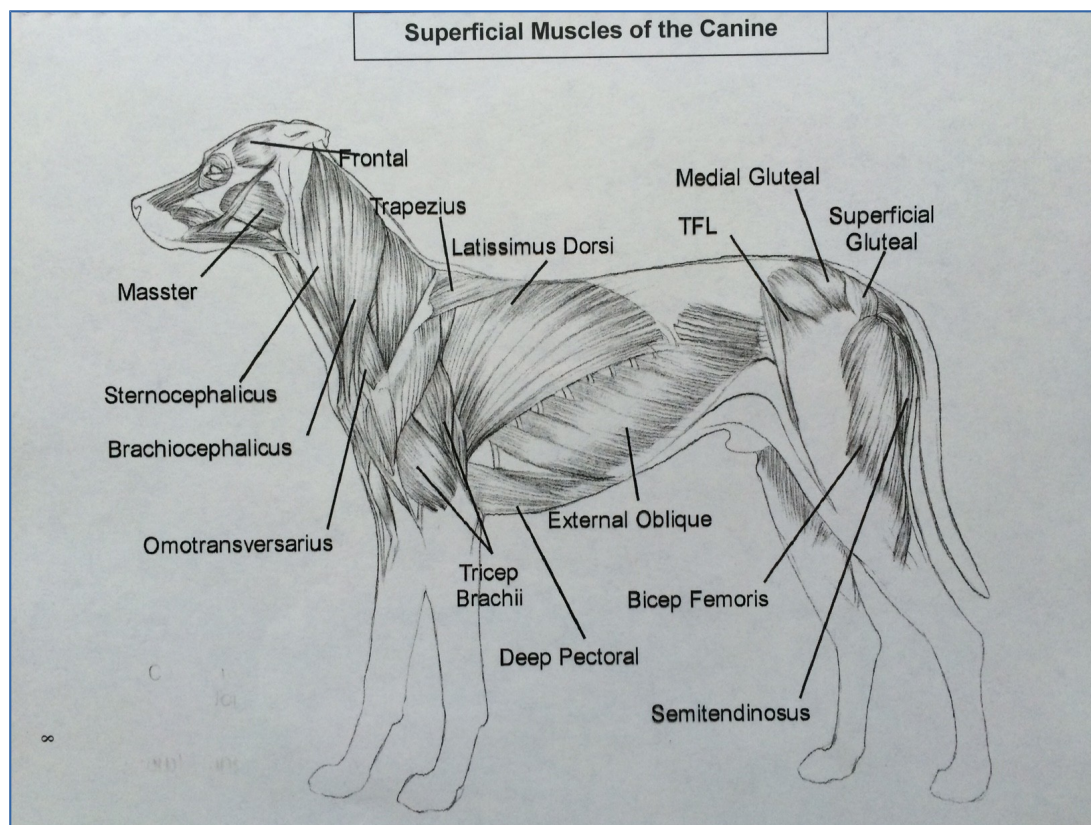
When we talk about movement in an organism we are generally referring to the interactions between bones and muscles. When we talk about the movement of a particular muscle or group of muscles, we may tend to isolate the movement to an area of the body. In reality, any movement in the body creates movement throughout the body. The simple act of picking up a

glass primarily involves the muscles of the arm and shoulder, but also requires adjustments in the neck and trunk to maintain balance. It is orchestrated throughout the body as it adapts to the new positioning. Picture a toddler who has just begun to learn this skill. Often they are unable to judge the weight of the glass or the direction it needs to take to get from the table to their mouths. Over time, the child masters the orchestrated movements necessary to effortlessly lift and drink from a glass. This is a classic example of two concepts called fascial integration and proprioceptive training. The seamless integration of all of these movements is possible because of the relationship of the connective tissue to the muscle, tendons, and bones.

If you could remove every other tissue from the body except the connective tissue, you would have before you a perfect architectural model of that organism like looking at the steel girder of a building before the windows and doors are all in place and the walls painted. Like the web of a spider, the connective tissue system is sensitive to any stimulus it receives. Stimuli then travel like a ripple in a pond. Consequently, any disruption in this system can result in far-reaching effects on the dog's health and movement.

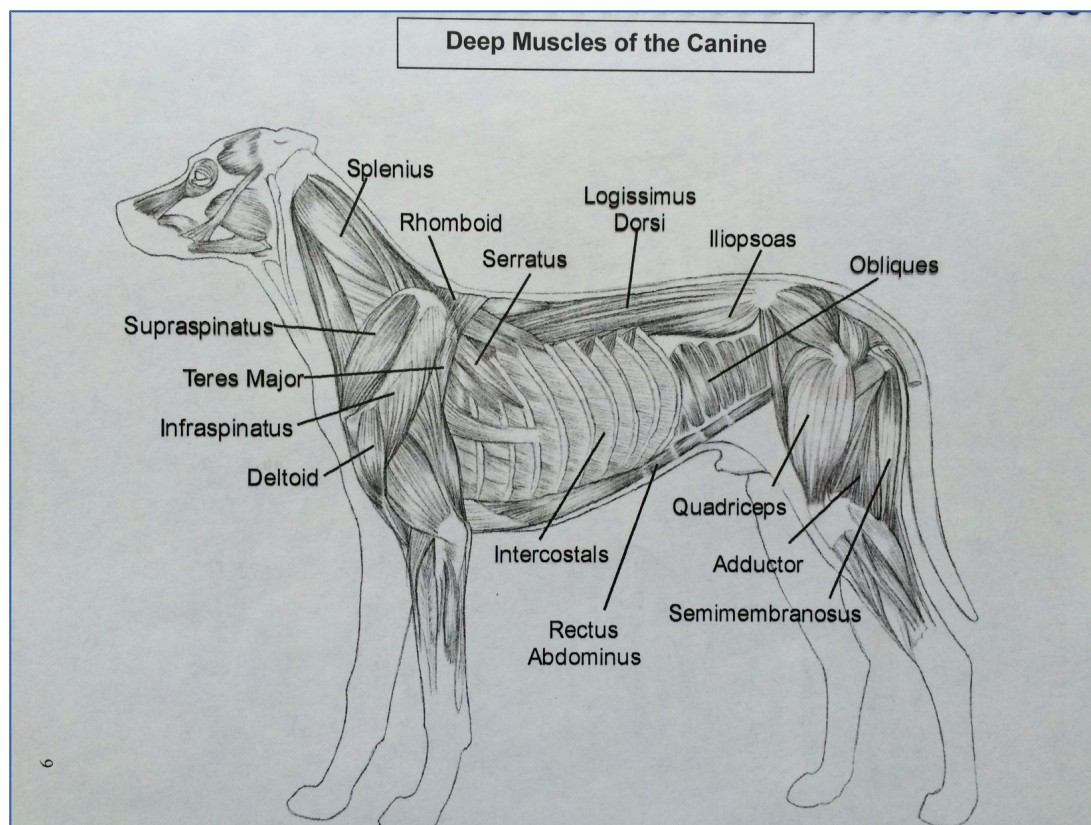
Canine Superficial Muscles

Below you will find many of the superficial muscles of the dog. Some of these may be referenced when describing the location of acupressure points and channels.

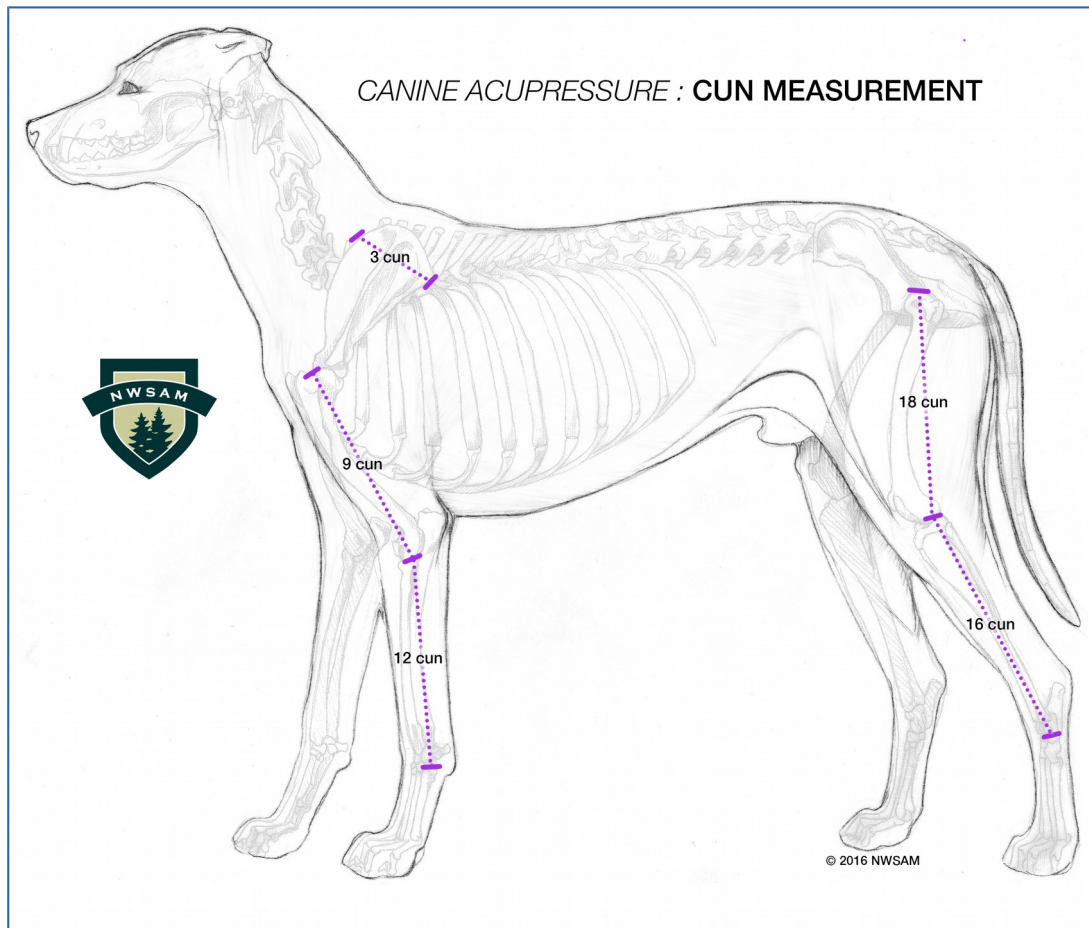


Canine Deep Muscles

Below you will find many of the deep muscles of the dog. Some of these may be referenced when describing the location of acupressure points and channels.



Cun Measurement



In acupressure many of the point locations are given using the term "cun" or "t'sun", which translates to "tiny measurement". This is a proportional measurement that is unique to each dog since dogs can vary widely in size from a Chihuahua to a Great Dane. For example, Spleen 6 is described as being 3 cun above the medial malleolus on the caudal edge of the tibia. This description works on dogs, cats, horses, humans and any other species you might be performing acupressure on. The key is to figure out what 1 cun is on that animal and how that translates to measuring with your hand or fingers. On an average size dog 3 cun is approximately 3 finger widths.

Here are some suggested ways to find out what a cun is on a dog:

1. The scapula is 3 cun wide measuring from the cranial to the caudal edge at the widest part.
2. The distance from the point of shoulder (greater tubercle) to the elbow is 9 cun.
3. The distance from the center of the elbow (olecranon) to the center of the carpus (wrist) is 12 cun.
4. The distance from the point of hip (greater trochanter) to the center of the stifle is 18 cun.

5. The distance from the center of the stifle to the center of the hock is 16 cun.

Therefore, depending on what is the easiest and safest place to take the measurement, you can figure out how many of your fingers equal 1 cun on each dog you work on.

Overview of Acupressure Points

The acupressure points that we are focusing on in this course are called Transpositional points. These are points that have been transposed from their location on the human to the dog. Since there are obvious anatomical differences between humans and dogs there will be some variations. For example, humans have 12 ribs and dogs have 13 ribs so when taking into account the location of points along the Urinary Bladder channel you will find some of the points on the dog in different rib spaces than on humans.

There are many acupressure points used on humans that are located from the wrist (carpus) to the fingertips and from the ankle (tarsus) to the toes. When locating these same points on dogs, it gets a bit more complicated since most dogs only have 4 digits on the hind foot and if the front dew claws are removed many only have 4 on the front.

Given all of this, if you view other texts or resources you may see some slight variations in point location. As applicable we provide primary and alternate locations to acupoints to try and clear up any confusion. In reality you will use the anatomical location to get in the area of the point and then feel for where it is on that particular dog. There are over 350 Canine Transpositional Points located along the 12 major channels and 2 (Du and Ren) of the 8 extraordinary vessels that have points on them that we can access. Rest assured you will not be learning all of the points!

We have selected the acupressure points that are most commonly used on dogs and provide the greatest influence. Acupoints can effect an area due to their location, sometimes we will list that a point is local for something. For example Stomach 36 is a great local point for the stifle since it is located just beneath the stifle joint. It also has other functions based on what the Stomach organ does in the body, St 36 is also the Master point for the Gastrointestinal tract. As you read about the points and their functions, please keep in mind that they can be helpful based on their location as well as their function.

You will find plenty of overlap on suggested points to help with a particular issue. This may be because they are in the same local area or along the same meridian or it may be because the body is an inter-related whole. As you become more familiar with the acupressure points you will determine which ones are the “go to points” for certain issues but also will learn that it often depends on the dog as to which points are the best choice for the particular situation.

There are acupoints that can greatly effect an area yet they aren't anywhere near it. For

example, Liver 2 is a wonderful point to help clear heat from the eye like you might find with a case of conjunctivitis. However, Liver 2 is about as far away from the eye as you can get since it is between the two most medial toes on the hind foot. This is called a distal point (able to influence from a distance). Liver 2 also is the Fire point on the Liver channel so it can help clear heat from the eye which is the orifice related to the Liver. In some cases starting your point work away from the area (distal points) that is painful can make it easier to then use local points during your session.

We have included the Chinese name for each point and the English translation of this name. You don't need to know these, but they can be very descriptive about the point's location. For example, Urinary Bladder 60 is called “Kunlun” and the English translation is Kunlun Mountains. This point is located next to the lateral malleolus (the ankle joint) which does look like a big mountain. Western medicine has gone to a numbering system for the acupoints. While this loses some of the flavor of TCM it does help us to know where a channel begins and ends and in which direction it flows.

There are also what are called Classical points that are unique to the dog. In some cases these points are the same as the Transpositional ones, but in most cases they are points that are not located along the main channels. You will learn some of these points when we get to Common Conditions in Chapter 5 as there are many Classical points that we like to use.

Introduction to Channel Theory

There are 12 primary channels plus 8 extraordinary channels. The channel system, called Jing Luo is like the vascular system with smaller connecting channels that cover the entire body on every level, bringing Qi to every cell. Jing refers to a channel, track, or route and refers to the main meridians of the body. Luo means net or network and refers to the connecting channels.

Mai - “vessel or conduit”

Jing Mai - channel conduit

The channels were discovered by observing that certain points or areas on the surface of the body would react in particular ways during a disease process. These points became tender and reactive correlating to particular diseases. Initially the points were thought to be random and were stimulated or burnt to address issues. Eventually the points were categorized according to certain functions and therapeutic benefits, not just locally, but also connections were made between certain points and remote parts of the body. The assumption was that there were pathways that linked points to organs and to remote parts of the body. The body was seen as an organic whole and individual points were part of a distinct network that

covered and effected the whole body. By AD 282, 349 points were identified on humans.

There are 12 primary channels and each one; leads to an organ system, is named after an organ system, is classified as either a Yin organ (called a “Zang”) or a Yang organ (called a “Fu”) and has its own points along it. These channels can be used for internal problems relating to the organ with which it is associated and is used for external problems, including musculoskeletal problems relating to the trajectory of the channel itself.

The primary functions of the channels include:

- 1) They connect and integrate the organs with the exterior of the body and vice versa. The smaller connecting channels form a mesh to bring nourishment. They run backwards and forwards between the skin, the main channels and the organs. The deeper channels connect the internal organs with each other and they connect the upper and the lower parts of the body. They also connect the left and the right halves of the body.
- 2) They circulate vital substances and are vehicles for the circulation of Qi and Blood. They bring Qi, Blood and nutrients to all internal organs and cells of the body, from the deep organs to the skin and hair. The classic texts describe the meridians as rivers, streams or canals, comparing them to a greater irrigation system.
- 3) They protect the body from invasion of disease. The specific role of the superficial connecting vessels is to circulate Wei Qi around the body in the space between the main vessels and the skin.

The Yin meridians run on the ventral/medial plane of the body. The Yang meridians run on the dorsal/lateral aspect of the body. (*The exception is the Stomach channel which is a Yang meridian and begins at the head and runs down the ventral aspect of the body to the hind feet.*)

When comparing the functions of the Yin and Yang meridians, Yang meridians mainly affect exterior patterns and Yin channels are used to effect changes in the functions of the internal organs.

Overview of 12 Main Channels

In regards to the channel or meridian paths, please note that these are approximations since it is hard to accurately draw them on a dog picture without feeling for certain landmarks. Ideally you learn where the key points are on each channel and then connect the dots to get the flow of the channel. We will practice channel tracing during the hands on practical.

The 12 main channels all run bilaterally (on both sides of the dog) even though they are only shown on one side here. The 2 extraordinary vessels, Du (Governing vessel) and Ren

(Conception vessel), are only on the dorsal and ventral midlines, respectively.

All of the 12 major channels begin or end at the digits. Where one channel ends the next begins. We start the channel tracing with the Lung channel since the first thing a dog does when he is born is take his first breath on his own. The quality of this first breath can help build the Wei Qi or Protective Qi that he will need to be healthy.

The Lung organ is located in the chest and this channel begins in the chest area and runs down the medial side of the front leg. The Lung is a Yin organ so its channel runs along the inside of the leg. It ends at the dew claw where the energy then changes from Yin to Yang and we follow the sister channel of the Lung, which is the Large Intestine back up the leg. This channel runs on the lateral side (once it gets above the carpus) since it is a Yang organ and channel. It ends on the head next to the nose. Since the head is considered to be more Yang in nature we then find another Yang channel, the Stomach to continue the flow. The Stomach channel starts beneath the eye and runs along the neck to the abdomen, along the abdomen and down the cranial and lateral aspect of the hind leg to the 3rd digit of the hind foot. There the sister channel, the Spleen begins on the medial side of the 2nd digit and brings the flow back up to the thoracic region. Basically to complete one cycle on the body the flow goes from Yin channel to Yang channel to Yang channel to Yin channel. This cycle begins and ends in the thoracic region and then starts again.

The complete flow is following the Circadian Clock that we discussed in Unit 1.

Lung---Large Intestine---Stomach---Spleen---Heart---Small Intestine---Bladder---Kidney---Pericardium---San Jiao---Gall Bladder---Liver

There are 6 channels on the front legs, 3 of them Yin and 3 of them Yang:

Yin – Lung, Pericardium, Heart (all beginning in the chest area and ending at the toes of the front foot)

Yang – Large Intestine, San Jiao, Small Intestine (all beginning at the toes of the front foot where their sister channel left off and ending on the head)

and the other 6 channels are on the hind legs, 3 of them Yin and 3 of them Yang:

Yang – Gall Bladder, Urinary Bladder, Stomach (all beginning on the head and ending at the toes of the hind foot)

Yin – Liver, Kidney, Spleen (all beginning on the toes of the hind foot and ending in the thoracic region)

The 12 meridians are paired as an Internal/External pairing system. The paired channels run along the same limb and are joined at the extremities and at the organs with which they are associated. One channel is Yin and one is Yang.

