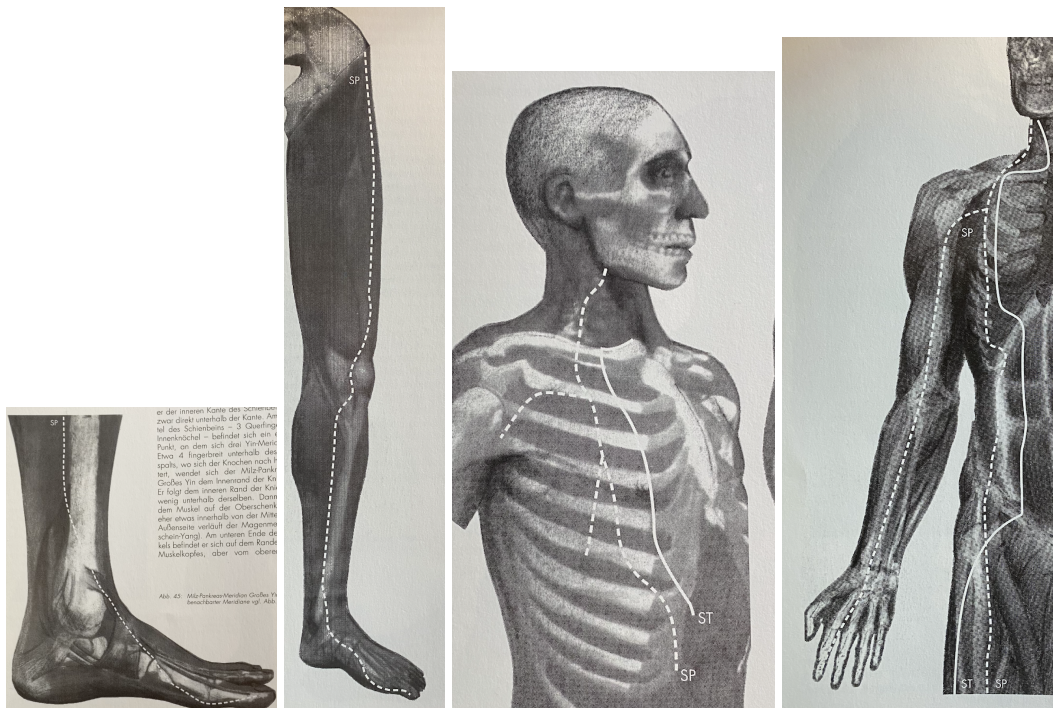


Trajectory and treatment Spleen meridian



Yin meridian, so energy upwards, Earth element, Groot Yin

Points:

- **SP1 Yin Pa Ku**, Jing Well and wood point of SP channel.
- SP2, Ying Spring and fire point of SP channel.
- SP3, Yuan Source, Shu-stream and earth point of SP channel.
- SP4, Luo connecting point of SP channel.
- **SP5 Sho Kyo**, Jing River and metal point of SP channel.
- **SP6 San Yin Ko**, meeting point of SP, KD en LE
- SP8, Xi-cleft point of SP channel.
- SP9, he-sea and water point of SP channel.

classic

- Foot
 - starts at nail corner of big toe (outside). SP1.
 - runs on side of big toe somewhat under middle line over the big toe joint
 - it follows the lower edge of metatarsals.
 - At the end of metatarsal it continues upwards over the bones of root of foot, in the indentation before the inner ankle and over the joint groove of upper jump joint. SP5.
 - Now it continues in front of inner ankle (malleolus) towards shin bone.
- Lower leg
 - runs upwards under the shinbone edge

- 3 cun above inner ankle it reaches sensitive point SP6. Here it meets LE and KD.
- Knee cap
 - continues on the inner edge of knee cap. Pressure is oblique downwards to the inside towards knee cap.
- Upper leg
 - it continues on the muscle on the front of the upper leg, somewhat inside the midline. (on the outside of the midline runs ST). Medial from SP runs SI.
 - SP runs on upper leg until the powerful tendon in the groin area where it meets ST.
- chest-hara
 - from point in the groin area it runs diagonally upwards towards midline but stays outside of ST.
 - Then it runs straight up parallel to ST, somewhat next to straight belly muscle until 9th rib.
 - It crosses 9th rib and runs diagonally upwards to the outside between 9th and 8th rib.
 - Then it runs straight up again parallel to ST (border of front and side of body) until just above 4th rib (just above nipple line). Here it branches out.
 - branch 1 runs to side of chest 45 degrees down and to the back until 6th/7th rib (line of lower edge sternum).

Extended (masunaga)

- chest-hara
 - Branch 2 runs upwards to the neck to groove just below clavicle, lateral to ST
- Neck
 - it runs further upwards in the neck, crosses large oblique neck muscle and arrives at the jaw 0,5 cun before jaw corner
- head
 - it crosses the jaw edge and meets ST on the Masseter chewing muscle.
- Chest
 - on the 2nd branch line between 2nd and 3rd rib, branch 3 goes outwards towards shoulder and arm
- Shoulder
 - it follows the chest muscle (on the muscle tendon is LE, 1 cun above is SP, 1 cun above is HC).
- upper arm
 - runs over the biceps, 1 cun to the inside of LU
- Lower arm
 - keeps running between LU and HC
- Hand
 - On the wrist it runs on the tendon between middle of wrist and indentation for bone.
 - In palm of hand it runs between middle and index finger.
 - then towards the index finger (little finger side)

Treatment

- start with foot and work upwards until the jaw
- then continue on chest/shoulder/arm/hand.

Stretches

- hand on hara
- bring foot to ankle