

Kiiko Matsumoto San Diego, July 26-28, 2013

DU16:

In the Su Wen Wind appears 44 times, Heat appears 45 times, Jue 45 times
Zhang Zhong Jing talks of using DU16 (Feng Fu, 風府), usually he talked herbs only
Wind pathogen – creates 100 different diseases

Su Wen 31 – Heat Disease – belongs to Shan Han, and Tai Yang is major
all 6 Yang channels belong to DU16
DU16 – where Wind invades

Ling Shu 79 – Evil attacks from DU16
severe fever disease – goes down one vertebrae each day
after 21 days it goes inside

DU14 –immune: moxa as invasion starts
DU12 – thymus, also use as immune defence

Four Oceans:

Qi
Blood/Chong
Water/Grain
Marrow (Sui - 髓)

Sui , 髓 – “something surrounded by bone
marrow, spinal cord, brain – all are Sui

Brain is the Ocean of Sui

In the Four Oceans (Ling Shu 33) there is description of insufficiency and Excess of
the four oceans, and in both cases the symptoms are negative.

Sui – the Excess is not negative, but positive:

body gets lighter

legs get strong

you are better than average (Kiko says “better than who you are now”)

(輕勁多力, 自過其度

- Qing Jing Duo Li, Zi Guo Qi Du:

light strong/sturdy lots of power, one exceeds self-capacity/standard)

Zheng Jiu Da Cheng (1601) –

Yang Ji Zhou does not say “feel better” but “feel light”

light – as “can fly”

Ocean of Marrow –

Lower Transport point is DU16

Upper Transport Point is “The Lid” (其蓋 – Qi Gai – “it’s canopy”)

Kiko is looking for “the lid” – it could be G.B.18/19

Cheng Ling, 承靈 receive/hold Spirit, Nao Kong, 腦空, empty brain)

(Avi – it says “the brain is the ocean of marrow, the upper transport is its lid/top/canopy” – it seems to imply the canopy/lid of the brain → skull or top of brain somewhere)

Ling Shu 33 – DU16 is marrow

Su Wen 31 – talks of DU16 as Wind

If you are not attacked by Wind – you can be light, strong, better

Dzong Zi: 以督为經 - because of Du there are Meridians

Meridians are like longitudinal lines (on the globe/the person)

if Du is shifted – all meridians are shifted

Once attacked by Wind (DU16) – all channels get weak

Su Wen 59 – Ren Mai starts at throat and goes to pubic region

Du Mai – starts at back of hollow of head

goes down to tail

+ 8 points above hole

+ 3 points in face

this downward movement makes sense to Kiiko – it goes with gravity

Sui in head = brain

The spine is the centre

Sui – t gathers in the brain, but the spine is essential

Ling Shu 10 – 4 lines before it describes the Lung Meridians (people usually skip it)

Embryology –

Beginning of person – Jing pf parents

Jing completed, brain and Sui come from Jing

To support brain/spinal cord

Bones become the trunk

人始生，先成精，精成而腦髓生，骨為幹，脈為營，筋為剛，肉為牆，皮膚堅而毛髮長，穀入於胃，脈道以通，血氣乃行

Ren Shi Sheng, Xian Cheng Jing, Jing Cheng Er Nao Sui Sheng, Gu Wei Gan, Mai Wei Ying, Jin Wei Gang, Rou Wei Qiang, Pi Fu Jian Er, Mao Fa Zhang, Gu Ru Yu Wei, Mai Dao Yi Tong, Xue Qi Nai Xing

Human begins birth, earlier complete Jing, Jing completes and brain marrow is born, bone is cause of the main part (trunk is due to bones), pulses → Ying (Ying is due to pulses), Muscle → strength, Flesh → wall, skin firm also, Hair grows, grain enters at Stomach, Pulses path accordingly penetrates, blood Qi is thus moving

Whole spine is important – DU16 can fix it

e.g. – L5 – reflects gynecology, influences neuropathy in legs

L3 is for hips

L1 – for inguinal

T11/12 – sugar, etc.

Kiiko was thinking – if all channels are vertical, where is the horizontal?

Ren – 任

壬 – is the spool – you have horizontals

Kid11 – Horizontal Bone

ST9 – outside Ren23 – the other spool

Hyoid – called “horizontal bone” in Han Dynasty, now “tongue bone”

Su Wen 60 – ASIS also called horizontal bone

U.B.10 to U.B10 – also horizontalbone

SP15 – Great Horizontal

If Du is wrong- balance goes (elderly)

DU16 – also great for auto-immune: Crohn’s, ulcerative colitis, etc.

