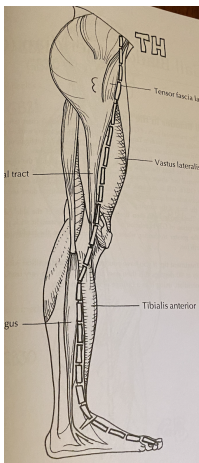
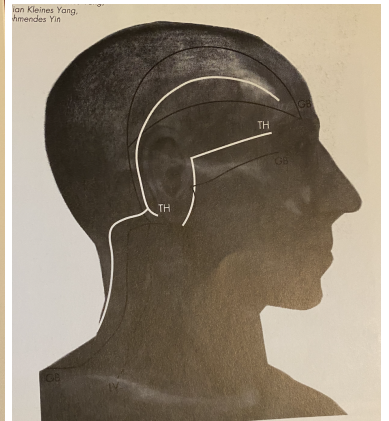
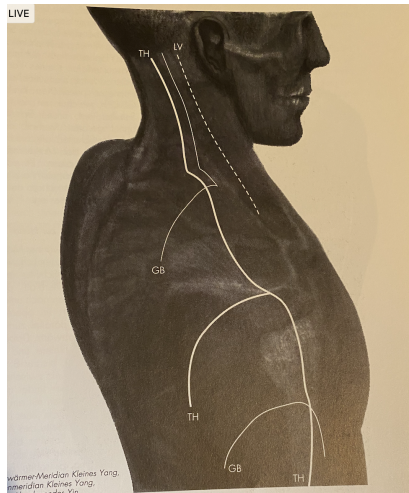
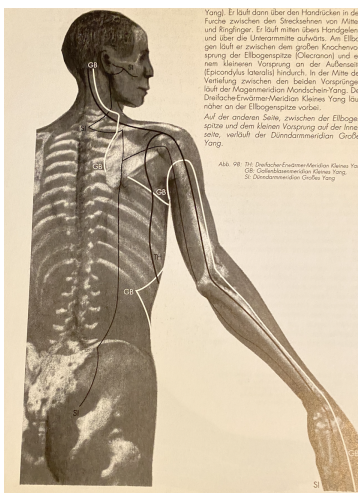


Trajectory and treatment Triple Heater meridian



Tsubo:

- Kan Sho (TH1), Jing well and metal point
- Yo Chi (TH4), source point

Classical:

- Hand
 - starts on thumb side of ring finger (TH1).
 - follows the lateral side of ring finger and crosses back of the hand in groove between tendons of middle and ring finger
- Lower Arm
 - runs to TH4 which lies in indentation on back of hand, just before the wrist, slightly medial (little finger side) of the middle of the wrist.
 - runs upward in middle of posterior side of wrist and lower arm
- Elbow
 - runs in the middle between olecranon and smaller condyle on lateral side. Stomach meridian also runs between the two condyles against the olecranon. On other side between olecranon and small condyle on the medial side, runs small intestine.
- Upper arm
 - runs on posterior side, where it follows head of triceps muscle.
- Shoulder

- reaches shoulder at point: raise arm and find two indentations where arm and shoulder meet (edge of acromion). indentation in front is large intestine. Indentation in back is Triple Heater.
- From this point first branch arrives here from head. second branch runs towards iliac.
- first branch comes from ear, via the neck. On the shoulder the meridian remains 0,5 cun superior to groove just above scapula. Stomach meridian runs in this groove and remains parallel to TH. On the lateral side of shoulder, TH reaches the indentation mentioned before.
- Second branch makes wide curve backward to shoulder blade, descends across the lateral part of shoulder blade and continues to the back.
- Neck
 - runs anterior to muscles on both sides of cervical vertebrae and descends toward the shoulder. Bladder meridian runs straight down on these muscles. TH runs lateral to these bladder lines.
 - On the shoulder, it runs behind of the highest line of the shoulder. On the neck TH remains behind to Gall Bladder meridian (so parallel to GB).
- Head
 - two branches on skull. Branch 1 starts in indentation slightly inferior to protruding part on top of lateral side of forehead (above eye brow, between lateral side of eye brow and middle of eye brow (GB)).
 - From this point it runs upward and backward, parallel to gallbladder and on highest point on skull it comes close to highest point of stomach meridian.
 - From there it curves down on side of the head and remains slightly posterior to ear.
 - the two branches come together halfway mastoid process of temporal bone, the protruding bone on edge of skull, behind the ear.
 - Branch 2 starts at lateral side of eyebrow and runs horizontally toward upper attachment side of ear, descends in front of the ear and curves around the earlobe. It runs to point on the front side of mastoid process, in indentation that appears when mouth is opened.
 - From there it runs to mastoid process behind the ear, where it joins other branch.
 - From here it runs backward on top of mastoid process and along superior nuchal line until it reaches anterior edge of neck muscles and runs down from there via neck to shoulder.

Masunaga:

- Back
 - From indentation on edge of acromion, TH makes curve backward to shoulder blade and descends across lateral part of it.
 - On upper part of back, it runs more or less parallel to small intestine (lateral to it). It follows the borderline between side and back of rib cage until 8th-9th rib. This borderline is the line along the upper arm of the client when rests on side of body.
 - From here it runs in soft part of flank to the front and crosses iliac crest just before highest part of it.
- Pelvis
 - Here it connects with part on the leg.
- Upper leg
 - GB meridian is on the side of upper leg. ST is on straight line from the knee cap. TH runs between the two.
- Knee cap
 - TH keeps running between GB (side of knee) and ST (just under knee cap).
- Lower Leg
 - ST runs on first muscle lateral of shin bone. TH runs parallel to ST on the 2nd muscle (GB keeps running on side of leg, so TH remains between ST and GB).
- Foot
 - TH crosses articulus talocruralis anterior to the outside ankle bone (malleolus). It continues in the groove between 3rd and 4th metatarsal bones. It ends in lateral corner of 3rd toe (little toe side).

Treatment

- Receiver in side position, sit in kiza, treat hand, arm, shoulder, neck and head (classical part)
- Receiver in side position, sit in kiza, treat back until pelvis
- receiver on the back, sit in seiza or archer, treat leg and foot.

Stretch:

- Hand on hara
- Lift knee up, foot stays low
- push knee inwards