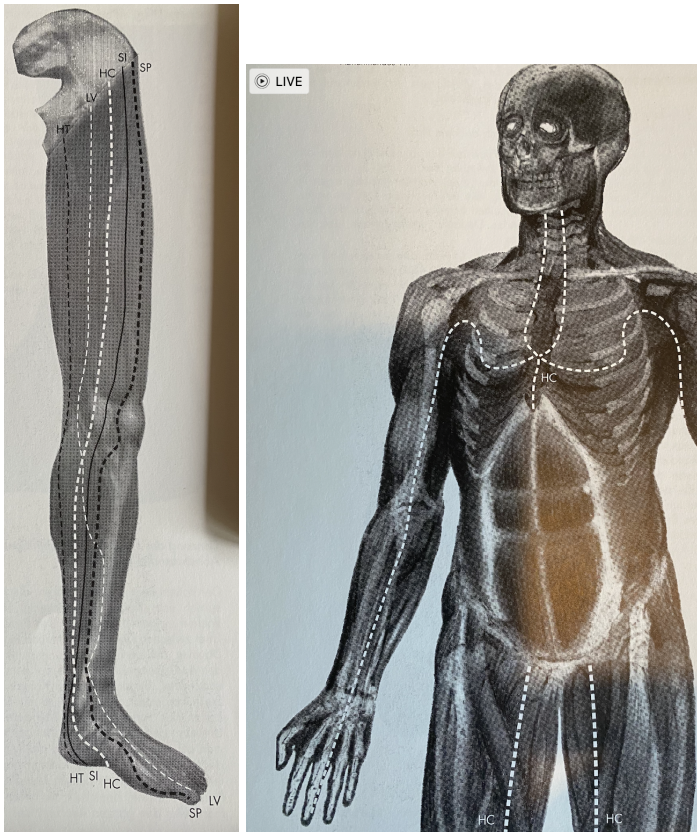
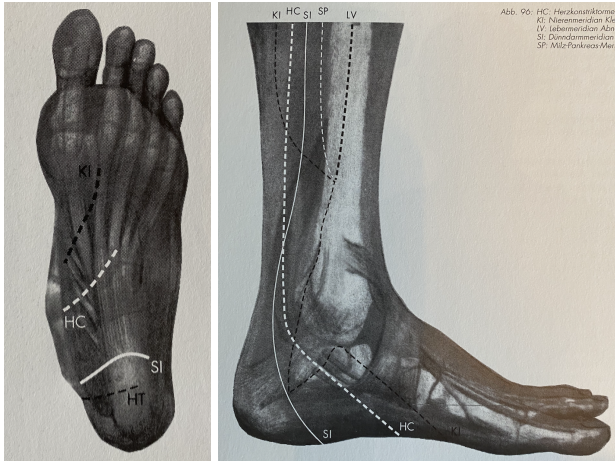


Trajectory and treatment Heart Constrictor meridian



Yin meridian, energy upwards, Fire element, Jue Yin.

Points

- Tai Ryo (HC7)
- Shu Sho (HC9)

masunaga

- Foot
 - Starts in the middle of the foot sole and runs under and behind malleolus (inner ankle) parallel to kidney meridian.
 - Runs between achilles tendon and inner ankle (maleolus) where kidney runs on one side more next to malleolus and small

intestine on the other side, more towards achilles (and heart even more towards and under achilles).

- Lower leg
 - Runs exactly on the edge of the inner calf muscle belly.
 - on the lower leg, halfway the shin bone, from front to back, you find the following meridians:
 - On the shinbone (on the lower oart) there is liver meridian.
 - next to the shin bone in first indentation, the spleen meridian
 - In the middle of the first indentation (little behind the spleen), the small intestine meridian
 - On the edge of the calf muscle, heart constrictor meridian
 - further to the back kidney and heart meridian.
- Kneecap
 - Runs on the inside of the small intestine meridian at the inner lumps of the inner thigh bone and the shin bone where it runs little bit to the front and then further upwards on the upper leg.
- Upper leg
 - Runs straight up over the inside of the thigh.
 - It ends in the groin in the indentation in front of the most powerful tendon in the middle of the inside of the thigh. To find this tendon, place sole of foot against knee of the other leg. Now you can feel the tendon clearly, esp. near the pubis bone. On the tendon, the liver meridian can be found. In the valley behind the tendon, there is the heart meridian. In the valley in front of the tendon, the heart constrictor.
- Chest / hara / neck
 - Runs from under sternum and runs upwards along with conception vessel over the sternum.
 - At the 4th intercostal space the meridian branches of. one branch runs upwards on both sides of the sternum towards the neck, a cun next to the edge of the sternum and in the neck, between lung meridian (next to the midline) and kidney meridian on the outside.
 - The 2nd branch curves to the outside and runs between 4th and 5th rib (mostly it runs over the nipple).
 - Then it runs on the edge of the muscle that comes from the shoulder and covers the chest (pectoralis major).
 - Then it runs upwards again on top of the edge of the chest muscle (on the outside edge of this muscle you find the liver meridian).
 - It runs upwards vertically, outside the indentation in front of the shoulder (this is where the lung meridian is) and runs over the muscle bellies of the large chest muscle which lie next to the arm.
- Upper arm
 - It runs between the tendons and further between and on the muscle bellies of the biceps
- Elbow
 - It runs in the middle of the elbow. You will find a large tendon, the end of the biceps. The meridian runs on the inside and directly under the tendon.
 - It crosses a nerve (medianus), which makes this point very sensitive.
- Lower arm
 - Runs in the middle of the lower arm, crosses the lower arm muscles connected to the spaakbeen.
 - it continues to the middle of the wrist where it crosses the medianus nerve again (HC7)
- Hand
 - Runs over the palm of the hand and runs towards the pink side of the middle finger where it ends at the middle finger nail.

Treatment

- receiver on the back. start from chest upwards to neck in archers when reaching neck, support back of neck.
- chest, shoulder and arm. start in archer next to body. When reaching arm, sit (archer) aligned with arm.
- treatment of upper leg in stretch (see below). sit in seiza
- treatment of lower leg: receiver on back, treat normal.

Stretch

- receiver on the back. Place leg with foot above at knee level.