

Class 9 - Point Indications

Foot Tai Yang - Urinary Bladder

Point Indications

UB 1 (inner canthus)

Local eye issues

UB 2 (medial end of eyebrow)

Headaches, dizziness, local issues

UB 10 (1.3 cun lateral to Du 15 in depressions, lateral side of trapezius)

Dispels wind and cold

Local pain

UB 11 (1.5 from T1)

Influence/Meeting-hui point of the Bone

Cough, fever, stiff neck, shoulder and back pain

UB 12 (1.5 from T2)

Called Wind Gate

Dispels wind and diffuses lung

Local issues

UB 13 (1.5 from T3)

Lung Shu

Open chest

UB 14 (1.5 from T4)

PC Shu

UB 15 (1.5 from T5)

Ht Shu

Insomnia

UB 16 (1.5 from T6)

"Governor Shu"

Promotes regulated flow of Qi through San Jiao

UB 17 (1.5 from T7)

Diaphragm Shu

Influence/Meeting-hui point of the Blood

Slightly slower than Sp 10

Loosens chest

Hiccups

UB 18 (1.5 from T9)

Liver Shu

Angers easily

UB 19 (1.5 from T10)
Gall Bladder Shu

UB 20 (1.5 from T11)
Spleen Shu

No taste
Diarrhea
Edema
Bruising

UB 21 (1.5 from T12)
Stomach Shu

UB 22 (1.5 from L1)
Sanjiao Shu

UB 23 (1.5 from L2)
Kidney Shu

UB 24 (1.5 from L3)
"Sea of Qi" Shu

Regulates Qi
Lumbar pain

UB 25 (1.5 from L4)
Large Intestine Shu

UB 26 (1.5 from L5)
"Origin Pass" Shu

Regulates lower jiao

UB 27 (1.5 from S1)
Small Intestine Shu

UB 28 (1.5 from S2)
Urinary Bladder shu

UB 29 (1.5 from S3)
"Mid Spine" shu

Hernia
Local issues

UB 30 (1.5 from S4)
"White Ring" shu

Genital discharge

UB 32 (S2 whole)

Local

UB 39 (lateral to UB 40 in knee crease)

Lower Uniting/Sea-he point of SJ

Lumbar pain
Inhibited urination
Local pain

UB 40 (center of knee crease)
Uniting/Sea-he point
Command point of the Back

Back issues, in particular lower back

UB 52 (3 cun from L2 next to UB-23)
"Will chamber" zhì shì

Supplements Kidney
Boosts will
Loose hair
Seminal Emission (Essence problems)
Will power, shen disturbance

UB 57 (directly below the calf muscle in the middle)

Lumbar pain, leg cramps
Hemorrhoids

UB 58 (1 cun diagonal down lateral to UB 57)
Xi Cleft Yang Qiao
Networking/Connecting luo point (to Ki)

Swelling and pain in lower limbs

UB 60 (behind the ankle joint and lateral malleolus)
River-jing point
Contraindicated for pregnancy

Promote labour
Clear heat
Reduce Yang
Lumbar issues
Urinary issues

UB 62
Yang Qiao Confluence point

Epilepsy
Mania
Headache
Dizziness
Insomnia
Pain in lumbar and leg
Malaria at night

UB 63 (posterior to 5 tuberosity metatarsal)
Cleft-Xi point

Acute lower abdomen pain
Acute Urinary bladder problems

UB problems immediately after relations

UB 64 (anterior and inferior to 5 tuberosity metatarsal)

Primary/Source-yuan

Tonify Qi for UB

Regulate UB

Headaches (UB points UB4 - UB10 run across top of head) in particular Tai Yang (Occipital) Headache

UB 65 (posterior and inferior to head 5 metatarsal)

Stream-shu

Clears heat and toxin

Urinary Tract Infection

UB 66

Spring-ying

UB 67

Well-jing

Contraindicated in pregnancy

Exit point to Kidney

malposition of fetus (6-7 months)

Induce labor

retention of afterbirth

ease delivery

nasal congestion

eye pain

pain in the soles of the feet

clears brain