

## Abbreviations

<b>HT, HE</b>	Heart
<b>SI</b>	Small Intestine
<b>BL</b>	Bladder
<b>KI</b>	Kidney
<b>PC, HP</b>	Pericardium, Heart Protector
<b>SJ, TE, TW</b>	Triple Warmer, Triple Energizer (San Jiao)
<b>GB</b>	Gall Bladder
<b>LR, LV</b>	Liver
<b>LU</b>	Lung
<b>LI</b>	Large Intestine
<b>ST</b>	Stomach
<b>SP</b>	Spleen
<b>REN, CV</b>	Conception Vessel (Ren Mo)
<b>DU, GV</b>	Governor Vessel (Du Mai)

## Anatomical Position

The person is oriented:

- In an erect standing position
- Eyes and head facing forward
- Feet forward and perpendicular to the body
- Arms raised to heaven, with the inside of the forearm facing forwards.

## Cun measurements

Use the client's hand to determine these measurements!

Thumb width (at the widest part that isn't the base) = 1 cun

Width of index and middle fingers when held together = 1.5 cun

Width of all 4 fingers when held together = 3 cun

## Relative Directions

### **Anterior: on the front of the body**

Ex. The point is on the anterior forearm.

*This puts the point on the inside of the forearm (the softer skin).*

### **Posterior: or on the back of the body**

Ex: the point is on the posterior hairline.

*This puts the point on the back of the person's head at the hairline.*

### **Superior: above**

Ex: the point is 1 cun superior to the 1<sup>st</sup> thoracic vertebra (T1)

*This puts the point 1 cun above the 1<sup>st</sup> thoracic vertebra (T1), towards the head.*

### **Inferior: below**

Ex: the point is 1 cun inferior to the 1<sup>st</sup> thoracic vertebra (T1)

*This puts the point 1 cun below the 1<sup>st</sup> thoracic vertebra (T1), towards the legs*

### **Medial: towards the midline**

Ex: the point is on the medial border of the scapula

*This puts the point on the inside border of the scapula.*

### **Lateral: towards the sides, or away from the midline**

Ex: the point is 1 cun lateral to thoracic vertebra 1 (T1).

*This puts the point on the back, 1 cun away from the spine towards the shoulder.*

### **Distal: towards the fingertips or toes (away from the trunk of the body)**

Ex: the point is 1 cun distal from the elbow crease.

*This puts the point 1 cun away from the crease towards the fingers.*

### **Proximal: towards the trunk or center of the body**

Ex: the point is 1 cun proximal to the elbow crease

*This puts the point 1 cun away from the crease in the direction of the shoulder.*