The meridians are paired according to the Five phases or the Five elements.

1. The meridians that belong to the Metal element are: The Lung (Yin) which runs down the inside of the front limb. The Large Intestine (Yang) which runs up the outside of the front limb.
2. The meridians that belong to the Water element are: The Kidney (Yin) which runs up the inside of the back limb and on the ventral aspect of the trunk. The Urinary Bladder (Yang) which runs down the posterior or dorsal aspect of the trunk and to the outside of the back limb.
3. The meridians that belong to the Wood element are: The Liver (Yin) which runs up the inside of the back limb and the ventral aspect of the trunk. The Gall Bladder (Yang) which runs down the lateral aspect of the trunk to the outside of the back limb.
4. The meridians that belong to the Fire element are: Heart (Yin) which runs down the inside of the front limb. The Small Intestine (Yang) which runs up the outside of the front limb. The Pericardium (Yin) which runs down the inside of the front limb. The San Jiao or Triple Burner (Yang) which runs up the outside of the front limb.
5. The meridians that belong to the Earth element are: The Spleen (Yin) which runs up the inside of the back limb and the ventral aspect of the trunk. The Stomach (Yang) which runs down the ventral aspect of the trunk to the outside of the back limb.

Overview of 6 Channel Pairings

In addition to the Yin/Yang channel pairings, there is also something called the 6 channel pairings or the 6 divisions. These are either a Yin/Yin pairing or a Yang/Yang pairing. One Yin channel on the front leg is paired with a Yin channel on the hind leg and these two channel paths almost mirror one another in location on their respective limb. Same with the Yang/Yang pairings.

These pairings often have similar functions in the body. For example the Yang Ming channel, the Stomach and Large Intestine both clear heat in the body. Heat is related to Yang and as Yang channels they both help eliminate heat in the body. The Stomach does this via digestion and the Large Intestine by eliminating manure.

A practitioner might also choose to use a point from the mirror image channel in certain situations. For example, a dog with stuck Liver Qi is often reactive to touch and since the Liver channel is on the hind leg it might not be safe to work on acupoints along the Liver channel. The Pericardium is the six channel paired meridian and since it is on the front leg it is potentially safer to start with. Pericardium 6 helps move Liver Qi so this might be a good starting point and then see if the dog might allow some pointwork along the Liver channel.

The six channels are named according to the six stages of movement of Qi as it flows from Yin to Yang. It also reflects the progression of disease as it moves from an external location on the body to an internal location. External pathogens enter from the external environment. If the dog's immune system is weak and the pathogens are strong, the pathogen can make its way to the interior. The further interior it goes, the more severe the illness and the more difficult it is to resolve. For example, a stuffy nose (relatively external) is less of a concern than pneumonia (relatively internal).

The progression goes from Yang (most external) to Yin (most internal).

Tai Yang (Greater Yang)

Small Intestine channel - Hand Tai Yang

Urinary Bladder - Foot Tai Yang

Shao Yang (Lesser Yang)

San Jiao - Hand Shao Yang

Gall Bladder - Foot Shao Yang

Yang Ming (Bright Yang)

Large Intestine - Hand Yang Ming

Stomach - Foot Yang Ming

Tai Yin (Greater Yin)

Lung – Hand Tai Yin

Spleen – Foot Tai Yin

Shao Yin (Lesser Yin)

Heart – Hand Shao Yin

Kidney – Foot Shao Yin

Jue Yin (Absolute Yin)

Pericardium – Hand Jue Yin

Liver – Foot Jue Yin

More about the 12 Main Channels

In the following sections you will find a chart illustrating the channel flow and key points on each of the 12 main meridians plus 2 of the extraordinary vessels. Please note that the channel locations are approximate and the best way to learn the flow of each channel is to locate the acupuncture points along a channel and then literally "connect the dots".

We have selected key acupoints along each of the 12 channels that are commonly used with dogs. For each acupoint we provide the acupoint number such as Lung 1 which lets us know that this is the first point on the Lung channel. We also provide the Chinese name and English translation of this name. For Lung 1 the name is *Zhongfu* which translates to Central Palace. You will not be expected to know these names, but it can be interesting to read them.

For each point we provide the anatomical location, TCM function, Physical influence, Emotional influence and Point Classification. Please note that not all of these categories apply to each point. Some points may have more of a local effect.

If you are not familiar with some of the anatomical terms you may want to make a list or

highlight them and then refer to the supplemental anatomy text that came with this class. The best way to learn anatomy is in context.

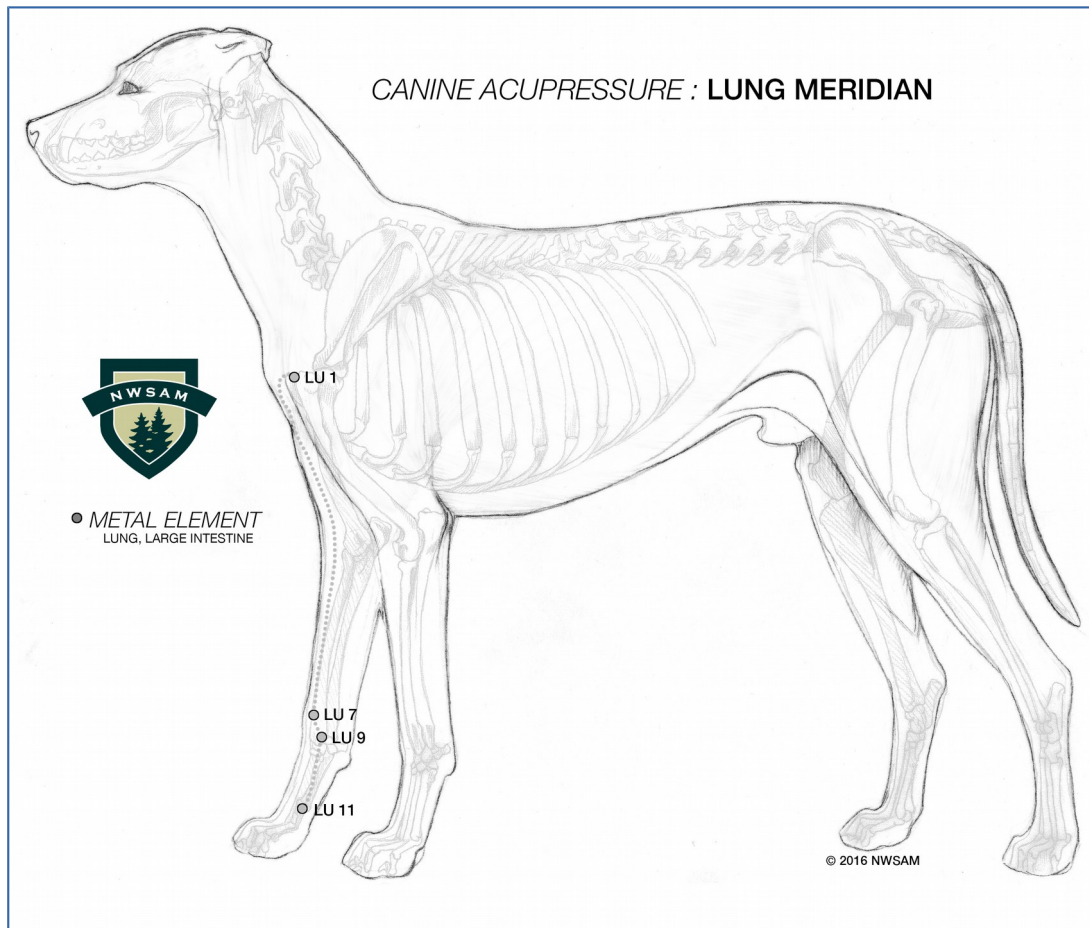
The TCM function provides information about what the point does from a TCM perspective, such as moving Qi or tonifying a particular organ. Often it refers a point's ability to help clear or expel some of the External Pathogenic Factors such as Heat, Wind, Cold, Damp.

The Physical influence illustrates how the point may help with issues along that particular channel. It also may provide information about how the point can help structures of the body such as being able to help with pain, stiffness or arthritis of a joint.

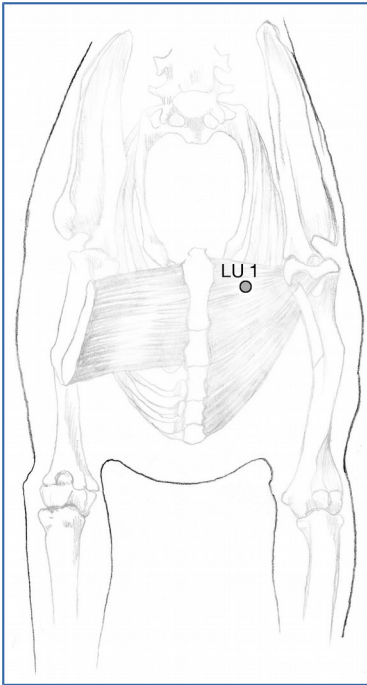
The Emotional influence describes how a point can help with certain emotional or behavioral states. Finally, Point Classification will let you know if the point belongs to one of the many categories of points which are explained in Chapter 4.

When assessing a dog it is important not only to know the function of each of the internal organs (all the theory and information you learned in Chapter 2) but also to know the location and flow of the related channel. Issues that show up may be due to a disruption in the function of a particular organ or due to the location of the channel on the body, or both. For example, there are many dogs that have digestive issues, problems with their stifle (perhaps a cranial cruciate ligament strain) and TMJ problems. The Stomach system (organ and channel) are all related to this. The Stomach channel runs through the TMJ area and over the stifle so those issues are more due to the location and the digestive issues can be due to Heat in the Stomach which is more of a functional problem with the organ itself. By using some Stomach acupoints in your session you can help all of these issues.

Lung Channel and Point Locations



The Lung is a Yin organ and its channel emerges from the pectoral muscle of the chest and travels down the medial side of the front leg, passing along the craniomedial edge of the radius to an area proximal to the carpus. It then continues down and ends on the medial side of the first digit, the dew claw. If the dog's dew claw has been removed it ends at the scar. There are 11 acupoints on the Lung channel.



The Lung influences not only the organ by the same name but also the skin and hair of the body, the immune system, the voice, nose, sinuses and trachea. The Lung is responsible for the movement of Qi (if a dog isn't breathing the Qi won't be moving). When a breath is taken in the Lung needs to be strong enough to send the breath down into the lower portion of the body where the Kidney grasps and roots the breath. In addition to this descending, the Lung also disperses Qi out to the surface of the body to moisten and protect the exterior. It helps with the circulation of Wei Qi or Protective Qi. The fluid related to the Lung is mucus, the orifice is the nose and the emotion is grief or prolonged sorrow. The Lung belongs to the Metal element and the Qi flow is from 3am to 5am.

Below are some of the key Lung points used on dogs. Please note we have not included every single point on the Lung channel.

LU 1 - Zhongfu, "Central Palace"

Location: in the space medial to the greater tubercle of the humerus in the superficial pectoral muscle at the level of the 1st intercostal space.

TCM function: regulates the Lungs, tonifies the Lungs, clears Heat, spreads Lung Qi (downward and outward).

Physical influence: cough, asthma, pulmonary disorders, chest pain or tightness in the neck, shoulder and chest.

Emotional influence: helps with grief by opening the chest.

Point Classification: Front Mu or Alarm point for the Lung

LU 7 - Lique, "Broken Sequence"

Location: is on the medial side of the front leg, proximal to the styloid process of the radius.

TCM function: regulates the Lungs, stimulates Wei Qi, clears Heat and Wind and Cold.

Physical influence: cervical stiffness and pain, intervertebral disc disease, carpal pain, facial paralysis, cough.

Point Classification: Luo Connecting point of the Lung channel, Master point for the Head

and Neck, Opening point for Ren Mai (Conception Vessel)

LU 9 - *Taiyuan*, “Great Abyss”

Location: on the medial side of the radiocarpal joint just cranial to the radial artery, at the level of HT 7.

TCM function: regulates and tonifies the Lungs, nourishes Lung Yin, transforms Phlegm affecting the Lungs, directs Lung Qi downward.

Physical influence: chronic cough, asthma, weak bark, carpal joint pain, shortness of breath, poor endurance.

Emotional influence: grief, inability to let go.

Point Classification: Yuan Source point for the Lung, Influential point for the Pulse and Blood Vessels

LU 11 - *Shaoshang*, “Lesser Metal”

Location: on the medial side of the 1st digit (dew claw) at the nail bed. If this digit has been removed, the point is where the scar is.

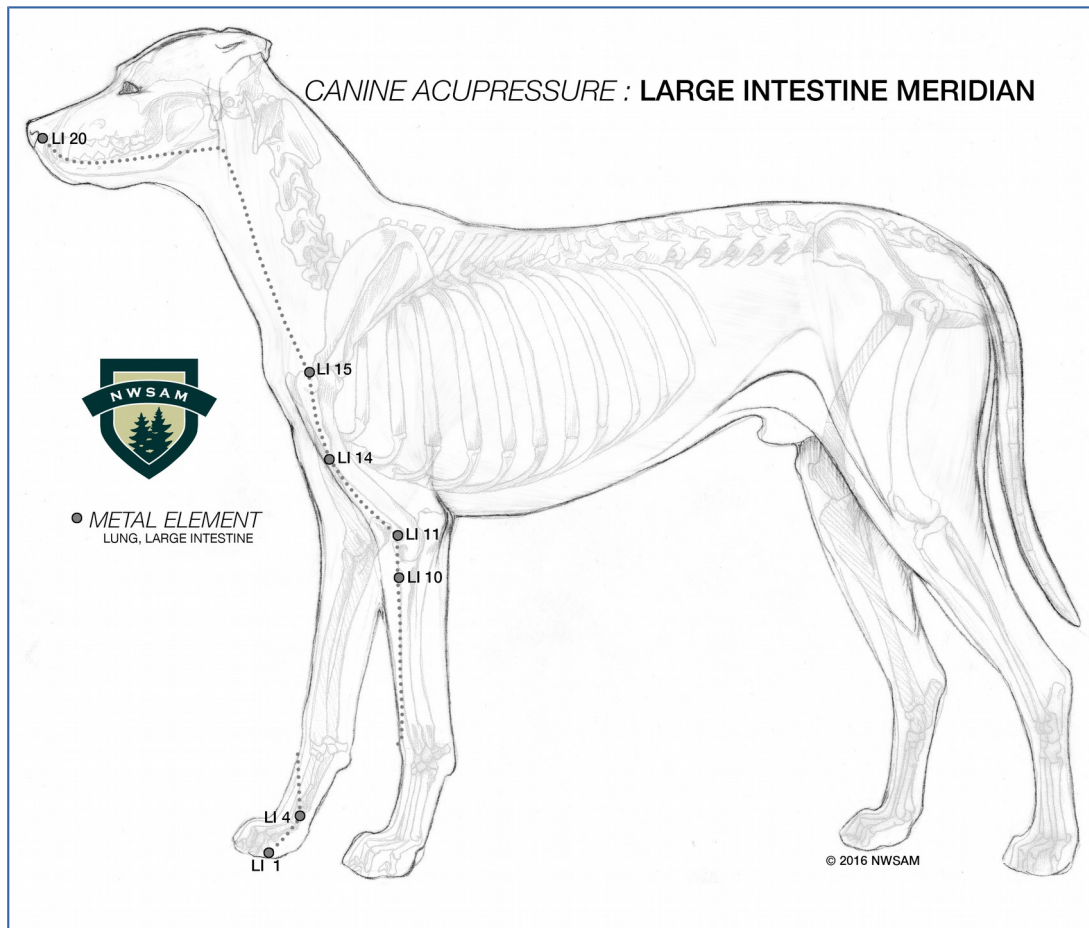
TCM function: regulates the Lungs, clears Heat from the Lungs, resuscitation point (all Jing-well points are resuscitation points) due to Heat stroke, shock, respiratory failure.

Physical influence: asthma, cough, allergy (dust, mold, pollen), nasal discharge, fatigue, loss of consciousness.

Emotional influence: calming effect in an acute situation such as hysteria, (although it may be unsafe to get to when this occurs).

Point Classification: Jing-well point

Large Intestine Channel and Point Locations



The Large Intestine is a Yang organ and its channel begins at the nail bed on the medial side of the second digit of the front foot. It travels up the medial side of the 2nd digit to LI 4 which is beneath the dew claw. If the dew claw has been removed then it is at the scar (as is LU 11). It then moves at an angle and in a cranial direction to cross over the front of the carpus and continues up the craniaolateral side of the leg in the cranial groove between the extensor muscles. It follows along the lower edge of the humerus to a point in front of the shoulder joint and from there it moves up the lower portion of the neck onto the jaw and ends at the side of the nostril on the other side of the body. (This is the only channel that crosses the center line of the body.) There are 20 acupoints along the Large Intestine channel.

The Large Intestine influences the Large Intestine organ itself as well as receives the food and water passed down from the Small Intestine, re-absorbs fluids and excretes feces. Along with the Lung it influences the skin. It belongs to the Metal element and the Qi flow is from 5am to 7am.

LI 1 - Shangyang, “Metal’s Note Yang”

Location: on the medial aspect of the 2nd digit of the front foot at the nail bed.

TCM function: spreads Lung Qi, clears Wind Heat from the surface of the body, clears Heat (fever, inflammation, infection).

Physical influence: nasal discharge, fever, respiratory infections, shoulder pain or lameness.

Emotional influence: calms the mind.

Point Classification: Jing-well point

LI 4 - Hegu, “Adjoining Valleys”

Location: on the medial side of the front leg at the midpoint of the second metacarpal bone. (Under the dew claw if one is present.)

TCM function: expels External Pathogenic Factors, moves Qi in the case of Qi stagnation, tonifies Wei Qi, regulates the Large Intestine, moistens the Large Intestine.

Physical influence: nasal discharge, cold, flu, fever, constipation, relaxes tendons and ligaments, facial paralysis, immunodeficiency, dental problems, hives, itchy skin, important pain control point, immune-mediated skin diseases, lupus.

Emotional influence: can clear emotional anxiety or agitation (clears Heat).

Point Classification: Yuan Source point for the Large Intestine, Master point for the Face and Mouth

Contraindicated in pregnancy

LI 10 - Shousanli, “Arm Three Mile”

Location: 2 cun distal to LI 11, on the lateral side of the foreleg between the extensor carpi radialis and the common digital extensor muscles. This point is the mirror image of St 36 on the hind leg.

TCM function: regulates digestion, tonifies Qi, removes obstruction from the LI channel.

Physical influence: diarrhea, bloating, chronic digestive issues, general weakness, gingivitis, stomatitis, pain along the channel. Can be used to build strength and endurance and improve digestion.

LI 11 - *Quchi*, “Crooked Pool”

Location: This is a movable point. To find it, flex the elbow, the point is on the lateral side of the foreleg in the transverse cubital crease.

TCM function: clears the surface of the body from External Pathogenic Factors, clears Damp Heat in the lower Jiao, cools the Blood, moves the Blood, moistens and regulates the Large Intestine.

Physical influence: elbow pain, foreleg paralysis, fever, abdominal pain, diarrhea, constipation, vomiting, clears heat from fever or inflammation, hives, itchy skin, rashes, epilepsy.

Emotional influence: can clear emotional anxiety or agitation.

LI 14 – *Binao*, “Shoulder Clavicle”

Location: 2 cun caudoventral to LI 15.

Physical influence: shoulder pain and lameness, cervical pain, intervertebral disc disease.

