

## Metal Element: Neural Innervation of Acupuncture Points

### Lung Point Innervation & Spinal Cord Segments

Acupuncture Point	Cutaneous Innervation, Muscle Innervation, Spinal Cord Segments
LU-1 (Zhong Fu, Central Treasury)	Cutaneous: Supraclavicular N (C4); Lateral cutaneous br thoracic Spinal N (T2,3). Muscles: Pectoralis Major, clavic. head; Lateral Pectoral N (C 5,6,7). Serratus Anterior; Long Thoracic N (C5 - to muscular slips to ribs 1&2)
LU-2 (Yun Men, Cloud Gate)	Cutaneous: Supraclavicular N (C4); Lateral cutaneous br thoracic Spinal N (T2,3). Muscles: Pectoralis Major, clavic. head; Lateral Pectoral N (C 5,6,7). Serratus Anterior; Long Thoracic N (C5 - to muscular slips to ribs 1&2)
LU-3 (Tian Fu, Celestial Storehouse)	Cutaneous: Upper Lateral Cutaneous N. of the arm (C5,6); Lower Lateral Cutaneous N. of the arm (C5,6) Muscles: Biceps Brachii; Musculocutaneous N (C5,6). Brachialis; Musculocutaneous N (C5,6), & a small branch from Radial N (C7).
LU-4 (Xia Bai, Guarding White)	Cutaneous: Upper Lateral Cutaneous N. of the arm (C5,6); Lower Lateral Cutaneous N. of the arm (C5,6) Muscles: Biceps Brachii; Musculocutaneous N (C5,6). Brachialis; Musculocutaneous N (C5,6), & a small branch from Radial N (C7).
LU-5 (Chi Ze, Cubit Marsh)	Cutaneous: Lower Lateral Cutaneous N. of the arm (C5,6); Lateral Cutaneous N. of the forearm (C5,6) Muscles: Brachialis; Musculocutaneous N (C5,6), & a small branch from Radial N (C7). Brachioradialis; Radial N. (C5,6).
LU-6 (Kong Zui, Collection Hole)	Cutaneous: Lateral Cutaneous N. of the forearm (C5,6). Muscles: Brachioradialis; Radial N. (C5,6). Pronator Teres; Medial N. (C6,7). Flexor Digitorum Superficialis; Median N (C7,8,T1). Flexor Pollicis Longus; Anterior Interosseous N. (C7,8)
LU-7 (Lie Que, Broken Sequence)	Cutaneous: Lateral Cutaneous N. of the forearm (C5,6); Superficial branch of the Radial N. (C6,7). Muscles: Abductor Pollicis Longus; Posterior Interosseous N (C6,7,8). Extensor Pollicis Brevis; Posterior Interosseous N (C6,7,8). Tendon of Brachioradialis; Radial N. (C5,6).
LI-1 (Shang Yang, Shang Yang)	Cutaneous: Proper Palmar Digital N; Median (C6,7).

<p>LU-8 (Jing Qu, Channel Ditch)</p>	<p>Cutaneous: Lateral Cutaneous N. of the forearm (C5,6) Muscles: Pronator Quadratus; Anterior Interosseous N (C7,8). Tendon of Brachioradialis; Radial N (C5,6). Tendon of Flexor Carpi Radialis; Median N (C6,7).</p>
<p>LU-9 (Tai Yuan, Great Abyss)</p>	<p>Cutaneous: Lateral Cutaneous N. of the forearm (C5,6); Superficial branch of the Radial N (C6,7). Articular: Anterior Interosseous N (C7,8). Posterior Interosseous N (C6,7,8). Deep branch of Ulnar N (C8,T1). Muscles: Tendon of Flexor Carpi Radialis; Median N (C6,7). Tendons of Abductor Pollicis Longus &amp; Extensor Pollicis Brevis; Posterior Interosseous N (C6,7,8).</p>
<p>LU-10 (Yu Ji, Fish Border)</p>	<p>Cutaneous: Superficial branch of the Radial N (C6,7); Median N. (C6,7). Muscles: Abductor Pollicis Brevis; recurrent branch of Median N (C8,T1). Opponens Pollicis; recurrent branch of Median N (C8,T1), occasionally a deep branch of Ulnar N (T1).</p>
<p>LU-11 (Shao Shang, Lesser Shang)</p>	<p>Cutaneous: Proper Palmar Digital N; Median (C6,7). Dorsal Digital N. from superficial branch of the Radial N (C6,7).</p>
<p>BL-13 (Fei Shu, Lung Shu)</p>	<p>Cutaneous: Dorsal rami of Spinal N (T2,3). Muscles: Trapezius; CN IX (C1-5), Spinal N (C3,4) for proprioception. Rhomboids; Dorsal Scapular N (C4,5). Splenius Cervicis; Spinal N. dorsal rami (C5,6). Serratus Posterior Superior; Spinal N (T2-5). Erector Spinae &amp; Transversospinalis; segmental Spinal N. dorsal rami (T2,3,4).</p>

