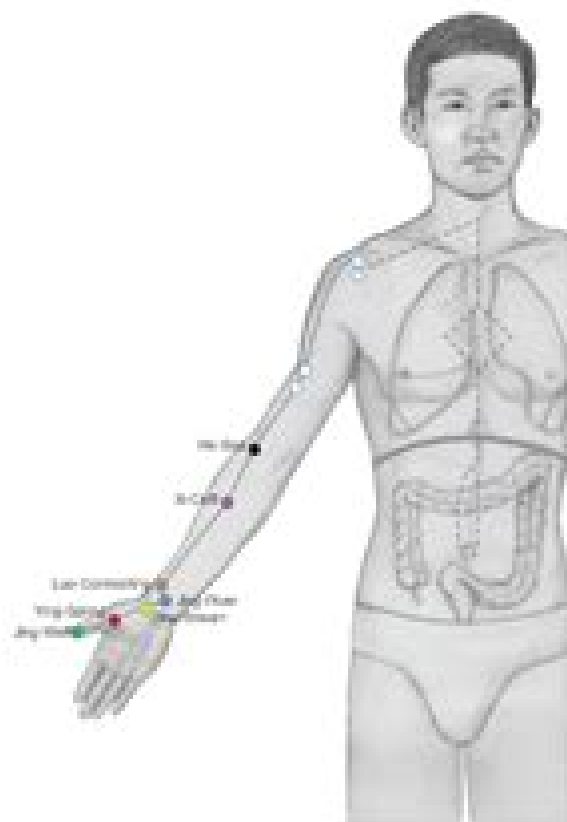


8

Points of the Arm Tai Yin Lung Channel

手太陰經穴



General	The Lung channel starts on the lateral chest near the coronoid process and travels up the chest slightly, before entering the upper limb. It then descends the anterior aspect of the limb towards the thumb, where it ends on the radial side of the thumb (LU 1). It has 11 points. It is grouped with the Large Intestine under the Metal element in five-element theory.
More specifically	Originating in the Middle Energizer, the channel is said to have links downwards with the Large Intestine (its Yang paired organ), and upwards, through the diaphragm, spreading through the Lungs, trachea and larynx, emerging at Lung 1 just below the lateral end of the clavicle and inferior to the coronoid process. Lung 2 is above the coronoid process and the channel then travels downwards along the arm, through the cubital fossa, and over the flexor and radial deviators of the hand and wrist ending slightly laterally towards the thumb at the radial styloid. It finishes on the radial side of the base of the thumb (LU 1).
Area covered	Chest, Anterior Arm - Antero-lateral forearm.
Areas affected with treatment	LU 4 segmental supply: lungs, chest, upper Energizer, throat and larynx, elbow and wrist. Skin conditions (acupuncture).
Key points	LU 1, LU 2, LU 5, LU 7, LU 8, LU 10

LU 1 Zhongfu

Middle Palace

中府

palmar side of the rib cage, move the tip of the finger anteriorly approximately 1 cun to locate LU 1.

From the point of the Lungs
Intersection of the Spleen on
the Lung Channel

Myotome	C5-C8
Dermatome	C4

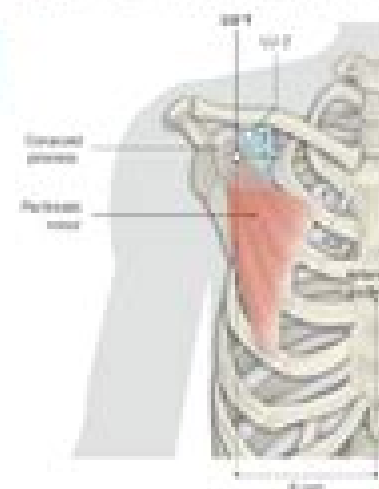
Location

On the anterior lateral aspect of the chest, approximately 1 cun inferior and slightly lateral to LU 2, just medial to the coronoid process of the scapula. Situated in the pectoralis major muscle and, more deeply, at the insertion of the pectoralis minor. Also, medially to its deep position, the muscles of the axillary armpit space (AXA), or the body of the rib, depending on the individual structure of the rib cage and the shoulder girdle.

To aid location, ask the patient to stretch the arm out forwards (flex the shoulder) to engender the pectoralis and anterior deltoid muscles. First, locate LU 2 at the centre of the depression of the deltopectoral triangle, and then, following the

Needling

Remembering the near vicinity of the rib cage to this point, needling should always be oblique and lateral



Guide To Acupressure

Cathryn Bauer



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