LI 15 - *Jianyu*, “Shoulder’s Corner”

Location: cranial and distal to the acromion on the cranial margin of the acromial head of the deltoid muscle.

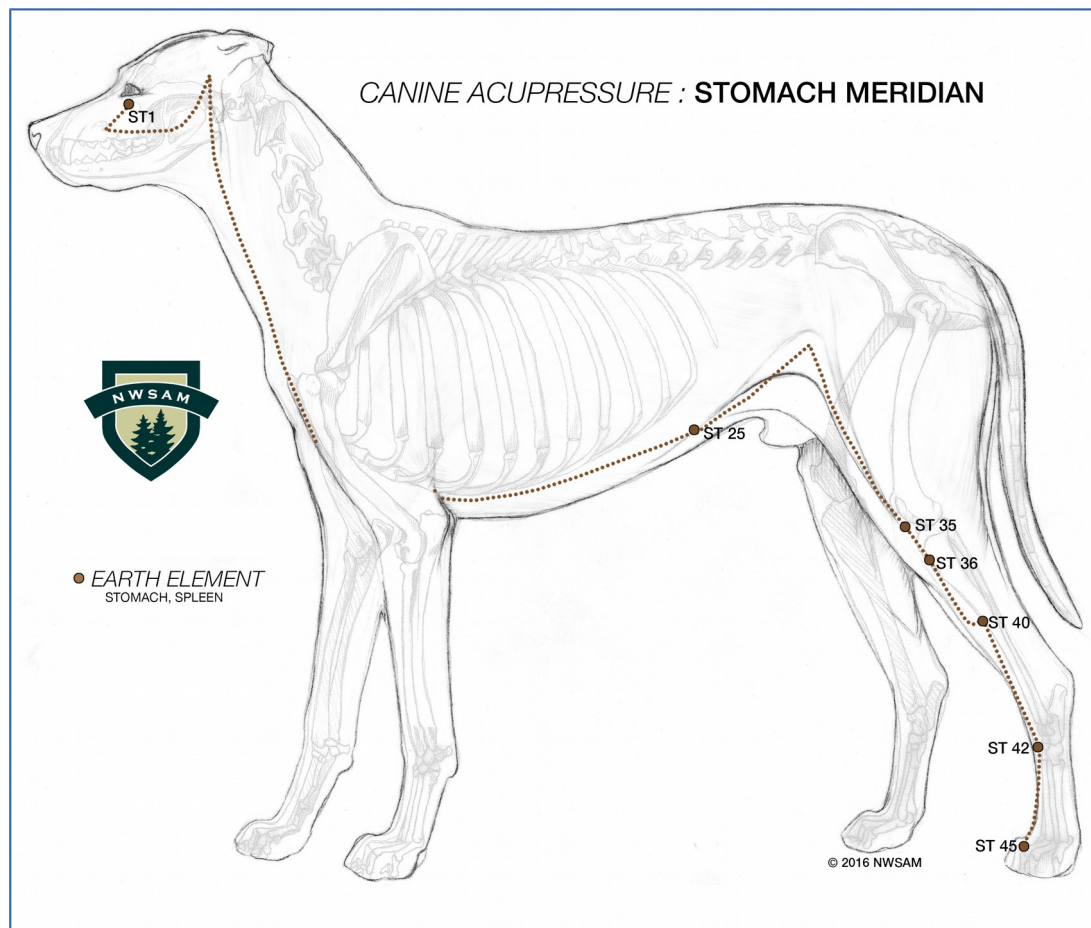
Physical influence: shoulder pain and lameness, cervical pain, intervertebral disc disease.

LI 20 - *Yingxiang*, “Welcome Fragrance”

Location: in a depression just caudal to the nostril, the channel actually crosses the center line and ends on the opposite side.

Physical influence: nasal congestion, facial paralysis, heat stroke, cough, fever, cold, sinusitis.

Stomach Channel and Point Locations



Even though the Stomach is a Yang organ, the channel flows along the more Yin aspect of the dog's body. It is sometimes referred to as the “most Yin of the Yang organs”. The Stomach channel begins just beneath the eye in the center of the lower lid. It goes down towards the mouth and then curves back up along the jaw to the temporomandibular joint (TMJ). Then it runs along the lower portion of the neck, along the chest between the front legs and along the ventral midline approximately 2 cun from the center line. The channel travels up into the groin area and surfaces on the outside of the body and then down along the cranio-lateral aspect of the hind leg, over the stifle and hock and ends at the nail bed on the lateral side of the 3rd digit of the hind foot. (Note, most dogs only have 4 digits on the hind foot and they are numbered from 2-5, with 2 being the most medial. If the dog has a hind dew claw it is digit 1.) There are 45 points along the Stomach channel.

The Stomach influences the structures and organs along the Stomach channel including the eyes, mouth, jaw, lower neck, digestive system and stifle. It also controls the digestion of food, the transportation of the food essences, and serves as the originator of fluids. Stomach Qi descends. It belongs to the Earth element and the Qi flow time is from 7am to 9am.

ST 1 - Chengqi, "Contain Tears"

Location: at the midpoint beneath the eye.

TCM function: brightens the eyes, clears Heat and Wind, opens the ST channel.

Physical influence: acute and chronic eye disorders, abnormal tear production, eyelid twitching, facial paralysis in the area.

ST 25 - Tianshu, "Heavenly Pillar"

Location: 1.5 to 2 cun lateral to the umbilicus.

TCM function: regulates the Spleen and Stomach, regulates the Intestines, regulates the Blood, relieves obstruction along ST channel, resolves Dampness, resolves Damp Heat.

Physical influence: vomiting, inflammatory bowel disease, bloating, diarrhea, constipation.

Point Classification: Front Mu or Alarm point for the Large Intestine

ST 35 - Dubi, "Calf's Nose"

Location: distal to the patella and lateral to the patellar ligament. Also referred to as the lateral eye of the knee or Waixiyan.

Physical influence: stifle pain and osteoarthritis, ligament disorders and hind leg weakness.

ST 36 - Zusanli, "Foot 3 Mile"

Location: on the craniolateral aspect of the hind leg, 3 cun below ST 35, 0.5 cun lateral to the cranial aspect of the tibial crest, in the belly of the cranial tibialis muscle. It is a long linear point.

TCM function: tonifies Qi of the entire body, tonifies Spleen Qi, tonifies Lung Qi, tonifies Kidney Qi, redirects rebellious ST Qi downward.

Physical influence: constipation, diarrhea, nausea, vomiting, gastric ulcers, food stasis, stifle issues, general weakness, fatigue, any digestive issue.

Emotional influence: chronically anxious but doesn't escalate to panic, focus problems.

Point Classification: Master point for the Abdomen and Gastrointestinal System

ST 40 - Fenglong, "Abundant Flourishing"

Location: on the lateral side of the hind leg, halfway between the lateral malleolus of the fibula and the top of the tibia.

TCM function: clears Phlegm (both physical and mental), transforms Dampness and Damp Heat, regulates the Stomach and Intestines, clears Stomach Heat.

Physical influence: obesity, lipomas, phlegm, edema, constipation, hind leg paralysis.

Emotional influence: anxiety, disorientation.

Point Classification: Influential point for Phlegm, Luo Connecting point of the Stomach channel

ST 42 - Chongyang, "Rushing Yang"

Location: on the cranial aspect of the metatarsus at the junction of the 3rd and 4th metatarsal bones.

TCM function: regulates the Stomach, clears Stomach Fire and Heat, dispels Wind.

Physical influence: facial paralysis, dental problems, epilepsy, gastric pain.

Point Classification: Yuan Source Point for the Stomach

ST 45 - Lidui, "Evil's Dissipation"

Location: on the lateral side of the 3rd digit at the nail bed.

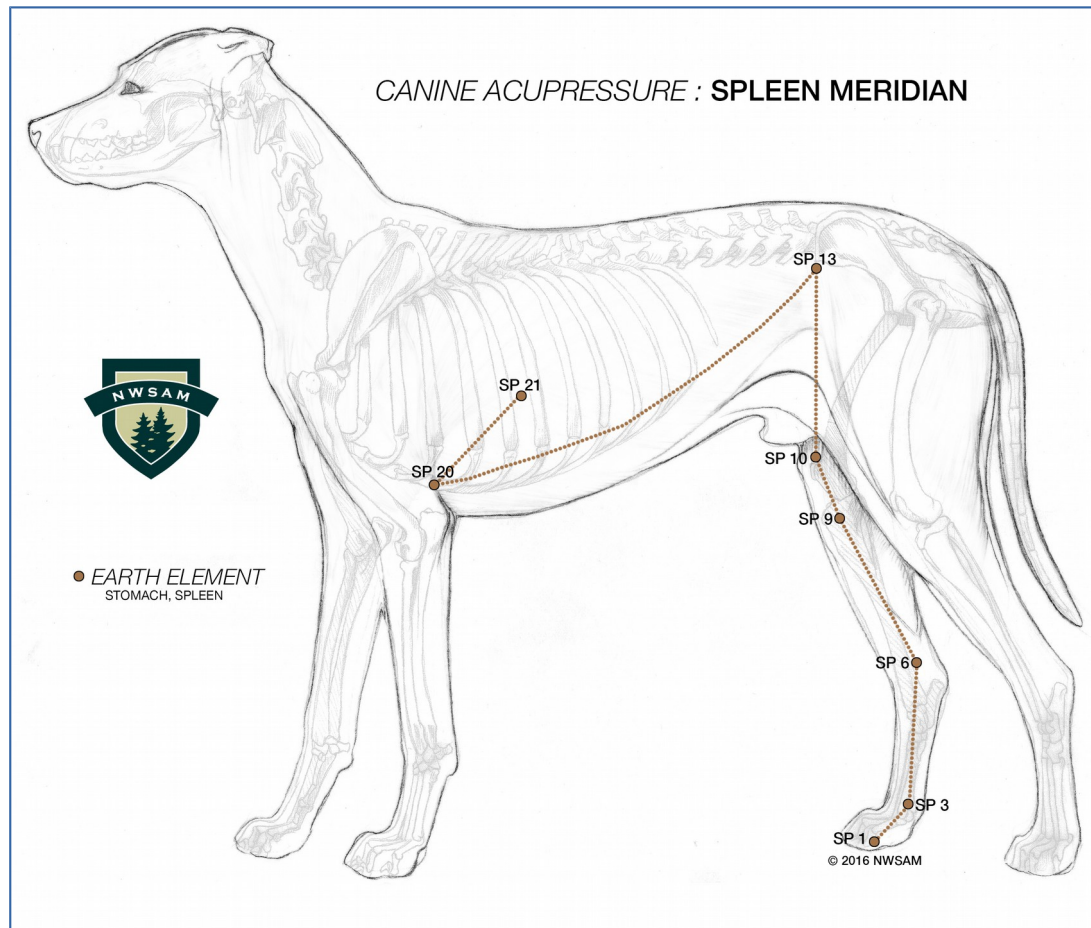
TCM function: calms Stomach Heat, calms Heart Fire, regulates the Stomach.

Physical influence: TMJ, dental issues, abdominal pain, stifle issues.

Emotional influence: calms the mind if agitation is from ST heat.

Point Classification: Jing-well point

Spleen Channel and Point Locations



The Spleen is a Yin organ and its channel begins on the medial side of the 2nd digit of the hind foot at the nail bed. (Note most dogs only have 4 digits on the hind foot and digit 2 is the most medial one. If there is a hind dew claw, this is digit 1 and technically the Spleen meridian would begin at the nail bed of the dew claw.) It travels up the inside of the leg, over the medial side of the hock and stifle to a point in the groin area. The energy then moves to the outside of the body and flows up to the front of the tuber coxae (point of hip), then runs along the side of the abdomen to the 4th intercostal space at the level of the elbow before turning back and moving along the ribcage to the 6th intercostal space at the level of the shoulder joint or slightly higher on some dogs. There are 21 acupoints on the Spleen channel.

The Spleen influences the Spleen and pancreas organs and aides in digestion. It regulates transportation and transformation of liquid and solids of digestion to create Nutrient or Ying Qi. It keeps the blood within the blood vessels and keeps the organs in place. It controls the muscles and the four limbs. Through the Nutrient Qi, the Spleen creates the Blood. The orifice

related to it is the mouth and often dogs with a Spleen imbalance will be overly mouthy. The fluid is saliva and the emotion is worry or over-thinking. It belongs to the Earth element and the Qi flow is from 9am to 11am.

SP 1 - *Yinbai*, “Hidden Clarity”

Location: on the medial aspect of the 2nd digit of the hind foot at the nail bed. If the dog has a hind dew claw this point is located on it.

TCM function: regulates and tonifies the Spleen.

Physical influence: lack of appetite, bloating, chronic diarrhea, blood in stool.

Emotional influence: calms the mind (spirit), depression, hyper or manic behavior.

Point Classification: Jing-well point

SP 3 - *Taibai*, “Great Brightness”

Location: just proximal to the metatarsophalangeal joint on the medial side of the 2nd metatarsal bone.

TCM function: regulates and tonifies Spleen Qi and Spleen Yang, regulates Stomach Qi and Stomach Yin, clears Heat, regulates the Large Intestine, transforms Dampness and Damp Heat.

Physical influence: any Spleen disorder (digestive issues, diarrhea, constipation, obesity, etc.).

Emotional influence: worry, trouble retaining lessons or trouble focusing.

Point Classification: Yuan Source point of the Spleen

SP 6 - *Sanyinjiao*, “Three Yin Junction”

Location: 3 cun above the proximal tip of the medial malleolus, on the caudal border of the tibia. Opposite GB 39.

TCM function: regulates and tonifies Spleen Qi, regulates the Stomach, strengthens the Kidneys, clears Heat, nourishes Liver Yin, subdues Liver Yang and regulates Liver Qi. Junction of three Yin channels of hind leg (Spleen, Liver, Kidney).

Physical influence: fatigue, urinary tract disorders, endometriosis, uterine infections, infertility, diarrhea, hind limb paralysis, abnormal cycling.

Emotional influence: chronic worry.

Point Classification: Master point for the Caudal Abdomen and Urogenital System

Contraindicated in pregnancy

SP 9 - Yinlingquan, "Yin Mound Spring"

Location: in a depression between the distal border of the medial condyle of the tibia and the gastrocnemius muscle.

TCM function: tonifies Yin, clears Damp.

Physical influence: edema, diarrhea, stifle pain, urinary incontinence.

SP 10 - Xuehai, "Sea of Blood"

Location: with the stifle flexed, 2 cun proximal and medial (diagonally) to the patella, in a depression just cranial to the sartorius muscle.

TCM function: cools Blood, nourishes Blood, called the "Sea of Blood".

Physical influence: fever, edema, diarrhea, incontinence, heat toxin, irregular heat cycles, stifle pain and arthritis.

SP 13 - Fushe, "Bowel Abode"

Location: 0.5 cun cranioventral to the tuber coxae.

Physical influence: abdominal pain, hip dysplasia, hernia.

SP 20 - Zhourong, "Encircling Glory"

Location: in the 4th intercostal space at the level of the elbow.

Physical influence: cough

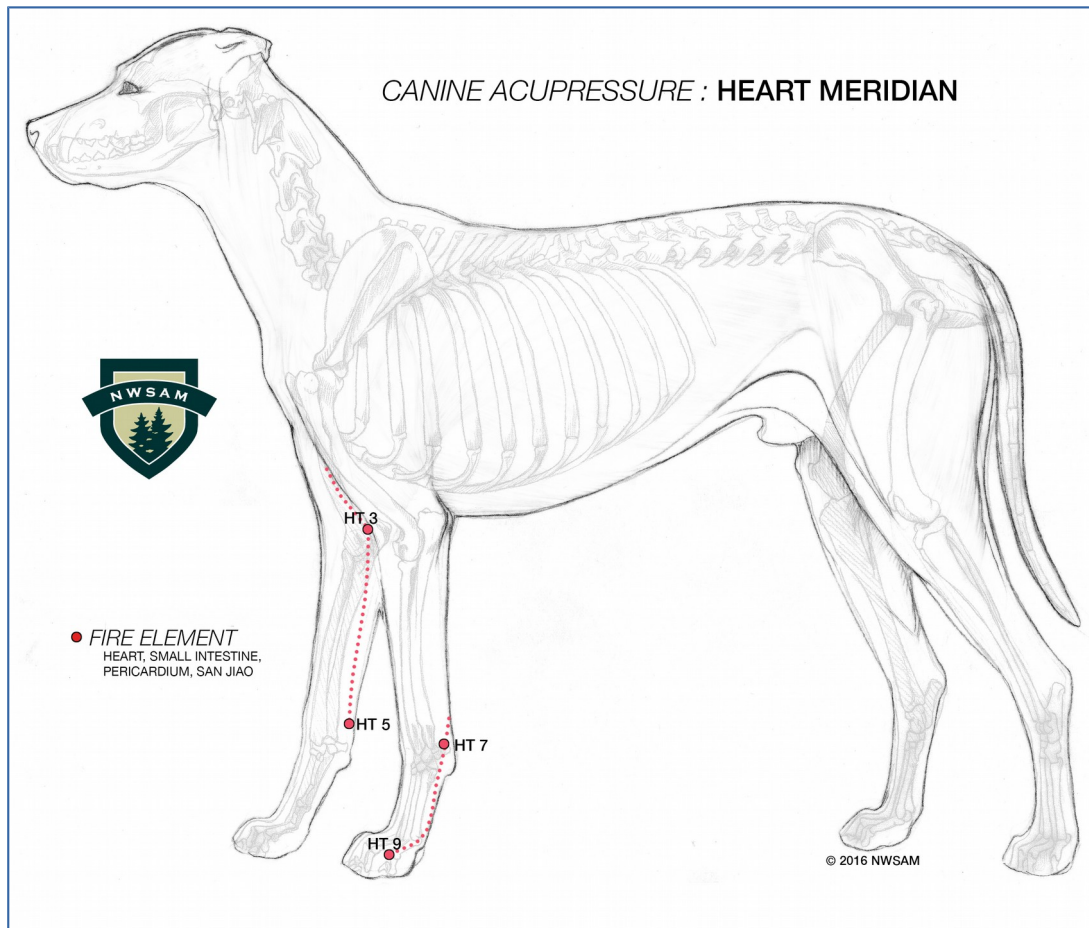
SP 21 - Dabao, "Great Envelope"

Location: at the 6th intercostal space at the level of the shoulder joint or slightly higher.

Physical influence: pain in the body, digestive disorders, Wei syndrome.

Point Classification: Special Luo Connecting point of the Spleen

Heart Channel and Point Locations



The Heart is a Yin organ and its channel begins in the center of the armpit and flows down the caudomedial aspect of the front leg and crosses the back of the leg to move to the caudolateral side just above the accessory carpal bone. It then continues down the caudolateral aspect to the medial side of the 5th digit at the nail bed. There are 9 acupoints on the Heart channel.

The Heart influences the Heart organ and is seen as the Monarch of the body, therefore overseeing all the functions and organs of the body. The heart governs the Blood and controls the blood vessels. It houses the mind/Shen/Spirit of the dog. It regulates Heat by controlling sweating and regulates the nervous system. The emotion is joy which can turn to mania when the dog is out of balance. The fluid is sweat and the orifice is the tongue. The Heart belongs to the Fire element and the time of Qi flow is from 11 am to 1 pm.

HT 1 - Jiquan, "Utmost Spring" - (not pictured here)

Location: in the center of the axillary space (dog's armpit). It works best to stroke through this area to work this point.

TCM function: calms the Shen, tonifies Yin.