Any S.I. issue is candidate for DU16:

DU16 is control tower of Tai Yang, “essential palace” for Tai Yang by Su Wen

Shoegren’s, restless leg – leave press-tac on DU16

DU16 – junction of brain and spinal cord

also does a good job for restless leg

If DU16 is painful – start with ST9

ST9 – needle under the SCM, then towards ST12

Needle DU16 only with #1 needle, not thicker – Kiiko had one epilepsy patient that vomited with DU16, also cerebral palsy type might get a reaction

pelvic shift (one painful) – use ASIS, opposite to painful Kid11/ASIS or SP15

Scoliosis – in women it can be hormonal related: comes after beginning of periods

If only one side ASIS – you can use opposite ASIS, highest point in bone, needle towards leg at 45°

Tongue – belongs to both Yin and Yang

it catches food – active, Yang

it swallows – therefore Yin

Ren12:

Ren12 is start of all channels

Upper Dan Tian – between eyebrows, but Nagano used U.B.2 and Yu Tao

Middle Dan Tian – Ren17 – Qi

Lower Dan Tian – Ren4

Anemia or calcium deficiency, mineral deficiency

- usually stomach rugae,
not producing enough HCL to digest food

it can show Left ST21, Ren12, Ren13, Ren10 (stomach can drop)
right ST21 – reflects duodenal ulcer

Rosacea, acne – not enough rugae so bacteria can attack, it is HCL insufficiency.

Treat ST36 for HCL insufficiency

G.B.34 for too much HCL

Treat Ear Stomach, and Ear Vagus (Endocrine or Triple Warmer) to release the vagus nerve, then ST11

ST11 – best point for hiccup

ST36 type (insufficient HCL) –

¼ cup apple juice (or apple cider vinegar) in the morning

Gall stones – also check stomach

Ren12:

1. Lack of HCL – try ST36
2. Receiving stress in stomach, “butterflies in stomach”
– Immune + S.J.16, G.B.20
3. Make sure it is not pancreatic abdomen (ST21 → ST21)
this type can say “nausea” when being poked
use Adrenaline (Kid6 + 27) + SP5 (+ moxa), + T11,12
4. Ren12 & Ren15 – sympathetic reaction to eye strain (computer work, driving)
may show also on Ren17
-- use U.B.2 + Yu Yao
eye problems – also show as shoulder stiffness (S.I)
if S.I. tightness in neck continues,
it may develop into sciatica

cataract – no UV protection– affects liver

Jejunum – reflects left of Ren12 (Kidney to Stomach) – use 4 fingers or whole palm

Su Wen18 – palpitations, originally, because of weak Stomach
Stomach is the pace maker by Su Wen 18
use left ST21 (if no pain)
It is the Grand Luo of Stomach

Crease above Tachycardia pint (second toe) – use for reflux/heart burn

Dan Tian, by Nan Jing, is protector of the Shen
– use Ren6 or Ren4 for Shen (especially if pulse is rapid)

Two kinds of motion sickness:
from ears – this is Kid9 type
can add L2 for ears, if it does a good job, add T7 also
any ear issue – use L2 + T7
from Stomach – this is P.6 type

Sea of Qi - use DU16, DU14, ST9
(Excess: Overflow in chest, listless breath, red face
Deficiency: hard to speak)

Symptoms in the face, front of head – check ST9 – it can be insufficiency of carotid

80% of constipation is on Sigmoid (left) side, shows between Spleen and Stomach lines

Levator pain – check and release C5

Peritonitis (in medical history) – treat Liver

Heavy dosage medications – check Liv2 on right:
Liver will show if medication is incompatible or too strong
it shows Liv2 and not necessarily on Liv14

Knees and Back:

Knee – always check lumbar area
If lumbar findings - check neck also

Liv3 + HT5 – for general knee pain (not one spot), especially if including Liv8 area

Piriformis –
check for gynecology and fertility
check with knee bent, lying face up