**Large Intestine Point Innervation & Spinal Cord Segments**

<b>Acupuncture Point</b>	<b>Cutaneous Innervation, Muscle Innervation, Spinal Cord Segments</b>
LI-1 (Shang Yang, Shang Yang)	Cutaneous: Proper Palmar Digital N; Median N (C6,7).
LI-2 (Er Jian, Second Space)	Cutaneous: Superficial branch of the Radial N (C6,7). Proper Palmar Digital N; Median N (C6,7). Muscles: Tendon of 1st dorsal interosseous, Ulnar N (C8,T1). Tendon of 1st Lumbrical, Median N (C7,8,T1).
LI-3 (San Jian, Third Space)	Cutaneous: Superficial branch of the Radial N (C6,7). Muscles: 1st dorsal interosseous, Ulnar N (C8,T1). 1st Lumbrical, Median N (C7,8,T1). Adductor Pollicis, Ulnar N, (C8,T1).
LI-4 (He Gu, Union Valley)	Cutaneous: Superficial branch of the Radial N (C6,7). Muscles: 1st dorsal interosseous, Ulnar (C8,T1). Adductor Pollicis, Ulnar N, (C8,T1).
LI-5 (Yang Xi, Yang Ravine)	Cutaneous: Superficial branch of the Radial N (C6,7). Lateral Cutaneous N. of the forearm (C5,6). Articular: Posterior Interosseous N (C6,7,8). Anterior Interosseous N (C7,8). Deep branch of Ulnar N (C8,T1).
LI-6 (Pian Li, Veering Passageway)	Cutaneous: Lateral Cutaneous N. of the forearm (C5,6). Posterior Cutaneous N. of the forearm (C5,6). Muscles: Abductor Pollicis Longus; Posterior Interosseous N (C6,7,8). Extensor Pollicis Brevis; Posterior Interosseous N (C6,7,8). Tendon of Brachioradialis; Radial N. (C5,6).
LI-7 (Wen Liu, Warm Dwelling)	Cutaneous: Lateral Cutaneous N. of the forearm (C5,6). Posterior Cutaneous N. of the forearm (C5,6). Muscles: Brachioradialis; Radial N. (C5,6). Extensor Carpis Radialis Brevis, Posterior Interosseous N (C7,8). Tendon of Extensor Carpis Radialis Longus, Posterior Interosseous N (C6,7).
LI-8 (Xia Lian, Lower Ridge)	Cutaneous: Lateral Cutaneous N. of the forearm (C5,6). Posterior Cutaneous N. of the forearm (C5,6). Muscles: Brachioradialis; Radial N. (C5,6). Extensor Carpis Radialis Brevis, Posterior Interosseous N (C7,8). Extensor Carpis Radialis Longus, Posterior Interosseous N (C6,7).