Physical influence: chronic shoulder lameness, scapular nerve paralysis, thoracic pain.

Emotional influence: calms the Spirit

HT 3 - Shaohai, "Lesser Sea"

Location: located between the medial end of the transverse cubital crease and the medial epicondyle of the humerus.

Physical influence: elbow pain, chest pain, heart pain.

Emotional influence: calms the Spirit

HT 5 - Tongli, "Inner Communication"

Location: on the caudolateral aspect of the front leg, approximately 1.5 cun above the carpus.

TCM function: tonifies the Heart, clears Heart Fire, calms the Spirit.

Physical influence: sleep disorders, restlessness, anxiety, carpal pain.

Point Classification: Luo Connecting Point of the Heart

HT 7 - Shenmen, "Spirit Gate"

Location: on the lateral transverse crease of the carpal joint in the large depression lateral to the tendon of the flexor carpi ulnaris muscle. Opposite PC 7.

TCM function: regulates and tonifies the Heart, nourishes the Blood, transforms Heart Phlegm, clears Heart Fire.

Physical influence: carpal problems, behavioral problems, epilepsy, hyperactivity, fever.

Emotional influence: anxiety, mental agitation, restlessness, panic, easily startled, spooky, can't relax, calms the Shen.

Point Classification: Yuan Source point for the Heart

HT 9 - *Shaochong*, “Lesser Rushing”

Location: on the medial side of the 5th digit of the front foot at the nail bed.

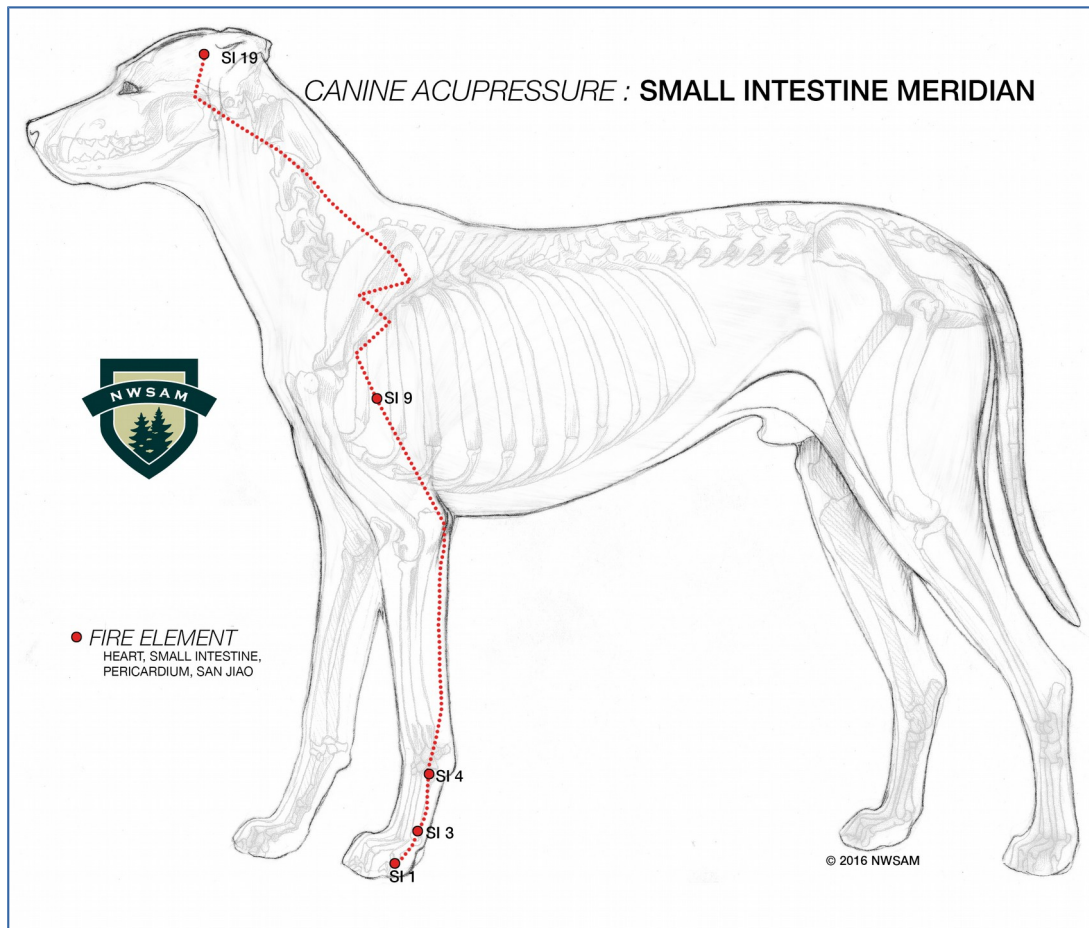
TCM function: regulates the Heart, clears Heart Fire.

Physical influence: coma, fever, front limb pain, shoulder pain, irregular heartbeat.

Emotional influence: calms the Shen.

Point Classification: Jing-well point

Small Intestine Channel and Point Locations



The Small Intestine is a Yang organ and its channel begins on the lateral side of the 5th digit of the front foot at the nail bed. It travels up the lateral side of the 5th metacarpal bone and once it gets past the carpus and HT 7, it then moves to the caudolateral aspect of the leg. The channel goes to the elbow and then over the tricep muscle, over the scapula and up the neck to end at the base of the ear. There are 19 acupoints on the Small Intestine channel.

The Small Intestine influences the shoulder, back, neck and ear areas. It controls the receiving and transforming from the Stomach. It separates the turbid from the clear fluids and is related to discernment. It regulates the functions of the Intestines and regulates body fluids. The Small Intestine belongs to the Fire element and the time of Qi flow is from 1pm to 3pm.

SI 1 - Shaoze, “Young Marsh”

Location: on the lateral aspect of the 5th digit of the front foot at the nail bed.

TCM function: clears Heat, dispels Wind Heat, removes obstruction from the SI channel.

Physical influence: fever, coma, shoulder pain, neck pain.

Emotional influence: mental illness.

Point Classification: Jing-well point

SI 3 - Houxi, “Back Stream”

Location: proximal to the metacarpophalangeal joint on the lateral side of the 5th metacarpal bone.

TCM function: clears Wind, clears Wind Heat.

Physical influence: cervical pain, intervertebral disc disease, back pain, local effect for front foot pain, contracted tendons and ligaments, twitchy muscles of foreleg and elbow, seizures, chronic pain.

Emotional influence: hysteria, mania, calms the Spirit.

Point Classification: Opening point of the Du Mai (Governing Vessel)

SI 4 - Wangu, “Wrist Bone”

Location: on the lateral side of the front leg, distal to the carpal joint, caudolateral to the base of the 4th metacarpal bone. Opposite LI4.

Physical influence: carpal pain and arthritis, cervical pain, intervertebral disc disease, jaundice, fever.

Point Classification: Yuan Source point for the Small Intestine

SI 9 - Jianzhen, “Shoulder Integrity”

Location: in a large depression along the caudal border of the deltoid muscle between the long and lateral heads of the triceps brachii muscle at the level of the shoulder joint.

TCM function: dispels Wind.

Physical influence: shoulder pain, shoulder weakness, shoulder inflammation, stiffness of shoulder, stiffness of front leg and neck.

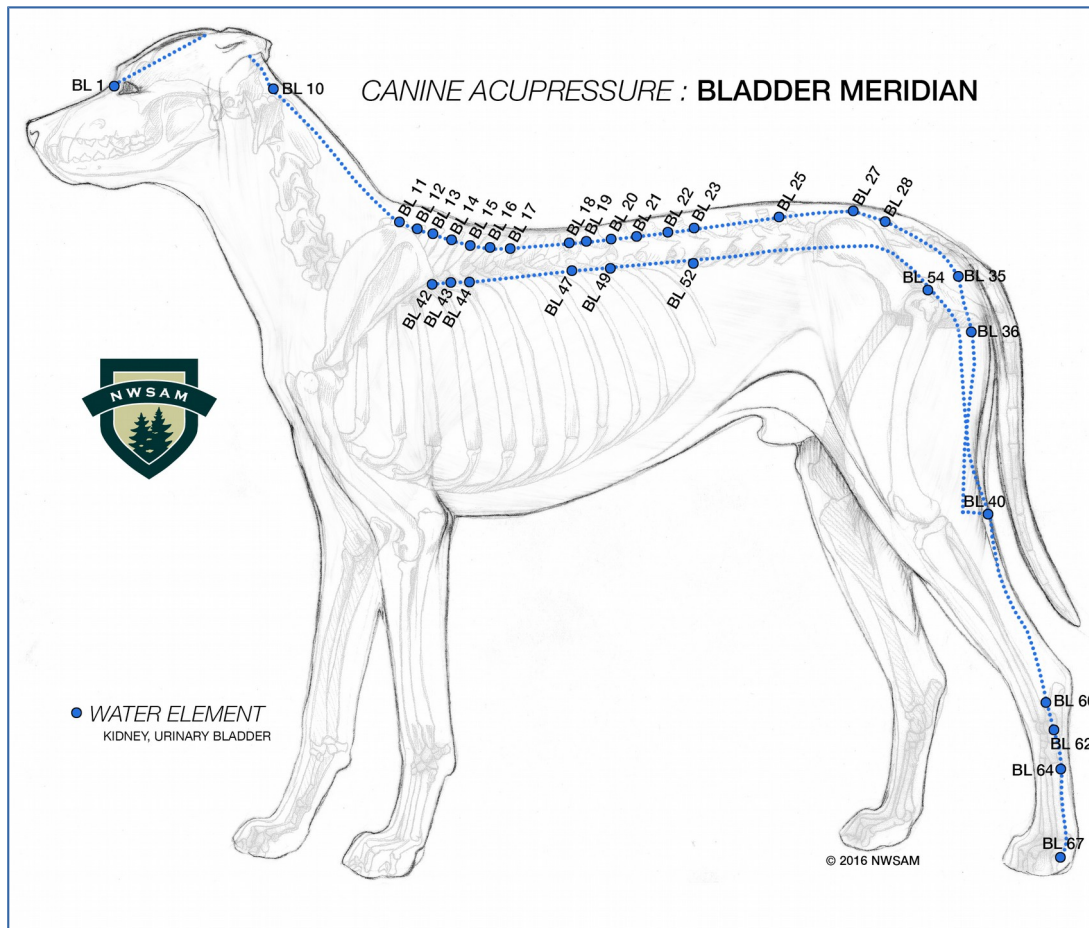
SI 19 - *Tinggong*, “Palace of Hearing”

Location: dorsal to the temporomandibular joint (TMJ), ventral to the inter-tragic notch, in a depression at rostromedial corner of ear base.

Physical influence: any kind of ear problems, deafness, inflammation, inner ear problems/infections.

Emotional influence: calms the Spirit.

Urinary Bladder Channel and Point Locations



The Bladder (or Urinary Bladder) is a Yang organ and its channel begins at the inner corner of the eye and then runs up the forehead, between the ears and along the neck just below the dorsal midline. As it nears the scapula in the vicinity of BL 11 it splits into two branches and runs parallel to the spine. These two branches come back together at BL 40 and then the single channel continues down the caudolateral aspect of the hind leg to the lateral side of the 5th digit at the nail bed. There are 67 acupoints on the Bladder channel.

The Bladder influences the entire body and is one of the longest channels. It stores and excretes urine, belongs to the Water element and the Qi flow time is 3pm to 5pm.

BL 1 - Jingming, "Eyes Clarity"

Location: indentation at the medial canthus of the eye.

Physical influence: eye problems, conjunctivitis, uveitis.

BL 10 - Tianzhu, “Heaven's Pillar”

Location: approximately 1.5 cun lateral to the dorsal midline, in a depression just caudal to the wings of the atlas, between C1 and C2.

TCM function: clears Heat, dispels Wind and Wind Cold, opens the sensory orifices.

Physical influence: 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 - Dazhu, “Great Shuttle”

Location: at the cranial edge of the scapula, 1.5 cun lateral to the dorsal spinous process of T1.

TCM function: regulates Heat in upper body and chest.

Physical influence: arthritis, painful joints, degenerative joint disease especially of neck, shoulder and spine.

Point Classification: Influential point for Bone

BL 12 - Fengmen, “Wind Gate”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of T2.

TCM function: regulates the Lungs, dispels Wind, Wind Cold and Wind Heat, clears the surface (skin and Wei Qi).

Physical influence: use for acute conditions such as colds, flu, sneezing, allergies, rashes, relaxes muscles of withers and shoulders due to location.

Point Classification: Influential point for Wind and Trachea

Bladder points 13-28 are the Back Shu or Association points related to the 12 major organs and channels. They are all located 1.5 cun lateral to the caudal border of the dorsal spinous process and they have an exterior/interior relationship with the organ they represent.

Sensitivity on an Association point may indicate a local issue or may indicate something going on along the flow of the channel and/or with the internal organ.

The outer Bladder points are another 1.5 cun below the Association points and the ones listed here can help with emotional issues related to the Yin Association point they are paired with.

BL 13 – Feishu, “Lung's Hollow” and BL 42 - Pohu, “Corporeal Soul Door”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of T3. BL 42 is 1.5 cun below BL 13.

TCM function: strengthens and regulates the Lungs, expands the chest, dispels Wind, Wind Heat, Wind Cold, clears Heat, transforms Phlegm.

Physical influence: respiratory issues, cough, bronchitis, asthma, pneumonia, nasal congestion.

Emotional influence: grief, difficulty letting go.

Point Classification: Back Shu (Association point) for the Lung

BL 14 – Jueyinshu, “Absolute Yin Hollow” and BL 43 - Gaohuangshu, “Fatty Vital Hollow”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of T4. BL 43 is 1.5 cun below BL 14.

TCM function: spreads Liver Qi (6 channel pairing), regulates and tonifies the Heart.

Physical influence: anxiety, vomiting, cough, chest pain.

Emotional influence: anxiety. BL 43 – helps with chronic, hopeless conditions

Point Classification: Back shu (Association point) for the Pericardium

BL 15 – Xinshu, “Heart's Hollow” and BL 44 - Shentang, Spirit House”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of T5. BL 44 is 1.5 cun below BL 15.

TCM function: regulates and tonifies the Heart, clears Heart Fire, clears Heat, clears Wind.

Physical influence: heart palpitations, heart failure, cognitive dysfunction, sleep disorders, epilepsy.

Emotional influence: nourishes the Shen, calms agitation and anxiety, mania.

Point Classification: Back shu (Association point) for the Heart

BL 16 – Dushu, “Governing Hollow”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of T6.

TCM function: clears Excess Yang from GV (Du) channel, clears Heat, cools the Blood.

Physical influence: relieves chest tension and pain, pain along the GV (Du) channel, IVDD.

Point Classification: Back shu point for the Governing Vessel (Du)

BL 17 – Geshu, “Diaphragm's Hollow”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of T7.

TCM function: influences Blood, regulates diaphragm, regulates and tonifies the Spleen (Blood production), clears Heat, nourishes Yin.

Physical influence: 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.

Point Classification: Back shu point for the Diaphragm, Influential point for Blood

BL 18 – Ganshu, “Liver's Hollow” and BL 47 - Hunmen, “Spiritual Soul Gate”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of T10. BL 47 is 1.5 cun below BL 18.

TCM function: brightens the eyes (orifice related to the Liver).

Physical influence: liver diseases, hypertension, epilepsy, IVDD of thoracolumbar area.

Emotional influence: cranky, irritable and aggressive.

Point Classification: Back shu (Association point) for the Liver

BL 19 – Danshu, “Gall Bladder's Hollow”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of T11.

TCM function: helps move Liver Qi.

Physical influence: helps with gall bladder diseases, IVDD.

Point Classification: Back shu (Association point) for the Gall Bladder

BL 20 – Pishu, “Spleen's Hollow” and BL 49 - Yishe, “Intelligence Lodge”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of T12. BL 49 is 1.5 cun below BL 20.

TCM function: regulates the Spleen, nourishes the Blood, transforms Dampness.

Physical influence: pancreatic and digestive disorders, vomiting, anemia, bloating, loose stool, diarrhea, poor appetite or obsessive about food, edema.

Emotional influence: anxiety.

Point Classification: Back shu (Association point) for the Spleen

BL 21 – Weishu, “Stomach's Hollow”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of T13.

TCM function: clears Stomach Heat, relieves Stomach Yin Deficiency, redirects rebellious Stomach Qi downward.

Physical influence: ulcers, gastrointestinal and pancreatic diseases, loss of appetite, obsessive appetite (trying to cool heat in ST), vomiting, abdominal pain, constipation.

Emotional influence: agitation.

Point Classification: Back shu (Association point) for the Stomach

BL 22 – Sanjiaoshu, “Triple Burners's Hollow”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of L1.

TCM function: strengthens Kidney Yang, clears Dampness.

Physical influence: edema, vomiting, diarrhea, IVDD, abdominal pain, endocrine disorders, intra-abdominal masses.

Point Classification: Back shu (Association point) for the San Jiao (Triple Heater)

BL 23 – Shenshu, “Kidney's Hollow” and BL 52 - Zhishi, “Will's Chamber”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of L2. BL 52 is 1.5 cun below BL 23.

TCM function: regulates the Kidneys, tonifies Kidney Yin.

Physical influence: 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, renal diseases, coxofemoral joint osteoarthritis.

Emotional influence: fear, agitation, over-reactive.

Point Classification: Back shu (Association point) for the Kidney

BL 25 – Dachangshu, “Large Intestine's Hollow”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of L5.

TCM function: regulates the Intestines.

Physical influence: diarrhea, constipation, abdominal pain, IVDD, lumbar pain.

Point Classification: Back shu (Association point) for the Large Intestine

BL 27 – Xiaochangshu, “Small Intestine's Hollow”

Location: 1.5 cun lateral to the caudal border of the dorsal spinous process of L7.

Physical influence: abdominal pain, diarrhea, urinary incontinence, lumbosacral pain.

Point Classification: Back shu (Association point) for the Small Intestine

BL 28 – Pangguangshu, “Bladder's Hollow”

Location: 1.5 cun lateral to the dorsal midline between the sacrum and the medial border of the wing of the ilium.

TCM function: regulates the Bladder, strengthens Kidney Yang.

Physical influence: urination problems, diarrhea, constipation, back pain.

Point Classification: Back shu (Association point) for the Urinary Bladder

BL 35 - Huiyang, "Meeting of Yang"

Location: in the crease lateral to the tail base, just lateral to the sacrocaudal space, 1.5 cun lateral to the dorsal midline.

Physical influence: bloody diarrhea, anal itchiness, sacrocaudal pain, tail paralysis.

BL 36 - Chengfu, “Bearing Support”

Location: ventral to the lateral border of the ischial tuberosity in the groove between the bicep femoris and the semitendinosus muscles.

TCM function: improves Qi circulation.

Physical influence: low back pain, perianal disorders, hind leg paralysis.

BL 40 - Weizhong, “Entrusting Middle”

Location: in the center of the popliteal crease.

TCM function: removes obstruction along the BL channel, relaxes the sinews, dispels Wind, clears Heat, cools the Blood, transforms Damp Heat.

Physical influence: muscle spasms in low back, chest, hind end, back pain, hip pain, stifle pain, urinary incontinence, IVDD, autoimmune disease, vomiting, diarrhea.

Point Classification: Master point for Low Back and Hips

BL 54 - Zhibian, “Border's Frontier”

Location: just dorsal to the greater trochanter of the femur.