Liver – for ligaments, either Liv4 or Liv8
Liv8 is usually better for carpal tunnel
other tendons – either Liv4 or Liv8

fasciitis – also Liv4/Liv8
muscles – use Spleen, ligaments/tendons – use Liver

Left side symptoms, back or sciatica – think of Sugar involvement (SP3, Odi, T11,12)
Right side is “blood disorder” – related to Liver

SP9 – best for L4
G.B.34 – for sacro-iliac joint
Kid16 – for piriformis, sciatica
Ren12 – for any herniated disc

LU10 + L.I.4 – use for head and face.
in pulse you have lower, mid, and upper warmers
LU10 is for above the warmers

Kid3 - for inhalation, use attached to heel bone

Manji:

“10,000 Letters” (萬, Wan as in the 10,000 or innumerable)

卍 (or 卐)

The centre is the navel,
the upper corners are ST23/24
the lower corners are ST27
it circles in a clockwise direction, like the intestines

if there is pain on left ST27, use the corner before it, to move the rotation, that is left ST23/24

Polycystic ovary – use Kid10

Clavicle, metatarsals, mastid – never heal fully
use S.I.10 towards scapula (needle towards centre) for clavicle

Sacro-iliac joint – for erector spinii

Rhomboid – use Trochanter points, also asthma, bronchitis, elderly (hunched)

Both levator and rhomboid can come from C5
If C5 shifts, pain is on levator or rhomboid – use behind ST9 (S.I.16)

Rhomboid – can be from lungs (use Trochanter) or C5 (use S.I.16)

Neuroma – treat G.B.43, 44

Kiiko Matsumoto 9/26-28/2013 - Treatments

I. back pain:

Uterus opened 3 times, age 25, due to fibroid
Scar navel to pubic bone
Back pain ~ T7

Findings:

Ren3
Right Kid16 (on scar)
Ren9
Ren6
Left ST27

DU16 alleviates all

T7
Left L5
Left L2

gynecological operations show on L5

Treatment:

DU16 towards YinTang

II. Back & Neck Pain:

Parachuter – jumped 800 times
Back pain, neck pain

Findings:

Right Kid11
Ren2
Left ST30
Ren9 – pulse
Right ST25
Left Kid16
L4 %
L5 – centre
L1 - right

DU16 – fixed all but not right ST25

Treatment:

DU16

III. Back Pain:

3 spinal fusions
Scoliosis – motor vehicle accident
Titanium in mid-thoracics
Mid to lower back pain

Findings:

L2 – left
U.B.20 – right
T5
Left ASIS
Right SP15
DU16 is painful

Treatment:

ST9 – left
ASIS – left

now abdomen is better
part of balancing QL/L2

Back:

DU16

IV. Back Pain:

Uterine cancer, diverticulitis, inguinal hernia
6 abdominal operations, Ren line scar – very red

Findings:

Kid 11, ST30 – right
Right appendix scar (diverticulitis operation)
Ren4
Ren9
Left Kid2
Levator – right
L2- right
C5 pain

levator is related to C5

Back Treatment:

DU16, slightly to the right

Front Treatment:

Left Ki7, 10, 27
Ear Stomach

Kiiko thinks it is her stomach:
She said nausea on ST21
So Kiiko check vagus then did Ear Stomach
to release vagus

ST11

V. Inguinal Pain:

Inguinal pain – started last night

Findings:

T7 %

Treatment:

DU16

DU16 – to the left

+ Left Liv4

Liv8

released T7

released groin

for ligament

did a better job than Liv4

VI. Rosacea:

Rosacea

Receives stress in sholder (G.B.21)

Took birth control pill

Findings:

L2 – left G.B.21 % and closer to neck

SCM %

Ren12, Ren11, Ren13 (Ren13 is concave)

Left ST21

Left Spleen line

Left ST11

constipation type

vagus

ST36 – made abdomen better → she is HCL insufficient

T5 – left

T7

T2 (DU12)

L5

Tailbone

Left S.I.13 (some on right)

fractured age 17

pituitary

Treatment:

DU16

Ear Stomach

Front:

Left ST36

Left Ear Stomach, Ear Vagus

Left ST11

Press-tac on ST36 and ST11

ST21 – still a little left

HCL insufficiency

VII. Nausea:

She feels it in the throat, Ren21/20 area

Findings:

Ren9, Ren10 – also pulsing
left SP20

Treatment:

Ren3
right ST24

for Ren21

Back:

DU16 + DU14
Kid9
Left L2

Sea of Qi is above and below cervicals + ST9
for motion sickness
Kid9 did a good job: perhaps it is related to ears