<p>LI-9 (Shang Lian, Upper Ridge)</p>	<p>Cutaneous: Lateral Cutaneous N. of the forearm (C5,6). Posterior Cutaneous N. of the forearm (C5,6). Muscles: Brachioradialis; Radial N. (C5,6). Extensor Carpi Radialis Longus, Posterior Interosseous N (C6,7). Extensor Carpi Radialis Brevis, Posterior Interosseous N (C7,8). Supinator, Posterior Interosseous N (C5,6,7).</p>
<p>LI-10 (Shou San Li, Arm Three Li)</p>	<p>Cutaneous: Posterior Cutaneous N. of the forearm (C5,6). Lateral Cutaneous N. of the forearm (C5,6). Lower Lat. Cutaneous N. of the arm (C5,6). Muscles: Brachioradialis; Radial N. (C5,6). Extensor Carpi Radialis Longus, Posterior Interosseous N (C6,7). Extensor Carpi Radialis Brevis, Posterior Interosseous N (C7,8). Supinator, Posterior Interosseous N (C5,6,7).</p>
<p>LI-11 (Qu Chi, Pool at the Bend)</p>	<p>Cutaneous: Lower Lat. Cutaneous N. of the arm (C5,6). Posterior Cutaneous N. of the forearm (C5,6). Lateral Cutaneous N. of the forearm (C5,6). Muscles: Brachioradialis; Radial N. (C5,6). Extensor Carpi Radialis Longus, Posterior Interosseous N (C6,7). Extensor Carpi Radialis Brevis, Posterior Interosseous N (C7,8). Supinator, Posterior Interosseous N (C5,6,7). Brachialis; Musculocutaneous N (C5,6), &amp; a small branch from Radial N (C7).</p>
<p>LI-12 (Zhou Liao, Elbow Bone-Hole)</p>	<p>Cutaneous: Lower Lat. Cutaneous N. of the arm (C5,6). Posterior Cutaneous N. of the forearm (C5,6). Muscles: Brachioradialis; Radial N. (C5,6). Extensor Carpi Radialis Brevis, Posterior Interosseous N (C7,8). Extensor Carpi Radialis Longus, Posterior Interosseous N (C6,7).</p>
<p>LI-13 (Shou Wu Li, Arm Five Li)</p>	<p>Cutaneous: Lower Lat. Cutaneous N. of the arm, Radial N (C5,6). Upper Lat. Cutaneous N. of the arm, Axillary N (C5,6). Muscles: Brachialis; Musculocutaneous N (C5,6), &amp; a small branch from Radial N (C7). Brachioradialis; Radial N (C5,6). Triceps Brachii, Radial N (C6,7,8).</p>
<p>LI-14 (Bi Nao, Upper Arm)</p>	<p>Cutaneous: Upper Lat. Cutaneous N. of the arm, Axillary N (C5,6). Lat. Supraclavicular N (C4). Muscles: Deltoid, Axillary N (C5,6). Brachialis; Musculocutaneous N (C5,6), &amp; a small branch from Radial N (C7). Triceps Brachii, Radial N (C6,7,8).</p>