Physical influence: pain and tension in gluteal muscles, hip pain and arthritis, hind limb lameness, muscle atrophy in the area, immune mediated disorders, perianal disorders.

BL 60 - Kunlun, “Kunlun Mountains”

Location: between the lateral malleolus and the calcaneal tuber. Opposite KID 3.

TCM function: clears Heat, expels Wind, removes obstruction along the BL channel, moves Qi and Blood, expedites labor.

Physical influence: referred to as the Aspirin Point, can help with pain anywhere in the body, hock pain, swelling, relaxes the sinews, IVDD, dystocia.

Contraindicated in pregnancy

BL 62 - Shenmai, “Extending Vessel”

Location: in a depression just distal to the lateral malleolus of the fibula.

TCM function: dispels Wind and Cold, clears Heat and Fire, clears the BL channel.

Physical influence: ataxia and weakness of all 4 limbs, mostly used for disorders of the head, eye disorders, seizures.

Point Classification: Opening point for Yang Qiao Mai

BL 64 - Jinggu, “Central Bone”

Location: on the lateral aspect of the hind leg, distal to the proximal end of the 5th metatarsal bone.

Physical influence: cervical stiffness, headache, back pain.

Point Classification: Yuan Source point for the the Bladder

BL 67 - Zhiyin, “Reaching Yin”

Location: on the lateral aspect of the 5th digit of the hind foot at the nail bed.

TCM function: dispels Wind, clears Heat.

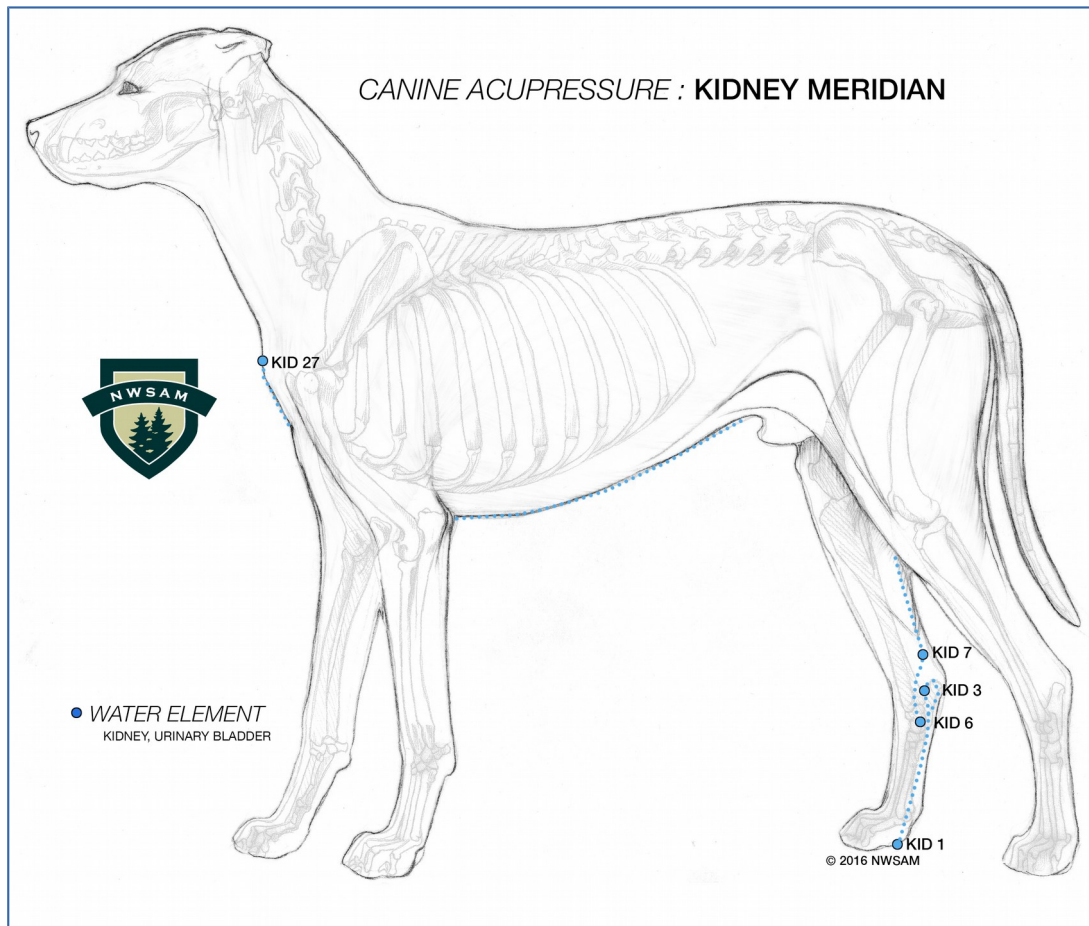
Physical influence: nasal congestion and discharge, eye diseases, dystocia, can flip the

fetus in a breech presentation.

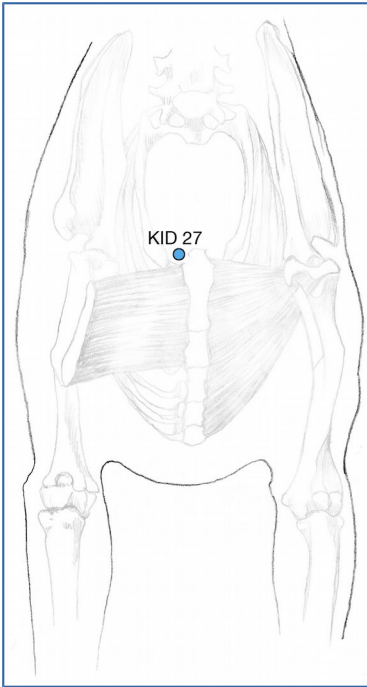
Point Classification: Jing-well point

Contraindicated in pregnancy

Kidney Channel and Point Locations



The Kidney is a Yin organ and its channel begins on the bottom of the hind foot at the pad. It comes up the caudomedial aspect of the hind leg to the medial side of the hock, does a small circle around the medial malleolus and continues up the leg to the groin area. It is the closest channel to the ventral midline (Ren or CV channel) at about 1 cun off the midline and ends in the chest on either side of the manubrium. There are 27 points on the Kidney channel.



The Kidney influences the low back, stifles, hocks, bones, teeth, reproductive organs, kidneys and urinary bladder system. It stores the Essence and governs birth, growth, reproduction and development. It produces marrow and dominates water metabolism. The Kidneys grasps Qi from the Lungs and the orifice is the ears and two lower orifices of the body. The related emotion is fear. The Kidneys belong to the Water element and the time of Qi flow is from 5pm to 7pm.

KID 1 - Yongquan, “Gushing Spring”

Location: just above the central pad on the bottom of the hind foot.

TCM function: tonifies the Kidneys, clears Heat and Fire from the head and the Heart.

Physical influence: coma, heat stroke, constipation, urinary incontinence.

Emotional influence: calms the spirit.

Point Classification: Jing-well point

KID 3 - Taixi, “Great Stream”

Location: between the medial malleolus and the calcaneal tuber. Opposite BL 60.

TCM function: tonifies the Kidneys.

Physical influence: urinary problems, low back weakness, hind leg weakness, dry eyes, dry coat, premature aging, hearing issues, muscle wasting, bone problems, infertility, diabetes, abnormal cycling, renal failure, diabetes, IVDD.

Emotional influence: fearful, agitated, over-reactive.

Point Classification: Yuan Source point for the Kidneys

KID 6 - Zhaohai, “Luminous Sea”

Location: in a depression below the medial prominence of the medial malleolus.

TCM function: tonifies the Kidneys, clears Heat.

Physical influence: frequent urination, constipation, reproductive problems, abnormal cycling, infertility, stifle injuries.

Emotional influence: restless, over-reactive, nervous, depression.

Point Classification: Opening point for Yin Qiao Mai

KID 7 - Fuliu, “Repeated Current”

Location: on the medial side of the hind leg approximately 2 cun above KID 3.

TCM function: tonifies Kidney Qi, tonifies Wei Qi, regulates the Bladder, regulates sweating.

Physical influence: diarrhea, edema, hind leg paralysis.

KID 27 - Shufu, “Conveying Palace”

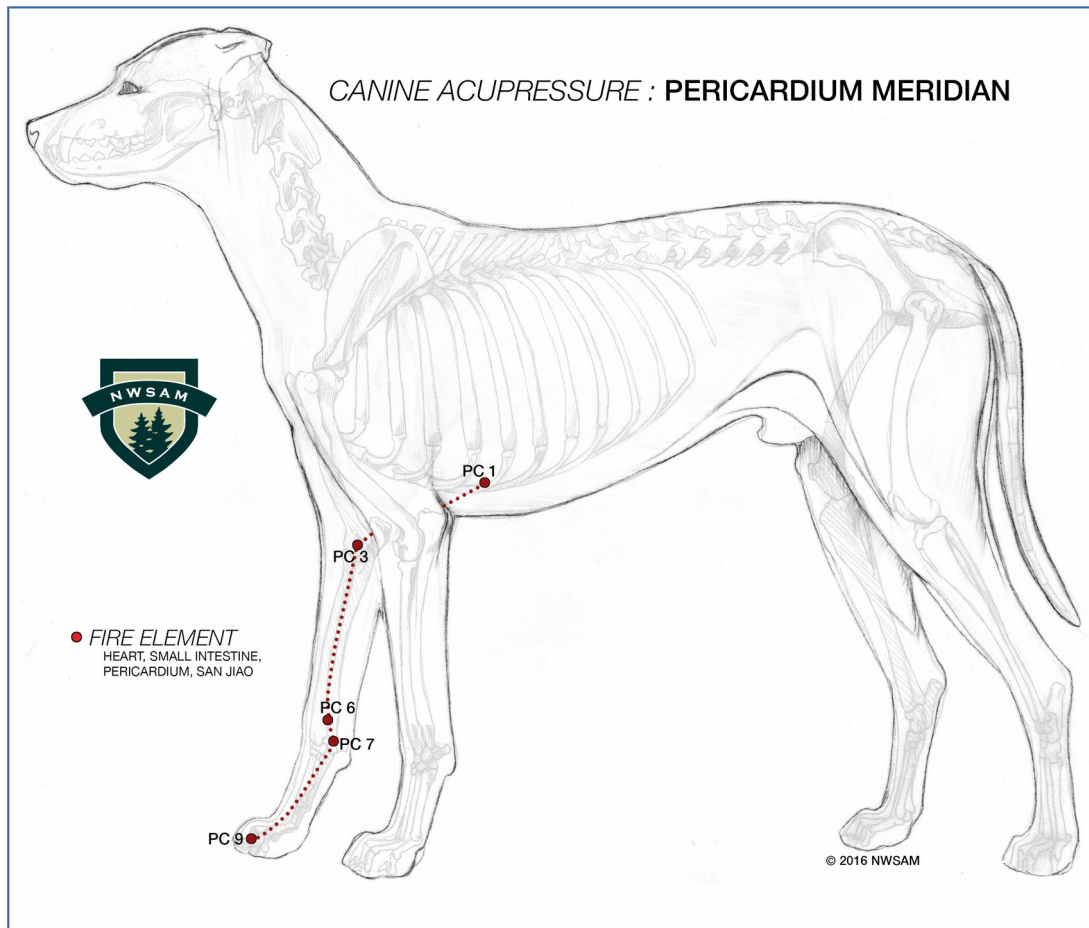
Location: between the manubrium and the 1st rib, 1-2 cun lateral to the ventral midline.

TCM function: regulates the Lungs, redirects rebellious Qi downward, strengthens Zong Qi, strengthens Kidney Yang.

Physical influence: chest pain, cough, asthma, wheezing, shortness of breath, nausea, immune mediated diseases.

Point Classification: Association Point of All Association Points (House of Shu Points)

Pericardium Channel and Point Locations



The Pericardium is a Yin organ and its channel begins on the body just slightly behind the elbow in the 5th rib space. It comes into the armpit area and flows down the medial side of the front leg, past the accessory carpal bone, under the central pad on the bottom of the foot and ends at the nail bed of the 3rd digit. There are 9 acupoints on the Pericardium channel.

The Pericardium influences the Shen and emotions of the dog as well as partnering to help the Heart with its functions. It protects the Heart from exterior pathogenic factors and emotional stress and assists the Heart in governing Blood. The emotion is trust and the Pericardium belongs to the Fire element. The time of Qi flow is from 7pm to 9pm.

PC 1 - *Tianchi*, “Heaven's Pool”

Location: on the lateral thorax in the 5th intercostal space at the level of the elbow.

TCM function: diffuses Lung Qi, clears Heat.

Physical influence: facilitates lactation, cough, trouble breathing, muscle tension in chest.

Emotional influence: restless, anxious due to physical tension or tightness of chest area.

PC 3 - *Quze*, “Curved Marsh”

Location: on the medial side of the cubital crease of the elbow, just caudal to the tendon of the bicep brachii muscle.

TCM function: regulates the Heart, regulates the Stomach, clears Heat and clears Heat in the Blood.

Physical influence: heart palpitations, trouble breathing, cough, shoulder or elbow pain, fever.

Emotional influence: irritability due to tightness in chest.

PC 6 - *Neiguan*, “Inner Gate”

Location: 2 cun proximal to the transverse carpal crease, between the flexor tendons. Opposite SJ 5.

TCM function: regulates and tonifies the Heart, clears Heart Fire, redirects rebellious Qi downward, regulates the Liver, invigorates the Blood, regulates Stomach and Spleen, transforms Phlegm and Dampness, clears Heat and Fire.

Physical influence: heart palpitations, chest pain or tension, coughing, bloating, mouthy behavior, digestive issues, improves lactation, tight muscles, loose stool, diarrhea, vestibular disorders, vertigo, vomiting..

Emotional influence: powerful calming point, restlessness, agitation, trouble relaxing, difficulty focusing, fight or flight problems, irritable, mouthy, fearful, easily startled.

Point Classification: Master point for Chest and Cranial Part of the Abdomen, Luo Connecting point of the Pericardium channel, Opening point for Yin Wei Mai

PC 7 - Daling, “Big Mound”

Location: on the medial side of the front leg, just proximal to the radiocarpal bone, and caudal to the tendon of the flexor carpi radialis muscle. Opposite Ht 7.

Physical influence: chest pain, seizures, vomiting, local for carpal issues.

Point Classification: Yuan Source point of the Pericardium

PC 9 - Zhongchong, “Middle Rushing”

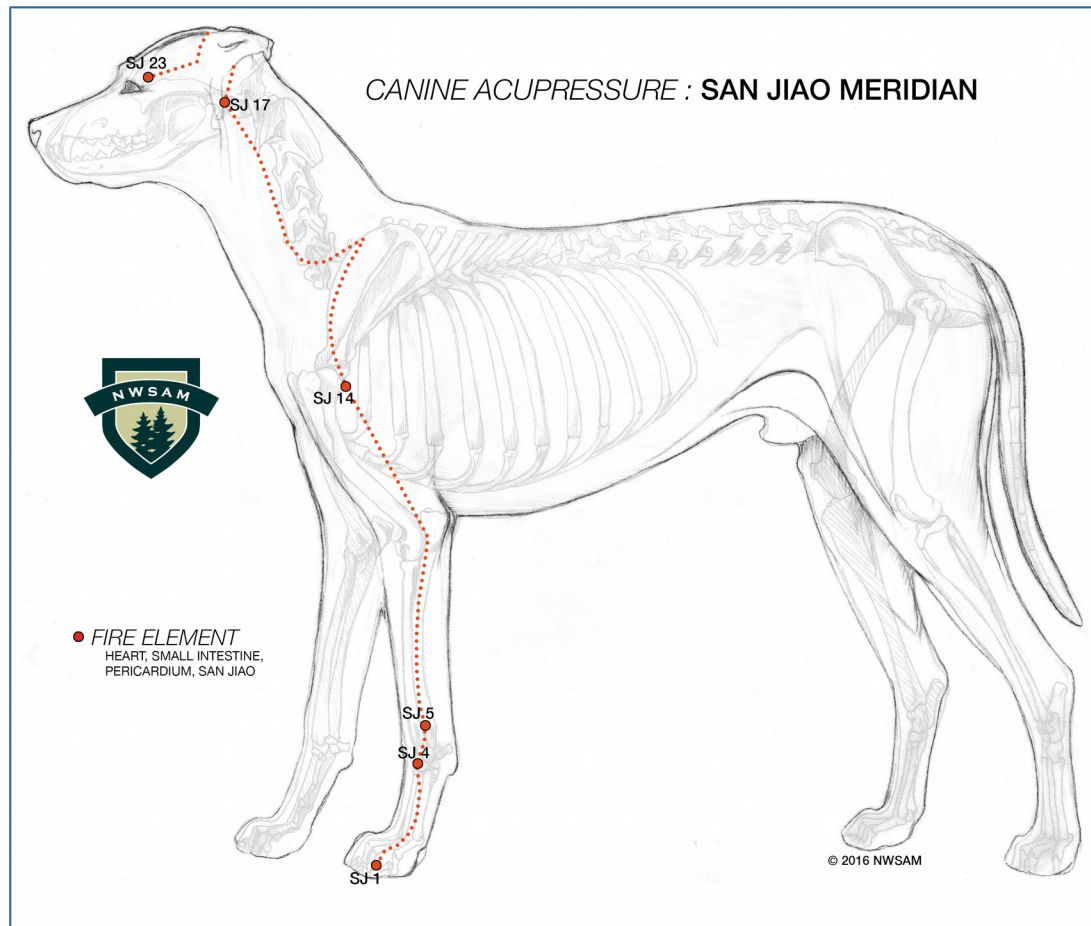
Location: on the medial aspect of the 3rd digit of the front foot at the nail bed.

TCM function: clears Heat, clears Fire, regulates the Heart.

Physical influence: hyperactivity, shock, coma.

Point Classification: Jing-well point

San Jiao Channel and Point Locations



The San Jiao also known as the Triple Heater, Triple Burner or Triple Energizer, is a Yang organ and its channel begins on the front foot at the nail bed of the 4th digit. It runs up the cranial portion of the lower foot to the carpus where it then becomes more lateral (in between SI and LI channels). It continues up towards the elbow before moving along the top of the humerus to a point caudal to the shoulder joint. It then crosses the scapula and moves up the lateral side of the neck, around the ear, ending on the supraorbital ridge of the eye. There are 23 acupoints on the San Jiao channel.

The San Jiao influences the entire body. It is an energetic organ, rather than a physical one and it serves to divide the body into three regions, the Upper, Middle and Lower Jiaos. It also deals with thermoregulation of the body. The San Jiao directs Source Qi to the organs and Source (Yuan) Points. It belongs to the Fire element and the time of Qi flow is from 9pm to 11pm.

SJ 1 - Guanchong, “Gate's Rushing”

Location: on the lateral side of the 4th digit of the front foot at the nail bed.

TCM function: dispels Wind, clears Fire.

Physical influence: fever, heat stroke, loss of consciousness, shoulder pain, ear problems, conjunctivitis.

Point Classification: Jing-well point

SJ 4 - Yangchi, “Yang's Pool”

Location: on the lateral side of the front leg, at the radiocarpal joint just cranial to the common digital extensor tendon.

Physical influence: carpal pain, sore throat, diabetes.

Point Classification: Yuan Source point for the San Jiao

SJ 5 - Waiguan, “Outer Gate”

Location: lateral side of the front leg, 2 cun proximal to the carpus between the radius and the ulna. Opposite PC 6.

TCM function: regulates the San Jiao, clears external conditions, clears Heat, dispels Wind, strengthens Wei Qi.