VIII. Shoulder pain:

Left hip replaced (they wanted to replace right also)
Right knee replaced
Shoulder pain – torn rotator

Findings:

right Inguinal
C6-7 – right
left ST21 – radiating to the back
left Kid16
above ST12 – right
left ST11

brachio-radial plexus
vagus

Treatment:

left ST36
left Ear Stomach, Ear Vagus
right HT3
+ HT1
right G.B.34
right Kid16

stomach – HCL insufficiency?
for C6-7
it was more like G.B22- 3 needles
hip/S.I. joint
sciatica/back/hip

IX. Candida:

candida
leaky gut
insomnia
was on anti-biotics (acne)
parasites after trip to India

Findings:

Ren12, 11, 13
left ST21
right ST27
DU16 – painful
C1 – right at top of SCM

yeast loves cecum
she had whiplash

T5

Yao Tong Xue – cleared C1

Treatment:

Yao Tong Xue – right
DU16
left Ear Stomach, Ear Vagus
left ST11

X. Cataract:

Cataract operation, astigmatism
tight shoulder, sciatica
2 C-sections
bowel resection (twisted jejunum)
scoliosis

Findings:

Ren12, Ren10
Ren15
Ren17 slight
right Liv14
Ren7
Ren4
right ST27 (bowel resection area)
left of Ren12
levator in neck %, stronger on right
T7/T8
right G.B.30

Jejunum reflex

Liver (from cataract)

DU16 – makes shoulder better, piriformis 60%

Treatment:

DU16

right cataract point (above ear apex)

S.I.11 – right still has pain
getting better with DU16 stimulation
makes sciatica better

Front:

U.B.2 + Yu Yao
Cataract point above ear
left Ear Stomach + Vagus

right Kid16+ okyu

Ren10, 12, 7 – slight pp left
for Ren10/12 (also fixed ST1)
sciatica is 90% better
sciatica

XI. abdominal pain in pregnancy:

Pregnant
Pain across ST21, Ren12
Puffy hands

Treatment

Left Kid7, 10, 27
Right Kid6, 27
SP5 + okyu

On side:

T11, T12

trying Kid6, but left did not work
left Kid2 pain

XII. Myopia, intestinal infections:

Myopia operation 13 years ago
3 surgeries for L.I infections – sigmoid, colostomy for 4 months
Scar Ren2 to Ren12
C-section scar

Findings:

Ren12 she might be HCL insufficiency
thus bacteria grows

Ren9
ST27 %
Ren15
Ren17

Treatment:

DU16
U.B.2 + Yu Yao
G.B.39 for pain behind eyeball

XIII. eyelid pain:

vision is getting bad
pain – eyelid
white spots on skin
red under left eyelid

Findings:

right Liv14
right ST25 though left eye is worse

Treatment:

DU16
S.I.11 – right still has pain
getting better with DU16 stimulation
makes sciatica better

right cataract point (above ear apex)

Front:

Sawada L.I.2 + okyu %
Left Zhong Kui + okyu
U.B.2 + Yu Yao %
Presstac on Zhong Kui & Sawada L.I.2

XIV. anxiety, palpitations:

Anxiety (no meds), palpitations, Ren17 pain
rapid pulse
sweaty hands and feet

Findings:

Ren17 + left Kidney line
left SP20
Ren12
left ST21
left ST11

Stomach is weak, therefore palpitations

sympathetic imbalance

Treatment:

Ren6
Tachycardia point (under-2nd-Toe) + okyu

left S.J.5 + G.B.41
left ST21

Lower Dan Tian to protect Shen
all findings changed (Ren 12 still left)
S.I.11 – pain on left
 now Kiiko tries left ST21
sympathetic dominance
Grand Luo of Stomach – for heart

presstacs on S.J.5, ST21, Ren6

XV. Sciatica:

Sciatica, right leg for two weeks (twisted to get working under a car)
L5 – herniated disc by ER doctor
neck – chronically stiff
long history of alternating constipation and diarrhea
inguinal hernia – both sides, surgery in February

Findings:

piriformis – right
inguinal % – ST30, outside ST30, Kid11
right G.B.26
Ren7
Ren9, Ren15
right under ribs
ST9 %

DU16 – fixed ST9, abdomen and piriformis

L4-L5, L5-S1
L3-L4
L1
T7 - right

Treatment:

DU16

L1

Liv4 – right
adding L1 and Liv4 on left also
presstac on right Liv4

fixed findings in back
now L1 is not painful
inguinal still has some pain
for inguinal
Kid11 still has some pain
it is a ligament

Front:

ST9 – left

ST30 on left still has pressure pain
fixed ST30

XVI. Lumbar Laminectomy:

Laminectomy L5/S1 20 years ago
Sciatica alternating between left and right
S.I. joint pain – alternating sides

Findings:

Sacro-iliac joint %
Piriformis – left
L4-L3 %, L5 %
Kid11, ASIS - left

Treatment:

Liv4 – left
+ ASIS – right
ST9 – left
G.B.34 %
Presstacs on Liv4, ASIS, G.B.34

for left ASIS (ligament)
opposite side of inguinal

for S.I. joint

Back:

DU16
T11,12 – left
U.B.20 - left

Sugar – he says left side and spasms
Father is diabetic

XVII. Low Back Pain:

45 year old man, low back pain, 17 years, especially in morning

Was a high school wrestler

Age 28 – Jiu Jit Su injury: pain began

30 – appendectomy

40 – poor sleep, mild sleep apnea

Findings:

L4/L5 – left

L5/S1 – left

S.I. joint – left

sacrum – centre, slightly to left

C5, C7 - left

Treatment:

HT3 - left

below HT1

DU16

Sugar points + okyu

SP9 – left

DU12

Presstacs on HT3, SP9

alleviated neck and lumbar

2 needles

left sided symptoms (L4 still pp)

for L4 and appendectomy

Pillar of Body

Front:

Findings:

Appendix scar – “ticklish/annoying”

right ST26

Ren6/Ren4

Oketsu

SCM- right

Kid2 – right

Kid7, 10,27 – alleviated abdomen but not Dan Tian

Treatment:

right Kid7, 10, 27

left ST9

SP3 % + Odi

Immune

right G.B.34

Kid16

Ren12

makes Ren4 50% better

left sided, also helped back (test by arching)

now Dan Tian is better

best for arching back pain

because S.I. joint feels tight when arching

best for herniated discs

XVIII. sciatica, knee replacement:

53 year old woman
right knee replacement 18 months ago
the pain was on inner knee, after replacement outer knee
left sciatica from car accident 30 years ago
she had 35 surgeries to reconstruct face
meniscus was torn
left shoulder and wrist pain for 5 years
C7 pain for 5 years
Thyroid – Hashimoto's, 20 years
2 years ago – appendectomy

Findings:

right ST26 and lateral to Outer Knee Eye
patella
SP9 is dented and painful
scar from Ren8 to Ren2 (for liver laceration after accident)
right ST27 appendectomy
left of Ren9, Kid16
left ST9
no pain on Kid2 (very unusual with so many operations)
DU16 – fixed abdomen, not knee

Treatment:

DU16
Ren12 for ST36
right G.B.21 for SP9
right P.5 for SP9 – friend of Spleen
left HT3 for C6, but did not affect sciatica
L.I.4 + LU10 % okyu on LU10 for face injuries (bilateral – L.I crosses)
Presstacs – LU10, G.B.21, P.5

Back:

L2 Survivor point - alleviated left levator
also External Knee Eye
DU16
Presstacs on L2

IXX. Back, knee pain:

34 year old woman
back, neck and knee (bilateral) pain
back since age 8, knee – age 10 – hit by car, broke ribs possibly puncture lungs
25 car accidents
30 episodes of kidney stones
age 33 – hysterectomy
myopic degeneration
pain when breathing in on the left lung

Findings:

| | |
|-----------------------------------|----------------------------------|
| right Inner Knee, ST36 | |
| left Inner Knee, patella | |
| keloid scar on Ren7 | |
| ST28, Kid13 % | ovary/uterus |
| Ren12 | |
| right under ribs | fatty liver (she is quite large) |
| Dai Mai tapping | kidney stones |
| outside U.B.17/18 and further out | the lung puncture area |
| L5 | |