<p>LI-15 (Jian Yu, Shoulder Bone)</p>	<p>Cutaneous: Lat. Supraclavicular N (C4). Upper Lat. Cutaneous N. of the arm, Axillary N (C5,6). Muscles: Deltoid, Axillary N (C5,6). Tendon of Supraspinatus, Suprascapular N (C5,6). Tendon of long head of Biceps Brachii, Musculocutaneous N (C5,6). Articular: Axillary (C5,6). Suprascapular N (C5,6). Musculocutaneous N (C5,6). Lat. Pectoral N (C5,6). Twig from Post. Cord Brachial Plexus (C5,6).</p>
<p>LI-16 (Ju Gu, Great Bone)</p>	<p>Cutaneous: Lat. Supraclavicular N (C4). Muscles: Trapezius, Spinal Accessory N (motor C1-5), Spinal N (proprioception C3,4). Supraspinatus, Suprascapular N (C5,6).</p>
<p>SI-12 (Bing Feng, Grasping the Wind)</p>	<p>Cutaneous: Lat. Supraclavicular N (C4). Dorsal rami of Spinal N. (C5,T1,2). Muscles: Trapezius, Spinal Accessory N, CN XI (motor C1-5), Spinal N (proprioception C3,4). Supraspinatus, Suprascapular N (C5,6).</p>
<p>DU-14 (Da Zhui, Great Hammer)</p>	<p>Cutaneous/ Interspinous, Supraspinous, Nuchal ligaments: Medial branches of dorsal rami of Spinal Ns (C4,5,6,T1,2). Muscles: Trapezius, Spinal Accessory N (motor C1-5), Spinal N (proprioception C3,4). Splenius Capitus; Splenius Cervicis; cervical Erector Spinae &amp; Transversospinalis, lower cervical &amp; upper thoracic dorsal rami of Spinal Ns.</p>
<p>ST-12 (Que Pen, Empty Basin)</p>	<p>Cutaneous: Intermediate &amp; Medial Supraclavicular N (C3,4). Transverse Cervical N (C2,3). Muscles: Platysma, Facial N (CN VII). Sternocleidomastoid; Spinal Accessory N, CN XI (C1-5), Spinal N (C2,3,4).</p>
<p>ST-37 (Shang Ju Xu, Upper Great Hollow)</p>	<p>Cutaneous: Lateral Sural N, Common Peroneal N (L4,5). Superficial Peroneal N, Common Peroneal N (L4,5). Muscles: Tibialis Anterior, Deep Peroneal N (L4,5).</p>
<p>LI-17 (Tian Ding, Celestial Tripod)</p>	<p>Cutaneous: Transverse Cutaneous N. of the neck (C2,3). Supraclavicular N (C3). Muscles: Sternocleidomastoid; Spinal Accessory N, CN XI (C1-5), Spinal N (C2,3,4). Platysma, Facial N (CN VII). Scalene Medius, Spinal N (C3-8).</p>

LI-18 (Fu Tu, Protuberance Assistant)	Cutaneous: Transverse Cutaneous N. of the neck (C2,3). Muscles: Sternocleidomastoid; Spinal Accessory N, CN XI (C1-5), Spinal N (C2,3,4). Platysma, Facial N (CN VII). Scalene Medius, Spinal N (C3-8).
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ST-4 (Di Cang, Earth Granary)	Cutaneous: Mandibular (V3) & Maxillary (V2) Div.s of the Trigeminal (CN V). Muscles: Modiolus attaching Orbicularis Oris; Levator Anguli Oris; Zygomaticus Major; Risorius; Buccinator; Platysma; Depressor Anguli oris; all innervated by Facial N (CN VII).
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DU-26 (Shui Gou, Water Trough)	Cutaneous: Maxillary Div. of Trigeminal (CN V2) Muscles: Orbicularis Oris, Facial (CN VII).
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LI-19 (He Liao, Grain Bone-Hole)	Cutaneous: Maxillary Div. of Trigeminal (CN V2) Muscles: Orbicularis Oris, Facial (CN VII).
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LI-20 (Ying Xiang, Welcome Fragrance)	Cutaneous: Maxillary Div. (V2) of Trigeminal (CN V). Muscles: Levator Labii Superioris; Levator Labii Superioris alaeque nasi; Orbicularis Oris; Zygomaticus Minor; all innervated by Facial N, CN VII.
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ST-25 (Tian Shu, Celestial Pivot)	Cutaneous, Rectus sheath: Anterior cutaneous branches of ventral rami, thoracic Spinal N (T10,9,11). Muscles: Rectus Abdominis, Spinal N anterior rami (T6-12).
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BL-25 (Da Chang Shu, Large Intestine Shu)	Cutaneous, Thoracolumbar fascia: Superior Clunial N - cutaneous branches of dorsal rami of Spinal N (T12,L2,3). Middle Clunial N, dorsal rami (S1-3). Muscles: Longissimus Thoracis, Iliocostalis Lumborum, Multifidus, Lateral Intertransverse, all by dorsal rami lumbar Spinal N (L1-5). Quadratus Lumborum, ventral rami Spinal N (T12,L1-3).
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