Physical influence: strengthens and relaxes tendons and ligaments, neck pain, shoulder pain (pain anywhere along SJ channel), fever, carpal issues, boosts immune system, IVDD.

Point Classification: Luo Connecting point of San Jiao channel, Opening point for Yang Wei Mai

SJ 14 – Jianliao, “Shoulder Opening”

Location: caudal edge of the shoulder joint, caudal and distal to the acromion on the caudal edge of the acromial head of the deltoid muscle.

Physical influence: shoulder pain, lack of shoulder mobility, tightness, atrophy, inflammation of front limbs if shoulder is involved.

SJ 17 - Yifeng, “Shielding Wind”

Location: in a depression between the mandible and the mastoid process. Caudal and ventral to the ear.

TCM function: dispels Wind, clears Heat.

Physical influence: used for acute conditions of the ear, eyes, jaw pain, tooth ache, facial paralysis.

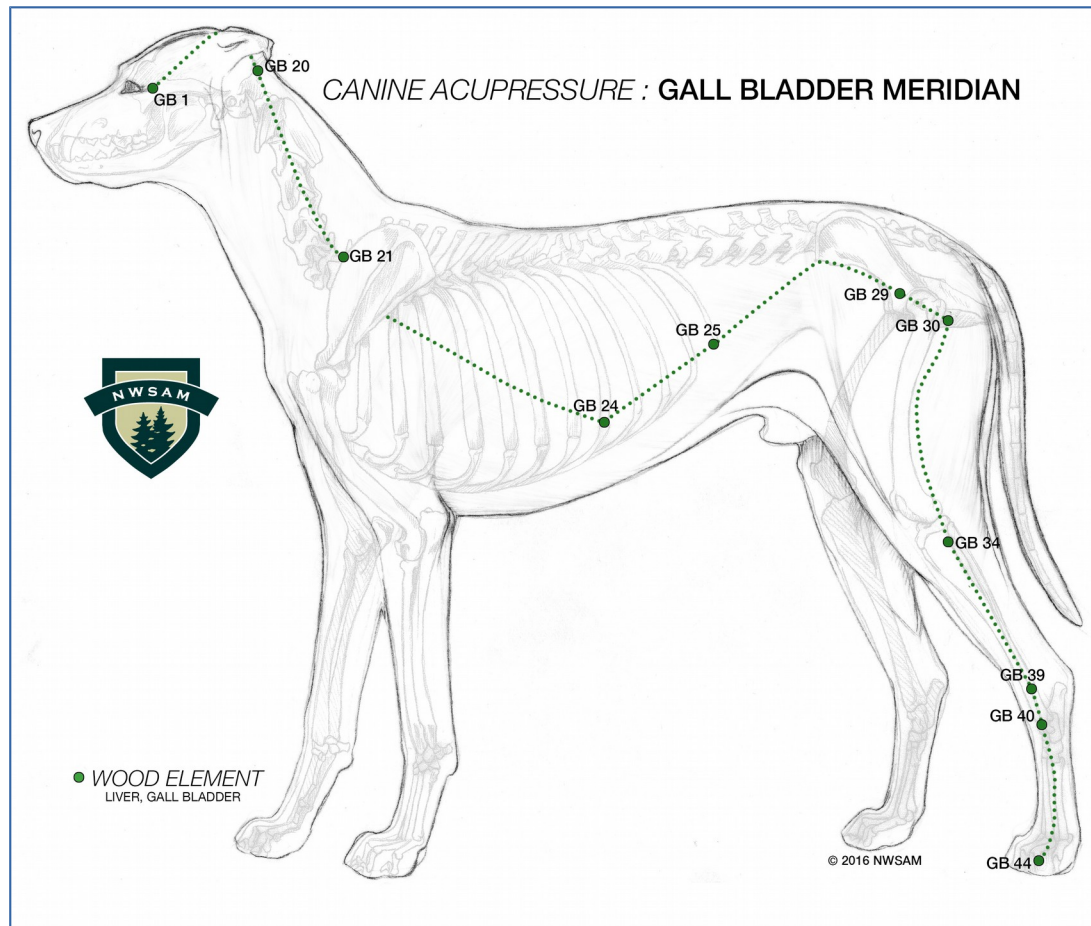
SJ 23 - Sizhukong, “Silk Bamboo Hole”

Location: on the supraorbital ridge of the eye, approximately 2/3rds the distance from the medial canthus of the eye.

TCM function: clears Heat, dispels Wind.

Physical influence: eye problems, facial paralysis, epilepsy.

Gall Bladder Channel and Point Locations



The Gall Bladder is a Yang organ and its channel begins at the outer canthus of the eye. From here it travels up and around the ear and then moves down the lateral side of the neck to a point in front of the midpoint of the scapula. At this point the channel moves internally to flow under the scapula and then resurfaces on the rib cage. It flows to the 9th intercostal space at the level of the costochondral junction and then flows up to the tuber coxae (point of hip). It flows around the hip joint and down the lateral side of the hind leg to the lateral side of the 4th digit at the nail bed. There are 44 acupoints on the Gall Bladder channel.

The Gall Bladder influences the health of the tendons and ligaments (sinews), hip joint, the judgement and courage to make decisions and helps with Liver function. It stores and excretes bile. The Gall Bladder belongs to the Wood element and the time of Qi flow is from 11pm to 1am.

GB 1 - Tongziliao, "Pupil's Seam"

Location: in the depression just lateral to the lateral canthus of the eye.

TCM function: dispels Wind, Heat and Fire.

Physical influence: eye issues, headaches, facial paralysis.

GB 20 - Fengchi, “Wind Pond”

Location: caudal to the occiput and cranial to the wings of the atlas.

TCM function: clears the exterior, dispels Wind, Wind Cold and Wind Heat, spreads Liver Qi, regulates Liver Yang, extinguishes Liver Wind.

Physical influence: cervical stiffness, any eye, ear or nose disorder, relaxes sinews (tendons and ligaments), seizures, rashes above the diaphragm, epilepsy..

GB 21 - Jianjing, “Shoulder Well”

Location: at the midpoint along the cranial edge of the scapula.

TCM influence: spreads Liver Qi, clears Heat, redirects rebellious Qi downward, dispels external and internal Wind.

Physical influence: very important point for shoulder issues, paralysis of front legs, severe muscle spasms and muscle tension of neck, shoulder, chest, upper back and front legs, dystocia.

GB 24 - Riyue, “Sun and Moon”

Location: in the 9th intercostal space at the costochondral junction, just above the height of the elbow.

TCM influence: regulates Gall Bladder, spreads Liver Qi, regulates Stomach Qi, redirects rebellious Qi, transforms Damp Heat of Liver and Gall Bladder.

Physical influence: pain in intercostal muscles.

Emotional influence: timid behavior (in people these are people that mumble or are not clear or decisive in their words).

Point Classification: Front Mu or Alarm point for the Gall Bladder

GB 25 - Jingmen, “Capital Gate”

Location: at the tip of the 13th (last) rib.

TCM function: tonifies Kidney Qi, Kidney Yin and Kidney Yang.

Physical influence: infertility, lumbar pain, disorder of ovaries.

Point Classification: Front Mu or Alarm point for the Kidney

GB 29 - *Juliao*, “Inhabited Joint”

Location: in a depression just cranial to the greater trochanter of the femur.

Physical influence: any hip joint pain or stiffness, sore gluteal muscles, hind limb pain, back pain.

GB 30 - *Huantiao*, “Leaping Circumflexus”

Location: in a depression midway between the greater trochanter of the femur and the ischial tuberosity.

Physical influence: many of the same issues as GB 29. Hip joint pain or stiffness, low back pain or weakness, muscle atrophy of lower hind legs, pain and swelling anywhere along hind legs.

GB 34 - *Yanglingquan*, “Yang Mound Spring”

Location: in the interosseous space between the tibia and fibula, cranial and distal to the head of the fibula.

TCM function: spreads Liver Qi, subdues Liver Yang rising, regulates the Gall Bladder, clears Heat, transforms Damp Heat of Liver and Gall Bladder.

Physical influence: any tendon or ligament disorder, muscle atrophy of muscles of lower hind legs, low back pain, hip pain.

Point Classification: Influential point for Tendons and Ligaments

GB 39 - Xuanzhong, “Suspended Bell”

Location: 3 cun proximal to the tip of the lateral malleolus, caudal to the tibial border.

TCM function: regulates the Gall Bladder, extinguishes Liver Wind, transforms Damp Heat, redirects rebellious Qi downward.

Physical influence: neurological problems, facial paralysis, hind leg paralysis, cervical stiffness, painful defecation or urination, IVDD, perianal disorders, relieves pain and rigidity along GB channel, helps heal bone fractures, hock arthritis.

Point Classification: Influential point for Marrow

GB 40 - Qiuxu, “Hill's Ruins”

Location: craniodistal to the tip of the lateral malleolus of the tibia, over the tendon of the lateral digital extensor.

Physical influence: hock pain, chest pain.

Point Classification: Yuan Source point for the Gall Bladder

GB 44 - Zuqiaoyin, “Yin Portals of the Foot”

Location: on the lateral aspect of the 4th digit of the hind foot at the nail bed.

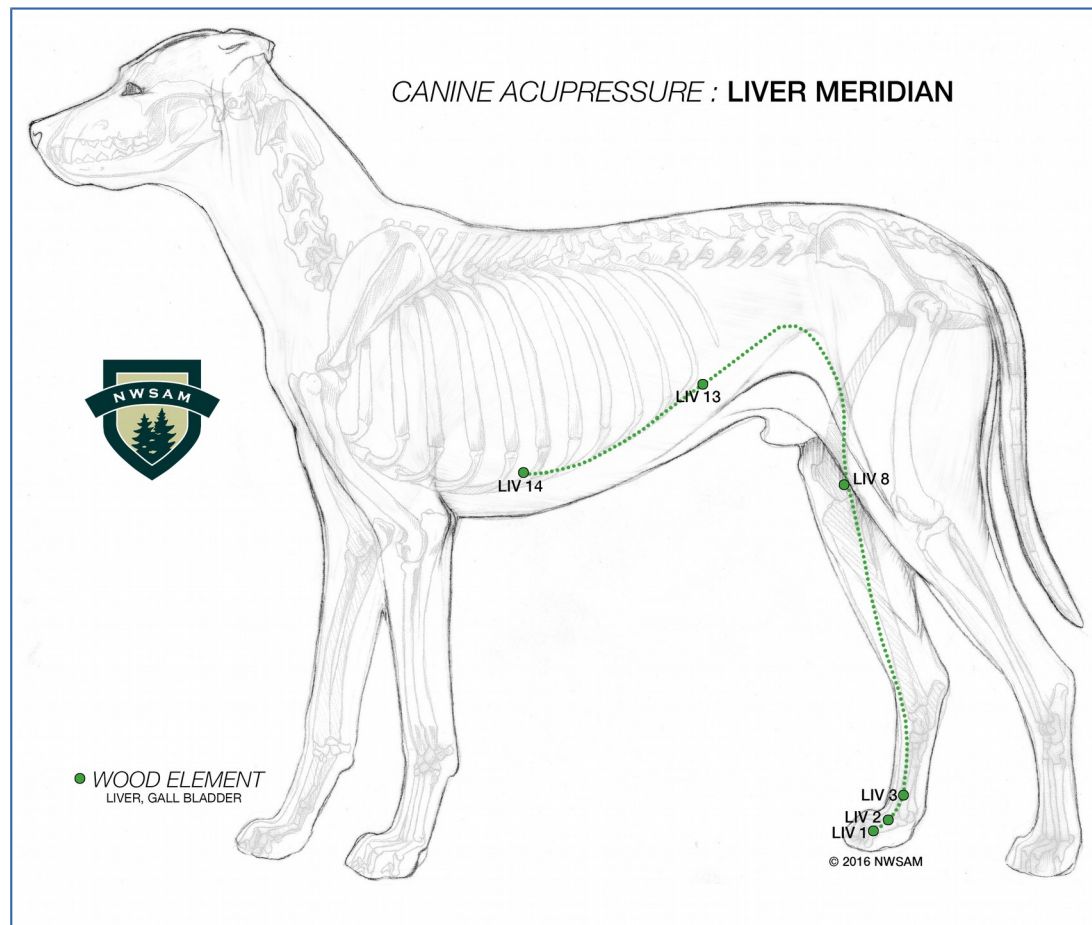
TCM function: regulates the Gall Bladder, subdues Liver Yang and Liver Wind, clears Heat.

Physical influence: shock, vestibular disorders, eye disorders.

Emotional influence: calms the mind, anxiety.

Point Classification: Jing-well point

Liver Channel and Point Locations



The Liver is a Yin organ and its channel begins on the lateral side of the 2nd digit of the hind foot at the nail bed (SP 1 is on the medial side of this same digit). It flows up the medial side of the leg, over the hock and then moves more towards the middle of the leg and up into the groin. From there it moves along the abdomen to the tip of the 12th rib and then ends in the 6th intercostal space at the level of the elbow. There are 14 acupoints on the Liver channel.

The Liver influences the smooth flow of Qi and blood. This effects the dog's digestion, reproduction, muscle function and all the emotions (even though the main emotion associated with the Liver is anger). The Liver governs the sinews, tendons, ligaments and connective

tissue and opens to the eyes. It stores and distributes the Blood, detoxifies the Blood and regulates the emotions. The liver is responsible for the harmonious, smooth flow of Chi. The fluid is tears and it manifests in the health of the nails. The Liver belongs to the Wood element and the time of Qi flow is 1am to 3am.

LIV 1 - Dadun, “Great Sincerity”

Location: on the lateral side of the 2nd digit of the hind foot at the nail bed.

TCM function: regulates Liver Qi and Blood, spreads Liver Qi, clears obstructions along the Liver channel, transforms Damp Heat in lower Jiao.

Physical influence: hernia, uterine prolapse, genital pain and inflammation, loss of consciousness, irregular estrus.

Point Classification: Jing-well point

LIV 2 - Xingjian, “Travel Between”

Location: on the medial side of the hind leg distal to the metatarsophalangeal joints at the webbing between the 2nd and 3rd digits.

TCM function: clears Heat, regulates Liver Qi, regulates Liver Yang, clears Liver Fire, cools the Blood.

Physical influence: seizures, convulsions, eye problems, headache, constipation, urinary tract infections.

LIV 3 - Taichong, “Great Thoroughfare”

Location: on the craniomedial side of the hind leg proximal to the metatarsophalangeal joint between the 2nd and 3rd digits.

TCM function: strengthens the Liver, invigorates the Blood, clears Liver Heat, transforms Damp Heat in Liver and lower Jiao.

Physical influence: pain that moves around in body, pain in the Stomach, digestive problems, irregular heat cycles, eye disorders, urinary tract infections.

Emotional influence: over-reactive, aggression, anger, agitation, biting, charging.

Point Classification: Yuan Source point of the Liver

LIV 8 - Ququan, “Curved Spring”

Location: on the medial stifle, proximal to the medial end of the popliteal crease, between the medial femoral condyle and the insertion of the semimembranosus and semitendinosus muscles.

TCM function: strengthens the Liver, strengthens the Blood, transforms Damp Heat.

Physical influence: stifle issues, reproductive problems, uterine prolapse, diarrhea, urinary incontinence.

LIV 13 - Zhangmen, “Gate of Order”

Location: at the distal end of the 12th rib.

TCM function: regulates Liver Qi, strengthens the Spleen, regulates the Stomach, transforms Damp and Phlegm in middle Jiao.

Physical influence: tension or pain in rib cage, abdominal pain, abdominal masses, body tremors, bloating, diarrhea, gas.

Emotional influence: irritability, frustration, anger, aggression.

Point Classification: Front Mu or Alarm point for the Spleen, Influential Point for all Zang (Yin) Organs

LIV 14 - Qimen, “Gate of Hope”

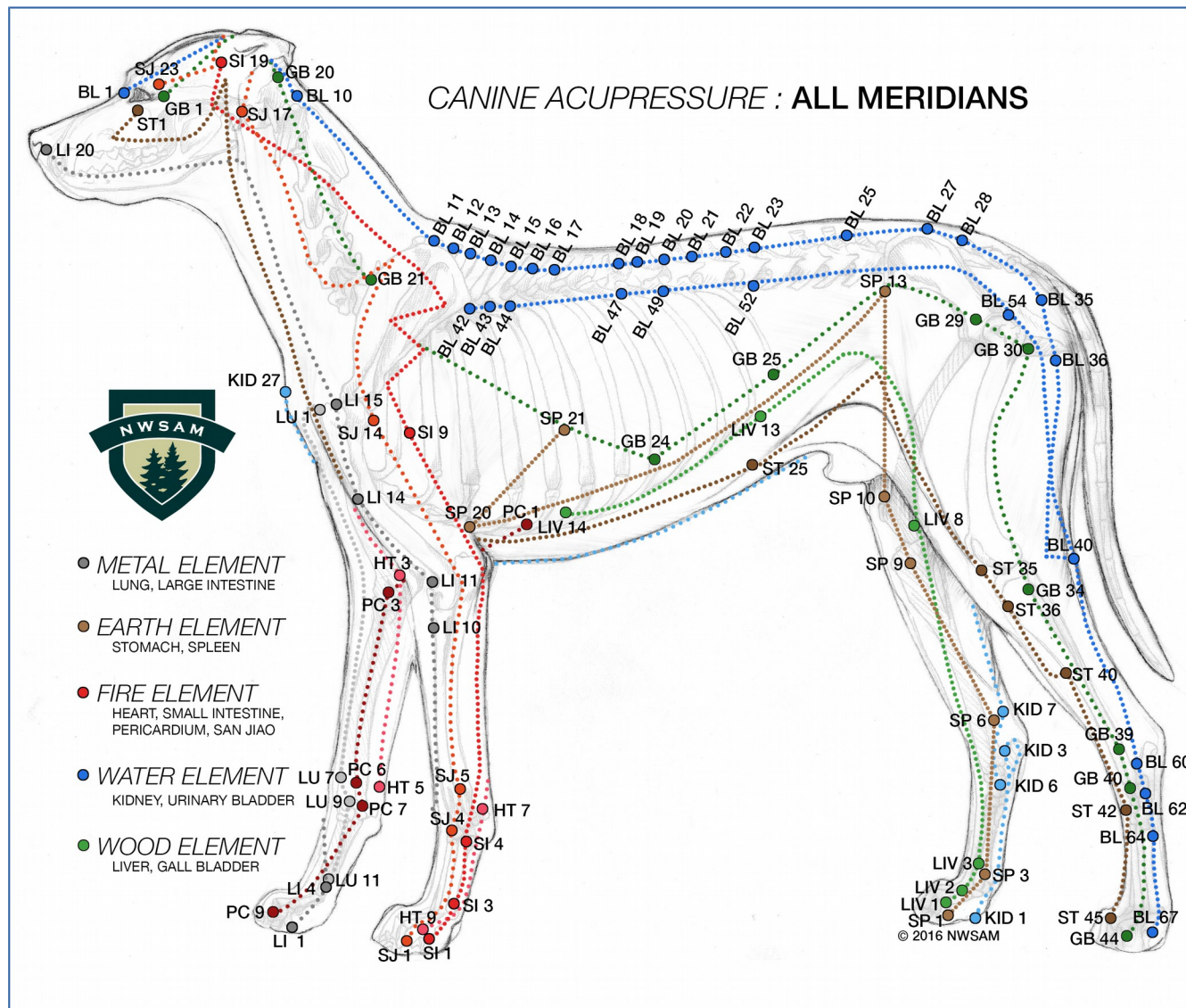
Location: in the 6th intercostal space at the level of the mammary line.