Treatment:

| | |
|-------------------------------|--|
| left Jue Shao Yin + Yai Yin | for chest/breathing |
| left Kid3 + LU5 | inhalation |
| DU16 | |
| left HT3 | she has left C6/7 – now better but not L5 |
| | pain on right Kid2, but 7/10 did not help |
| adding another needle on DU16 | |
| right U.B.28 | kidney stones (Dai Mai tapping) |
| T5 | stones could be from HCL insufficiency (mineral imbalance gets started) |
| right S.I.11 | |
| L2 | for knee (life threatening issues) |
| Presstacs on Kid3, LU5 | |

Front:

| | |
|-----------------------------|---|
| left Ear Stomach, Ear Vagus | for Ren12 and ST11 |
| left ST36 | HCL insufficiency |
| Kid10 % | ST28/Kid13 – she has PCOS |
| right ST25 + Liv13 | fatty liver |
| Liv3 + HT5 % | for knee |
| Nagano Liver/GB scalp | (this is in front of DU20, more lateral than malaria) |
| Jue Jue Yin | Liver was still showing |
| | Liver & knee (Liv8 area still had pain) |
| Presstacs – Liv3 + HT5 | |

XX. Spondylolysis:

37 year old woman, spondylolysis
sciatica on right side
S.I. joint pain – right
left neck pain

Findings:

L5
right S.I. joint
right T7

right C5

right side is blood,
she also has mid-cycle spotting

DU16 – changed L5 but not T7
Jue-3rd-Toe released T7

Treatment:

DU16
right Jue-3rd-Toe
right HT3, G.B.34
SP3 + SP7

L5 and S.I. joint
mid-cycle bleeding,
also” achy” – means it is muscle

XXI. Knee Pain:

61 year old man, knee pain
born with Pertille's disease – a bone/hip disease, was in cast till age 2
21- broke right femur, T4-T5 compression fracture
25- broke T7
35 – broke T6
48 – G.B. removed (had cord twisted)
50 – 3 right knee surgeries (meniscus)
61 – diverticulitis, upper small intestine

Findings:

scar on right femur on G.B line – knee to hip (from cast)
when weather changes G.B.31 gets painful
right G.B.31
right G.B.33
tapping on G.B. gall bladder removed type
Nagano Scalp Liv/GB – alleviated
right Inner & Outer Knee Eye

Treatment:

Nagano Liv/GB on scalp for G.B.
right Liv3 + HT5 makes knee better
but tapping sti produces some discomfort
right Jue Tai Yin, Jue-3rd-Toe for T7, diaphragm, hard to inhale
Jue Shao Yin
LU5
Presstacs on Liv3, HT5

On side:

Metal/Water of 3rd Toe more for T7
DU16
Heart of Sole Kiiko asked for Jue-3rd-Toe again,
but it ended up as Heart of Sole
Trochanter – 3 needles for rhomboid

XXII. Abdominal Pain:

32 year old woman

Left lower quadrant pain, goes into the back and liver channel on left thigh

Findings:

left ST27, 28

left T7

Treatment (back):

DU16

left Liv4, LU5

left Kid10

left Jue-3rd-Toe

left U.B.35

for ST27

for ST28 (ovary)

this cleared abdomen, LLQ

diaphragm

Oketsu

Front:

Liv8

Immune

left ST24

it possibly was a cyst

Manji

XXIII. Hip and Knee Pain:

59 year old woman
right crest of hip pain when extending hip (sitting to standing)
left knee pain when bending
varicella breakout on sacrum (shingles/herpes)
acromion/clavicle surgery 2 years ago
left ovary removed at age 25 – ectopic pregnancy

Findings:

| | |
|---------------------|-------------------------------|
| left SP9 | |
| left Outer Knee Eye | |
| right ST28 | though left ovary was removed |
| Kid13 % | |
| right ST12, ST13 | clavicle was cut |

Treatment:

| | |
|-------------------------------------|---|
| left S.I.10 (toward centre/scapula) | best for clavicle |
| left G.B.21 + P.5 | for SP9 |
| left SP5 | ectopic pregnancy (it is tube/transport) |
| left G.B.41 + S.J.5 | Outer Knee Eye |
| | what was left was on G.B channel, Liv3 did not help |
| right Immune | posterior iliac crest |
| right G.B.34 | she had erector spinii spasm, |
| | but no access to S.I. joint: use G.B.34 instead |
| left Jue Tai Yin | for SP9 |
| presstacs on Immune and G.B.34 | |

Back:

| | |
|------------------|------------------------------------|
| Right S.I. joint | for erector spinii |
| Left L5 | her left calf is bigger than right |

