

Kidney Foot Shao Yin Channel

Time: 5pm – 7pm

Important Points:

Jing Well	KD1
Ying Spring	KD2
Shu-Stream	KD3
Yuan Source	KD3
Jing River	KD7
Luo Connecting	KD4
Xi-Cleft	KD5
He Sea	KD10
Mu Alarm	GB25
Back Shu	UB23

Description:

Begins beneath the little toe and become exterior in the sole of the foot. It crosses to the medial aspect of the foot and passes under and posterior to the medial malleolus. It passes up the medial aspect of the lower leg to the medial side of the popliteal crease. From there the next point is .5 cun lateral to CV2. It travels parallel to the CV channel, .5 cun lateral until CV14, it then moves to 2 cun lateral to the midline at the 5th intercostal space and travels superiorly until just below the clavicle.

Point Locations

AcuPoint	Point Location
KI 1	On the sole, in the depression when the foot is in plantar flexion, approximately at the junction of the anterior third and posterior 2/3 of the sole.
KI 2	Anterior and inferior to the medial malleolus, in the depression of the lower border of the tuberosity of the navicular bone.
KI 3	In the depression between the medial malleolus and tendo calcaneus, at the level of the tip of the medial malleolus.
KI 4	Posterior and inferior to the medial malleolus, in the depression medial to the attachment of tendo calcaneus.
KI 5	1 cun directly below KD 3 in the depression anterior and superior to the medial side of the tuberosity of the calcaneum.
KI 6	In the depression of the lower border of the medial malleolus, or 1 cun below the medial malleolus.
KI 7	2 cun directly above KD 3, on the anterior border of tendo calcaneus.
KI 8	.5 cun anterior to KD 7, 2 cun above KD 3 posterior to the medial border of the tibia.
KI 9	5 cun directly above KD 3 at the lower end of the belly of muscle gastrocnemius, on the line drawn from KD 3 to KD 10%.
KI 10	When the knee is flexed, the point is on the medial side of the popliteal fossa, between the tendons of muscle semitendinosus and semimembranosus, at level with BL 40.
KI 11	5 cun below the umbilicus, on the superior border of the symphysis pubis, .5 cun lateral to CV 2.
KI 12	4 cun below the umbilicus, .5 cun lateral to CV 3.
KI 13	3 cun below the umbilicus, .5 cun lateral to CV 4.
KI 14	2 cun below the umbilicus, .5 cun lateral to CV 5.
KI 15	1 cun below the umbilicus, .5 cun lateral to CV 5.
KI 16	.5 cun lateral to the umbilicus, level with CV 8.
KI 17	2 cun above the umbilicus, .5 cun lateral to CV 10%.
KI 18	3 cun above the umbilicus, .5 cun lateral to CV 11.
KI 19	4 cun above the umbilicus, .5 cun lateral to CV 12.
KI 20	5 cun above the umbilicus, .5 cun lateral to CV 13.
KI 21	6 cun above the umbilicus, .5 cun lateral to CV 14.
KI 22	In the 5th intercostal space, 2 cun lateral to the Ren meridian.
KI 23	In the 4th intercostal space, 2 cun lateral to the Ren meridian.
KI 24	In the 3rd intercostal space, 2 cun lateral to the Ren meridian.
KI 25	In the 2nd intercostal space, 2 cun lateral to the Ren meridian.
KI 26	In the 1st intercostal space, 2 cun lateral to the Ren meridian.
KI 27	In the depression on the lower border of the clavicle, 2 cun lateral to the Ren meridian.