TCM function: regulates Liver Qi, transforms Damp Heat.

Physical influence: insufficient lactation, chest pain, muscle, tendon or ligament tightness or pain, pleuritis, hepatic disorders.

Point Classification: Front Mu or Alarm point for the Liver

Master Chart of all Channels



This chart illustrates all 12 of the Major meridians in relation to one another. This can be a helpful resource when assessing the dog. You may feel sensitivity or temperature differences in certain locations and by viewing this chart you can determine which meridian or meridians may run through that area. You will want to combine this information with the rest of your

assessment to best determine the pattern of disharmony.

Yin Channel Drawing

Go to the Resources section, which can be found in the menu listings on the left side of your screen. Find the Canine Skeleton Template pdf (should be the first item listed) and print it out. If you have a clear sheet protector that is a great way to save paper. If not, then print out a few copies of the image.

1. Select a Yin channel from the 12 main channels. Draw the key points on the pdf and then connect the dots to show the flow of the meridian. Take a picture of this and upload it, or scan it and upload it.

- [See assignment](#)

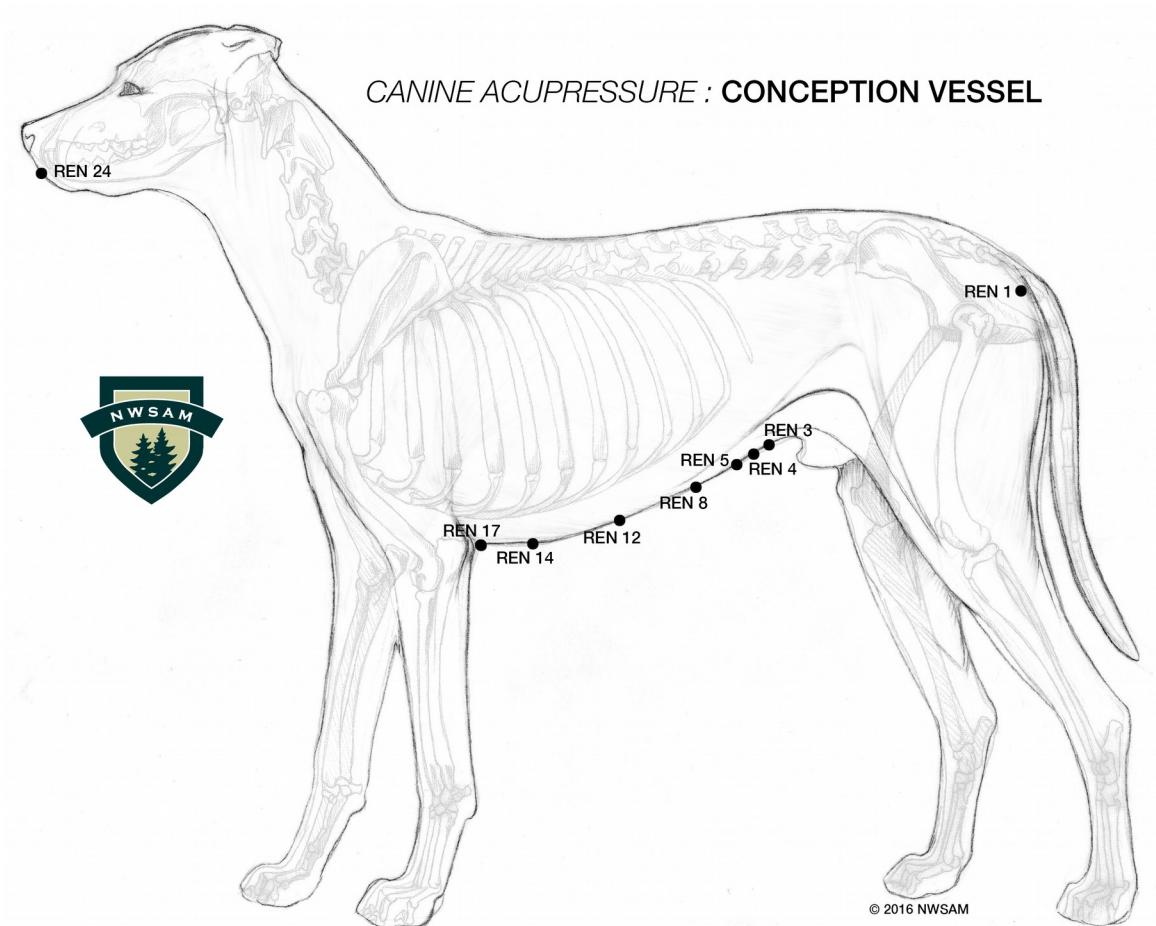
Yang Channel Drawing

Go to the Resources section, which can be found in the menu listings on the left side of your screen. Find the Canine Skeleton Template pdf and print it out. If you have a clear sheet protector that is a great way to save paper. If not, then print out a few copies of the image.

1. Select a Yang channel from the 12 main channels. Draw the key points on the pdf and then connect the dots to show the flow of the meridian. Take a picture of this and upload it, or scan it and upload it.

- [See assignment](#)

Conception (Ren) Vessel and Point Locations



The Conception Vessel originates from the uterus and emerges at the perineum just beneath the anus. From there it runs along the ventral midline flowing between the dog's hind legs, over the genitals and belly, between the front legs, up the middle of the chest and neck and ends at the center of the dog's lower lip. There are 24 acupoints on the Conception Vessel channel.

The Conception Vessel, also referred to as the Ren channel is responsible for bringing together and controlling all the Yin functions of the dog's body. It is often referred to as the "sea of the Yin meridians" since this channel receives and regulates the Qi of the Yin meridians. The word Ren means to bear, so in this case it means to bear or hold all the

necessary items for the nourishment of life. It also means to bear as in giving birth and this channel has a strong tie to fertility. It creates balance among the 12 Major Meridians and unites the 12 Major Meridians encouraging Qi flow to adjust when blockages exist. The CV nourishes the uterus, regulates pregnancy and can be useful for reproductive issues and Yin deficiency syndromes. It also regulates the peripheral nervous system. The channel can also influence areas along which it flows (urinary tract system, genitals, reproductive organs, abdomen, thorax, throat, lower jaw).

Ren 1 or CV 1 - *Huiyin*, "Meeting of the Yin"

Location: on the ventral midline, halfway between the anus and the root of the scrotum or vulva.

Physical influence: infertility, seizures, difficult urination.

Contraindicated in pregnancy

Ren 3 or CV3 - *Zhongji*, "Central Pole"

Location: on the ventral midline, 4 cun caudal to the umbilicus.

Physical influence: painful urination, urinary incontinence, impotence, hernia, infertility.

Point Classification: Front Mu or Alarm point for the Bladder

Contraindicated in pregnancy

Ren 4 or CV4 - *Guanyuan*, "Origin Pass"

Location: on the ventral midline, 3 cun caudal to the umbilicus.

TCM function: Tonifies Qi, Tonifies Yang.

Physical influence: painful urination, urine retention, infertility, abdominal pain, diarrhea.

Point Classification: Front Mu or Alarm point for the Small Intestine

Contraindicated in pregnancy

Ren 5 or CV 5 - Shimen, "Stone Gate"

Location: on the ventral midline, 2 cun caudal to the umbilicus.

Physical influence: edema, abdominal pain, diarrhea, painful urination.

Point Classification: Front Mu or Alarm point for the San Jiao

Contraindicated in pregnancy

Ren 8 or CV 8 - Shenque, "Spirit Gate Tower"

Location: at the center of the umbilicus.

Physical influence: chronic fatigue, inflammatory bowel disease.

Ren 12 or CV 12 - Zhongwan, "Middle Stomach Cavity"

Location: on the ventral midline halfway between the xiphoid process and the umbilicus.

TCM function: regulates the Stomach, regulates and tonifies the Spleen (and the middle Jiao as it relates to digestion), regulates Qi and Blood, transforms Dampness, Phlegm and Damp Heat.

Physical influence: gastric ulcers, diarrhea, jaundice, liver disorders, inflammatory bowel disease, anorexia.

Point Classification: Front Mu or Alarm point for the Stomach, Influential point for all Fu (Yang) organs

Ren 14 or CV 14 - Juque, "Great Palace Gate"

Location: on the ventral midline, at the tip of the xiphoid process.

TCM function: regulates the Heart, regulates the Diaphragm, redirects rebellious Stomach Qi.

Physical influence: chest pain, palpitations, ulcers, epilepsy, vomiting.

Emotional influence: panic attacks, anxiety, fear, depression as related to the Heart.

Point Classification: Front Mu or Alarm point for the Heart

Ren 17 or CV 17 - *Danzhong*, "Central Alter"

Location: on the ventral midline, at the caudal border of the elbow in the 4th intercostal space.

TCM function: opens the Chest and Lungs, regulates Lung Qi, redirects rebellious Qi.

Physical influence: rapid breathing from anxiety, overexertion or heat stroke, irregular heart beat, loss of consciousness, cough, vomiting.

Emotional influence: calms the Spirit or Shen.

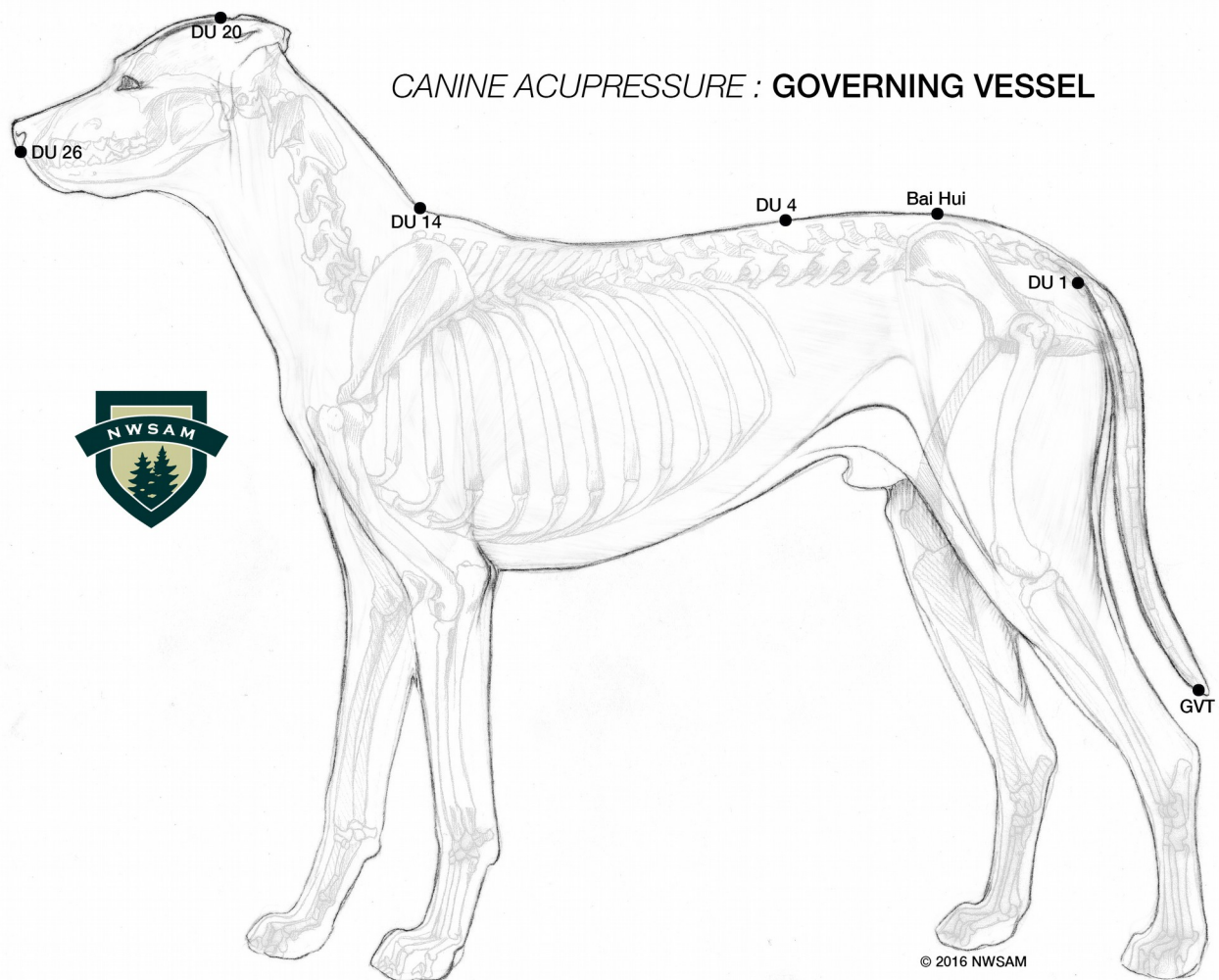
Point Classification: Front Mu or Alarm point for the Pericardium, Influential point for Qi and Respiration

Ren 24 or CV 24 - *Chengjiang*, "Container of Fluids"

Location: on the ventral midline, 1 cun ventral to the border of the lower lip.

Physical influence: facial paralysis, mania, excessive salivation.

Governing (Du) Vessel and Point Locations



The Governing Vessel channel originates from the uterus and emerges at the perineum. The first point of the channel is located above the anus and beneath the underside of the tail base. There is a branch that runs down the underside of the tail to the tip of the tail and the point there is GVT. The main branch of the GV channel runs from above the anus and along the dorsal midline, up the dorsal aspect of the neck, down the midline of the head to end at a point underneath the dog's top lip, GV 28 (DU 28).

The Governing Vessel is known as the "sea of Yang meridians" as it governs the Qi of the Yang meridians and strengthens Yang Qi. The GV channel can help with issues along the flow of the channel such as spinal cord problems, disc disease, Heat syndromes, mental disorders and Yang deficiency syndromes. It balances Qi among the 12 Major Meridians and governs the nervous system.

The Chinese word Du means Governor. This describes the GV channel's job of governing the Yang energy of the body.

DU 1 or GV 1 - Changqiang, "Lasting Strength"

Location: in the depression between the anus and the ventral aspect of the base of the tail.

Physical influence: diarrhea, blood in stool, constipation, seizures, rectal prolapse, stiffness along spine.

Emotional influence: calms the mind.

Point Classification: Luo Connecting point of the Du (GV) channel

Contraindicated in pregnancy

Governing Vessel Tip of Tail (GVT) - Weijian - *technically a Classical point, but included here since it is sometimes referred to as a GV point.*

Location: at the very tip of the tail.

TCM function: regulates Yang.

Physical influence: shock, over-exertion, back pain, spine pain, seizures, heat stroke, spasmodic colic, neurological conditions.

Bai Hui, "Hundred Meetings" - *technically a Classical point, but included here since it is along the dorsal aspect of the dog.*

Location: on the dorsal midline at the lumbosacral junction.

TCM function: point where all Yang channels merge, regulates Yang.

Physical influence: abdominal pain, irregular heat cycles, lack of heat cycles, hind limb disorders, heatstroke, neurological conditions, improves digestion, hip arthritis.

Emotional influence: calming.

DU 4 or GV 4 - Mingmen, "Gate of Life"

Location: on the dorsal midline in the depression between L2 and L3. Dorsal to BL 23.

TCM function: tonifies the Kidneys, strengthens Essence, tonifies Prenatal Qi.

Physical influence: one of the most important points for strengthening the body in any weakness or deficiency syndrome, impotence, abnormal cycling, diarrhea, back pain, IVDD.

DU 14 or GV 14 - Dazhui, "Big Vertebrae or Big Hammer"

Location: on the dorsal midline, in the depression between C7 and T1.

TCM function: another meeting place of all Yang channels, clears Heat, dispels Wind, releases the exterior, tonifies Wei Qi.

Physical influence: relaxes the sinews, fever, cough, sweat, cervical stiffness, skin rash, seizures, back pain, Wobbler's syndrome, weak immune system, immune deficiency.

Emotional influence: calms the Spirit, clears the brain.

DU 20 or GV 20 - Bai Hui, "Hundred Meetings"

Location: at the highest point of the head on the dorsal midline on a line drawn up from the ear canals.

TCM function: benefits Yang, spreads Liver Qi.

Physical influence: shock, rectal or uterine prolapse, convulsions, sinus problems, headaches, hearing problems.

Emotional influence: calms the Spirit, calms the mind. depression, improves focus.

DU 26 or GV 26 - Renzhong "Man's Middle"

Location: between the ventral limits of the nostrils.

TCM function: clears Internal Wind, removes Phlegm.

Physical influence: resuscitation point, releases endorphins, convulsions,

Emotional influence: Brightens the Spirit, brightens the Mind, calms the mind.

The 8 Extraordinary Vessels

We will go into each one of these in more detail, but firstly, a general look at the theory of the 8 extraordinary vessels and what they have to offer. You may also see them referred to as the 8 extras, the 8 curious vessels, the 8 odd vessels, or the 8 psychic vessels. It will become apparent later in this section why they are seen as extraordinary, or odd.

If the 12 primary channels are seen as rivers of energy flowing through every animal, and the connecting pathways are the smaller streams that bring Qi, Blood and Essence to every cell, then the extraordinary vessels are the reservoirs that collect and hold the surplus. What this means is that when the main channels are overflowing with Qi, and there are many times when our dogs are more stagnant than deficient in energy, the surplus flows into the 8 extra vessels which then take the Qi out of the normal circulation of the 12 channels. This surplus is stored and circulated between the skin and the muscles, combining with the Wei Qi and the Ying Qi and influencing the immune system. In short, the 8 extras absorb excess Qi from the channels and can transfer energy back to the main circulation as needed during times of depletion, stress or trauma.

The Du mai (the Governing Vessel) and the Ren mai (the Conception Vessel) are the most important vessels in the body. They are found on all vertebrates, even those without limbs like fish and snakes. They are the body's central axis, dividing it into Yin and Yang.

They are the only 2 of the 8 extra vessels that have their own points; the other 6 extraordinary vessels share points with the other main pathways so are seen as 'separate yet connected' to the main channel system.

None of the 8 extra vessels end at, or have a relationship with a specific internal organ although, because of their connection to all other channels, they have a huge influence all over the body and enhance the body's functioning.

Each one of them arises from the Kidney and one of the main functions of the 8 extras is to store as well as to circulate Kidney Essence and strengthen the immune system.

Of the 8, there are 4 main vessels which are responsible for influencing more fundamental components of the body's energetics and supporting the internal organs as well as the

structure of the core of the body. They are the Du Mai, the Ren Mai, the Dai Mai and the Chong Mai.

In addition, there are 4 auxiliary vessels which connect the hind extremities with the cranial aspect of the body. They are the Yang Qiao Mai, the Yin Qiao Mai, the Yang Wei Mai and the Yin Wei Mai. They are less important than the 4 main vessels but have the significant functions of collecting excess Yin and Yang, clearing pathogenic factors and supporting the structure of the body.

Clinical use of the Extraordinary Vessels

So how do we use them? Each extraordinary vessel has an opening point and a couple point, which serves as an opening point for another of the extraordinary vessels (see below). In this way, they are paired. The opening points can be used alone or in conjunction with their coupled point to affect the area of influence as well as the function of the desired extra vessel. One theory is that the opening point serves as a remote control switch, it can switch on the entire extra vessel and its functioning.

