

Trajectory and treatment Stomach meridian



Yang meridian, so energy downwards, Earth element, Yang Ming

Points:

- **ST25 Ten Su**
- **ST36 San Li**, He-sea and earth point of ST channel.
- **ST40**, Luo connecting point of ST channel.

- ST41, Jing River and fire point of ST channel.
- **ST42 Kai Kei**, yuan source point of ST channel.
- ST43, Shu-stream and wood point of ST channel.
- ST44, Ying Spring and water point of ST channel.
- **ST45 Rai Da**, Jing Well and metal point of ST channel.

Extended (masunaga)

- Hand
 - starts at ring finger (pinky side) but is known to switch with TH on the same finger.
 - Follows the border between side of finger and upper side of finger.
 - on hand it runs between the tendons of ring finger and pinky.
 - On the wrist it runs next to TH just against the wrist lump.
- Lower arm
 - On lower arm ST remains between TH and SI channels.
- Elbow
 - Runs against elbow bone (olecranon), on thumb side of the bone (not on SI side of the bone)
- Upper arm
 - first it runs on the edge of triceps, later on triceps on backside of upper arm.
 - at the shoulder it follows deltoid muscle fibers and arrives via the backside of acromion at the shoulder blade. 0,5 cun further runs the TH through an indentation over the outer edge of acromion.
- Shoulder
 - It runs through the indentation just above shoulder blade to C7/Th1. 0,5 cun upwards is TH.
 - From C7 it runs to the front of body over the lowest point of the neck at the clavícula.
- Neck
 - from the back it runs to the front to a cavity between neck and clavícula. This is where ST branches out. 1st branch comes from the head. 2nd branch goes downward.

classic

- head
 - starts from an indentation in the middle of the lower eye socket edge.
 - It runs straight down, 1 cun from the mouth corner.
 - From mouth corner 45 degrees to lower jaw. this point is 1 cun before LI. From there ST branches out in 3 directions. Branch 1 runs through an indentation on the lower jaw to directly in the middle under the lower lip (where it joins the ST channel from the other side).
 - branch 2 runs to the other side of the jaw until just before the jaw corner. There, on the masseter chewing muscle it meets SP channel.
 - From there it runs straight up in front of the ear over the temple to an indentation where you can feel the masseter muscle when it chews.
 - branch 3 crosses the jaw corner 1 cun before LI.
- Neck
 - It runs straight down and crosses the oblique neck muscle to reach the cavity between neck and clavícula.
- chest - hara
 - follows the edge of the clavícula outside to an indentation in the bone. There it crosses the clavícula to the chest.
 - it runs straight down to the nipple and further down to 6th rib.
 - from here it runs diagonally to the inside and reaches hara at 8th rib (2-3 cun from midline).

- it runs straight down over the straight belly muscle until 2 cun above the pubis bone. At the height of navel it passes ST25, the bo (alert) point of the LI.
- Pelvis
 - from 2 cun above pubis, it runs diagonally to the outside to the large tendon on the upper leg where it crosses SP channel.
 - It runs to the outside some more and then runs down.
- Upper leg
 - runs down on the frontside of upper leg on outer part of straight upperleg muscle.
- Knee cap
 - it runs against and under the knee cap (lateral).
 - then it reaches a point 1 cun from midline, against the outer edge of the powerful tendon that connects knee cap with lower leg.
- Lower leg
 - from there somewhat to the outside, 3 cun below the knee cap there is an important tsubo ST36 (San Li). On the lower leg it follows the muscle outside the shin bone, in the middle of the muscle belly.
- Foot
 - It runs straight over the middle of joint groove of upper jump joint
 - It runs further over highest point of "wreef" and between tendons of 2nd and 3rd toe.
 - It ends on the outside (little toe side) of the 2nd toe.

Treatment

- start with arm, above shoulder blade, C7, to cavity between clavicle and neck
- then continue on head from eye socket, do the head and finally treat the neck and continue on chest, belly, legs and feet.

Stretches

- hand on hara
- other hand pushes knee/leg up. Test how flexible leg is.
- hand on "wreef" of foot. push "wreef" down
- shoulder of other arm pushes the receiver knee to the other side.
- pull the "wreef"/foot under receiver buttock