

Liver Foot Jue Jin Channel

Time: 1am - 3am

Important Points:

Jing Well	Lv 1
Ying Spring	Lv 2
Shu-Stream	Lv 3
Yuan Source	Lv 3
Jing River	Lv 4
Luo Connecting	Lv 5
Xi-Cleft	Lv 6
He Sea	Lv 8
Mu Alarm	Lv 14
Back Shu	UB 18

Description:

Originates on the proximal-lateral side of the first toe nail. It proceeds along the dorsum of the foot to the anterior of the medial malleolus. It ascends along the antero-medial side of the leg. It cross the spleen channel 8 cun above the malleolus and proceeds up the leg posterior to the spleen channel. It continues up the leg and knee, up the medial side of the thigh. It continues to the pubic region, encircles the genitals, and heads up the lateral side of the abdomen to end in the six intercostal space 4 cun lateral to the midline. A branch then ascend to enter the lower abdomen. It continues upwards to curve around the stomach before entering the liver and gal bladder. It crosses the diaphragm and ascends up the neck and posterior aspect of the throat to link with the eye. It ends up linking up on the top of the head at Du20.
Another branch

Point Locations

AcuPoint	Point Location
LV 1	On the lateral side of the dorsum of the terminal phalanx of the great toes, between the lateral corner of the nail and the IP joint.
LV 2	On the dorsum of the foot, between the 1st and 2nd toes, proximal to the margin of the web.
LV 3	On the dorsum of the foot, in the depression distal to the junction of the 1st and 2nd metatarsal bones.
LV 4	1 cun anterior to the medial malleolus, midway between SP 5 and ST 41, in the depression on the medial side of m. tibialis anterior.
LV 5	5 cun above the tip of medial malleolus, on the medial aspect and along the medial border of the tibia.
LV 6	7 cun above the tip of the medial malleolus, on the medial aspect and along the medial border of the tibia.
LV 7	Posterior and inferior to the medial condyle of the tibia, in the upper portion of the medial head of m. gastrocnemius, 1 cun posterior to SP 9.
LV 8	When the knee is flexed, the point is located in the depression above the medial and transverse end of the transverse popliteal crease, posterior to the medial epicondyle of the femur, on the anterior part of the in insertion of m. semimembranosus and m.
LV 9	4 cun above the medial epicondyle of the femur, between m. vastus medialis and sartorius.
LV 10	3 cun directly below ST 30, on the lateral border of m. abductor longus.
LV 11	2 cun directly below ST 30, on the lateral border of m. abductor longus.
LV 12	Inferior and lateral to the pubic bone, 2.5 cun lateral to the CV line, at the inguinal groove, lateral and inferior to ST 30.
LV 13	On the lateral side of the abdomen, below the free end of the 11th floating rib.
LV 14	Directly below the nipple, in the 6th intercostal space.