The extraordinary vessels and their opening and couple points are as follows:

- The Du Mai (Governing Vessel) - opening point = SI 3 (which is the couple point for the Yang Qiao Mai).
- The Yang Qiao Mai - opening point = UB 62 (which is the couple point for the Du Mai).
- The Ren Mai (Conception Vessel) - opening point = LU 7 (which is the couple point for the Yin Qiao Mai).
- The Yin Qiao Mai - opening point = KID 6 (which is the couple point for the Ren Mai).
- The Chong Mai (the sea of Blood) - opening point = SP 4 (which is the couple point for the Yin Wei Mai).
- The Yin Wei Mai - opening point = PC 6 (which is the couple point for the Chong Mai).
- The Dai Mai - opening point = GB 41 (which is the couple point for the Yang Wei Mai).
- The Yang Wei Mai - opening point = SJ 5 (which is the couple point for the Dai Mai).

There are different ways to open these extraordinary vessels. Some practitioners use stimulation on the opening and the couple points together, unilaterally across the body. Others use the opening and the couple points bilaterally. And still others use the opening point of the desired extra vessel only. There is no doubt though, that the couple point reinforces the desired action of the vessel you are wanting to open.

Some practitioners begin a session with the opening of an extra vessel to bring into circulation the substance they wish to affect, then stimulate points on the primary channels to direct the flow of these substances.

Reasons why we choose to use the Extraordinary Vessels

1. They provide access to all the planes of the body.

When working with a dog who is too sensitive to use local points, just by stimulating the 8 opening points we can access almost the entire body as we will see when we discuss the trajectories of each of the extra vessels.

2. They minimize the number of points needed.

If there is pain in multiple sites, we would never want to use more than about 8 points for the entire session. However some dogs have pain all over their body. By using just the opening points, we can effect huge changes all over the body.

For example, if a dog has a back injury with pain that radiates down all the Yang channels of the hind legs, we may want to open the Du primarily with SI 3, then the Yang Qiao Mai with UB 62, which moves stagnation in the three Yang channels of the lower limb. For pain radiating from the spine creating weakness and pain in the hip, opening the Du Mai, again with SI 3, along with the Dai Mai point of GB 41.

One of the main benefits of the 8 extras is that they are not just attached to one channel, but with just one point, they can effect change in multiple channels and sites.

3. They strengthen the Yang, the Yin, the Blood and regulate the Qi and Body fluids.

The Du Mai (GV) is called 'the sea of Yang' and, along with the Yang Qiao Mai, it addresses all aspects of excess or deficient Yang energy in the body. It basically redistributes Yang energy.

The Ren Mai (CV) is called 'the sea of Yin', and, along with the Yin Qiao Mai, it addresses all aspects of deficient or excess Yin. It redistributes or circulates Yin energy.

The Chong Mai is the called 'the sea of Blood' and it addresses all aspects of Blood stagnation and, along with the Yin Wei Mai, Blood deficiency.

The Dai Mai, is sometimes called the 'sea of direction' and, because of its connection to the Spleen and Kidney, it influences the rising and sinking of Qi and fluid between the 3 Jiaos. Along with the Yang Wei Mai, it also rules the sides of the body, and the hinge joints which are the shoulder and hip.

4. They have a deep connection with the Kidney Essence.

The extra vessels have a connection with the Kidney Essence as a result of their originating in the Kidneys. The Du, Ren and Chong, especially, all start in the lower Jiao in the space between the Kidneys. They circulate Essence and this nurtures the body's defenses against disease.

5. They are useful in addressing behavioral and neurological disorders.

TCM talks about the health of the Shen being dependent on: the Kidney Essence which nourishes the Blood, in particular the Heart Blood; the Heart and in particular, the Heart Blood, where the mind is housed; and the brain, which is in turn dependent on the Kidney Essence to fill it with marrow.

There is an interdependence here of these 3 aspects, Heart, Kidney and brain, which gives rise to healthy mental functioning, behavior and emotional balance.

The Du Mai, because of its origin in the Kidney, its close relationship with the Essence and the marrow, and the fact that it passes the Heart on its way to the brain, is the main vessel we use to strengthen mental functioning especially in cases such as anxiety, inability to follow commands and erratic behavior. Because of where the channel runs, entering the brain at DU 16, organic disorders of the brain can be affected by opening the Du channel. Stroke, convulsions, seizures, and neurological disorders arising from a decline of Kidney Essence with interior Wind can all be addressed at this point.

Many points on the DU channel are indicated for anxiety disorders including DU16, DU20, DU24, and Yintang.

Secondly, for mental, emotional and neurological disorders with a Yin deficiency root, opening the Ren Mai is more appropriate. The Shen resides in the Heart and is dependent on sufficient Yin and Blood for its proper functioning. Yin and Blood are supported by the nurturing of the Kidney Essence, so here again we see the link between the Heart and the Kidneys. Disruption of the Heart and Kidney connection resulting in the Shen not being rooted can create anxiety, erratic behavior, confusion and over-reactivity to stressors. Opening the Ren Mai and using points such as Ren 14, and Ren 17 are indicated for this type of anxiety.

Thirdly, the Chong Mai and the Yin Wei Mai are used commonly for neurological or behavioral disorders with a Blood pathology at their root. The Chong is the sea of Blood and the Heart governs the Blood. The Chong channel also disperses into the chest. When the Chong is full of Blood, the Heart functions normally and the Shen is rooted and calm. If there is stagnation of Blood in the Chong, there will be unease and extreme anxiety with panting and an inability to relax. The dog's limbs may be cold and there may be difficulty breathing with the Heart

having to work too hard to circulate Blood. Obviously, in such cases, it is imperative to consult a veterinarian, but to help open the chest and move Blood, SP 4 can be useful.

Conversely, if there is a deficiency of Blood in the Chong, the Heart will not be fed and the Shen will become restless, rootless and anxiety, fearfulness and an inability to follow orders may result. The Yin Wei Mai's connection to mental pathologies expresses itself via its direct connection with the Heart Blood. Its main function is to nourish the Blood and in particular the Blood of the Heart which is why it is usually used for Heart Blood anxiety and erratic behavior patterns. Its opening point is PC 6 which goes directly to the chest, relaxes and circulates Qi and Blood.

6. They bring circulation to the 'curious' organs.

Alongside the Zang and the Fu, TCM describes 6 other 'curious' organs. These are the uterus, the brain, the blood vessels, the bones, the gall bladder and the marrow. The 8 extras, because of their connection with all the other channels, and with the Kidney Essence, can effect changes in these structures, some of which do not have a primary channel leading to them.

The Du Mai

To recap, the Du Mai is called the Governor Vessel, the sea of Yang, and is paired with the Yang Qiao Mai. It opens with SI 3.

Areas of influence:

The Du Mai originates between the Kidneys, emerges at REN 1, goes around the genitalia, to DU 1, then up the spine, over the head to the upper lip. It is closely related to the Taiyang channels. It is located in the cerebral spinal axis and functions to maintain both the structural and neurological core of the body. It contains the consciousness that controls the body, hence its name the controller or governor.

Important things to remember:

- It enters the brain at DU 16 and effects organic brain function.

Clinical applications in short:

- Influences all aspects of Yang energy, both excess and deficiency, feeds the Gate of

Life (the Mingmen) which is the root of all physiological processes that feed the body with Postnatal Qi and transform fluids.

- stores essential Qi that spills over from the Yang meridians.
- supports and connects all the Yang meridians particularly on the upper back (DU 14) and head (DU 20)
- Strengthens the spine, supports the head and neck.
- strengthens the Kidney function and spreads Essence.
- supports the Wei Qi and immunity.
- Strengthens the mind and helps with all aspects of mental functioning due to the connection with brain and marrow.
- Extinguishes both internal and external Wind, especially for occipital stiffness and seizures.
- Clears pathological Heat
- can be used either for manic or aggressive behavior (too much Yang) or depression due to deficiency of Yang.
- Supports sexual function in dogs due to its pathway going to the testicles and the penis and influences sperm production.

Symptomology

- head, neck, back pain
- Wobbler's disease
- stiffness, tremors, convulsions
- Heat, Wind, Yang rising
- Yang and Qi deficiency
- low sperm production, urinary disorders

The Ren Mai

To recap, the Ren Mai is called the Conception Vessel, the sea of Yin and is paired with the Yin Qiao Mai. It opens with Lu 7. It controls all the Yin organs, meridians and Yin functions.

Areas of influence:

Originates between the Kidneys, flows through the uterus to REN 1 where it emerges and travels up the midline of the abdomen, connecting with Liver, Spleen and Kidneys and the Chong Mai. It travels up to the chest, throat, chin and into the mouth and ends at ST 1. The Ren Mai intersects with more vessels than any of the other 8 extras. Importantly, it contains the majority of Front Mu (Alarm) points.

Clinical applications in short:

- collects, stores, nourishes, circulates, influences all aspects of Yin energy, both excess and deficiency, from the Yin organs and feeds it back to them in times of Yin depletion.

- Directly influences the uterus and fertility.
- cools Heat from Yin deficiency and moistens dryness.
- because of where the channel runs, is used for chronic breathing issues or coughing from Lung Yin deficiency. Reinforces connection with Lung and Kidneys.
- reinforces connection with Heart and Kidney so can be used in manic behavior due to Yin deficiency.
- Influences reproduction, conception, fertility.
- regulates fluid to the genitalia - both dryness and dampness.
- Absorbs excesses of Yin in the form of masses and cysts from Qi stagnation, damp and Blood stagnation.
- Promotes the transformation of fluid from inspiration to urination.
- Provides Kidney Essence directly to the penis.
- because of where the channel ends, can be used for dry eye.

Symptomology:

- symptoms of the lower abdomen
- stagnation of Yin substances like Blood and fluids
- Yin deficiency and dampness
- chronic immune and Lung symptoms
- fertility issues

The Chong Mai

To recap, the Chong Mai is called the sea of Blood and is paired with the Yin Wei Mai. It opens with SP 4.

If the Du Mai is the dorsal aspect of the body and the Ren Mai is the ventral aspect of the body, then the Chong Mai is in the middle. It is the deepest vessel and feeds all the pathways with Blood.

Areas of influence:

The back feet, the medial aspect of the hind legs, the uterus, abdomen, chest, heart, throat, face. It strongly influences the uterus, the Spleen, Stomach, Liver, Kidneys and Heart. Because of its vast influence, it is also called the sea of the 5 Yin and 6 Yang organs, the sea of the 12 vessels as well as the sea of Blood.

Clinical applications in short:

- all aspect of Blood pathologies, including Blood stagnation and deficiency.
- can be seen as a primitive view of the abdominal aorta.
- just as the Liver is seen to spread the Qi around the body and is susceptible to Qi stagnation, so the Chong has a similar function with the Blood and the same consequences.
- close connection to the uterus and influences fertility and conception with the Ren.
- the deepest vessel for emotional imbalances and behavioral issues due to rebellious Liver Qi or Blood stagnation/deficiency; especially regulates blood in the Heart so is good for anxiety and palpitations, especially when the anxiety has a Liver Qi stagnation or Yang rising root
- Regulates blood supply to the penis having an effect on the erection capability.
- Because one of its internal branches goes to the Stomach, it can be used for controlling the flow of Qi of the stomach.

Symptomology:

- all blood stasis patterns that lead to pain and distension, masses, as well as any localized Blood stasis in the channels
- nausea, vomiting
- fertility and breeding
- fatigue, anxiety and depression

The Dai Mai

To recap, the Dai Mai is called the girdle vessel and is paired with the Yang Wei Mai. It opens with GB 41.

Areas of influence:

It circles the abdomen like a belt or a girdle and divides the body into 2 halves, regulating the flow of Qi and Body fluids between the upper and lower body. It also rules the sides of the body and in combination with the Yang Wei Mai, the “hinge joints” (the hips and the shoulders).

It flows through LIV 13, GB 26, 27 and 28, encircles the waist and meets with the Kidneys at UB 23 on the back, therefore having an effect on the Liver, Spleen, and Kidney.

Clinical applications in short:

- Influences the movement of fluids between the upper and lower body (regulates above and below). It's correct tension allows the proper flow of Qi and fluids to the channels of the legs. If the Dai is too tight, there is an excess of Qi above and a deficiency below, leading to lameness or weakness of the limbs. If it is too slack, the fluids and Qi sink causing a downpour of fluid in the form of urinary frequency.
- Regulates the circulation of Qi to the limbs.
- As it shares the Liver and Gall Bladder channels, it harmonizes these organs as well as regulating the smooth flow of Liver Qi.
- It is connected with the Kidneys in that it regulates the ascending and descending of Kidney Qi and Essence.
- Promotes the ascending of Spleen Qi, so is good for prolapse and miscarriages.
- Treats bloating and distention in the abdomen via its connection with both the Liver Qi and its directing up and down function.
- Used for hip pain and weakness with or without back pain or spinal injury.
- supports the lower abdominal and inguinal muscles in supporting the lower back.
- coldness in the lower body.
- links the Yin vessels on the front of the body with the Yang vessels on the back.

Symptomology:

- weakness, atrophy and motor impairment of the lower limbs
- lower body edema
- distention and fullness of the abdomen

The Yang Qiao Mai

To recap, the Yang Qiao Mai is called the heel or the stepping vessel and is paired with the Du Mai. It opens with UB 62.

The character Qiao describes the motion of lifting up the feet, hinting at this vessels function of influencing walking and motility and symptoms of stiffness.

Areas of influence:

The lateral ankle, leg, hip, back, neck, head, eyes. The vessel interacts as it moves from the back foot to the head with all the Yang channels and its main function is the absorption of excess Yang from the Yang vessels. Along with the Yin Qiao Mai, it regulates the muscles of the limbs to keep the limbs straight and the feet in alignment. A weakness of these extra vessels may result in a dog with an "easty-westy" stance.

Clinical applications in short:

- Absorbs excessive Yang from the head from Liver Yang rising, Liver Wind, Fire and Heart Fire causing mental agitation, mania, and seizures.
- both the Yin Qiao and the Yang Qiao are connected to the eyes. The Yang Qiao brings Yang Qi to the eyes making them open and the Yin Qiao brings Yin energy to the eyes making them close.
- Pain in the inner canthus of the eye
- One sided back and limb pain, especially when there are multiple channels involved (UB, GB, ST).
- Influences the muscles and alignment of the lower leg with the Yin Qiao Mai.
- tightness and stiffness of the muscles of the lateral leg with weak medial muscles.
- Extinguishes internal Wind from the legs in cases of hemiplegia.
- Influences internal Wind which manifests as seizures.

The Yin Qiao Mai

To recap, the Yin Qiao Mai is called the Yin heel or stepping vessel and is paired with the Ren Mai. It opens with KID 6.

The Yin Qiao Mai absorbs excess Yin from the body, especially from the abdomen. It is closely related with the Yang Qiao Mai in terms of their relationship with the eyes and the tone of the muscles and structural alignment of the limbs.

Areas of influence:

It starts from the Kidney channel, veering off at KID 2 or 6, at the inside of the hock up the medial aspect of the leg to the genitals and to the abdomen, enters the chest and throat where it meets the Chong, to the inner canthus of the opposite eye.

Clinical applications in short:

- Absorbs excess Yin energy from the body and is used for excess Yin in the form of cysts, lumps, masses, Blood stasis and Phlegm especially in the abdomen and lower Jiao.
- Accumulation of Yin in the form of urinary retention.
- With the Yang Qiao Mai rules the opening and closing of the eyes as it brings Yin energy to the eyes at night.
- Dryness and redness and pain in the inner canthus from Yin deficiency.
- Use in cases of atrophy syndrome or poor motility when the muscles of the inner leg are too tight - use with UB 62.

The Yang Wei Mai

To recap, the Yang Wei Mai is called the linking vessel and is paired with the Dai Mai. It opens with SJ5.

Areas of influence:

The lateral aspect of the lower limb, sides of the body, lateral neck, head, ears, shoulder. It connects all the Yang channels - Wei means tie down or hold together, like laces on an old fashioned girdle. It governs the exterior of the body including the Wei Qi and its main action is to expel pathogenic factors.

Clinical applications in short:

- any pathologies of the Shaoyang channels (the GB and the SJ).
- governs the exterior of the body and clears invasion of Wind especially with shaking due to the obstruction of the space between the skin and the muscles stopping Wei Qi from warming the muscles. (Use with GB20 which is where the Yang Wei meets all the

other yang vessels.)

- pain along the Gall Bladder channel and other Yang channels of the head and neck because the Yang Wei links all the Yang channels.
- all pain not confined to one channel on the lateral aspect of the body.
- rules the hinge joints with the Dai Mai, in particular good for shoulder issues.
- ear problems.
- creates communication between all the Yang vessels to remove obstructions especially of Wind.
- supports the musculature of the body by binding and bracing all the muscles and the joints.
- one sided symptoms.

The Yin Wei Mai

To recap, the Yin Wei Mai is called the yin linking vessel and is paired with the Chong Mai. It opens with PC 6.

Areas of influence:

The interior of the body and the heart and chest. It starts at KID 9 or SP 6, ascends the inner thigh to the lower abdomen, connecting with the Spleen, Liver, Kidney and Stomach, rising to the abdomen to the chest, diaphragm and throat connecting with the Ren at Ren 22 and 23.

Clinical applications in short:

- Connects all the Yin channels and controls the interior of the body (the Blood and Yin). In contrast to the Yang Wei Mai, which binds and braces physically, if the Yin Wei Mai is weak, the animal will feel emotionally insecure. (If the Yang Wei Mai is weak, the animal is physically insecure).

- Nourishes Blood and the Heart so it is good for all cognitive and behavioral/imbances that are due to a Blood deficiency, such as anxiety, depression, worry, palpitations, failure to thrive. PC 6 specifically opens the chest and the Pericardium and helps the animal relax.
- As it connects with the Liver, Spleen, Kidney and Stomach, in this way it nourishes Blood.
- With KID 9 as it's starting point, this reinforces the connection between the Heart and the Kidneys.

Channel Locations

Please answer the following questions about the beginning and ending of the 12 major meridians and the 2 extraordinary vessels that have points on them that we can access.

Meridians to choose from:

- Lung
- Large Intestine
- Stomach
- Spleen
- Heart
- Small Intestine
- Bladder
- Kidney
- Pericardium
- San Jiao
- Gall Bladder

- Liver
- Governing Vessel (Du channel)
- Conception Vessel (Ren channel)

[See assignment](#)

Suggested Study

We have covered quite a bit of material in this chapter and it is a good idea to re-read the material again and again. The best way to become more familiar with the channels and acupoints is to practice finding the points and tracing the channels on as many different dogs (or cats or both) as you can between now and the practical.

You may also want to print out the Canine Skeleton Template to make flash cards showing the various acupoints and the channels. It really makes you utilize your anatomical knowledge when putting a dot on the image. None of these items need to be turned in, but it is a good way to help study the information.

Chapter 3 Quiz

This is a gateway assignment; you must score at least 80% to complete it.

When you are ready, take this quiz on the material in Chapter Three. You *may* refer to your notes and the material (open book) during the quiz if you wish. Use the Next and Prev buttons to navigate through the quiz, changing any answers you wish, before clicking on Finished to submit. You will see your results and your score.

You may take this quiz as many times as you like. It's a good idea to review the questions you missed, or material you didn't remember. Re-read the information and try again. The repetition will help your retention of the material and show you areas to study further. Obviously, cutting corners in submitting answers will not help your progress in the course, your working knowledge of small animal acupressure, or your performance assessment at the practicum.

You *must* pass this quiz with an 80% or better (at least 32 correct out of 40) to complete the chapter study. Take the test until you achieve this scoring range before going on to the next chapter. Your best score is retained.

Please contact your instructor with any questions.

Good luck!

