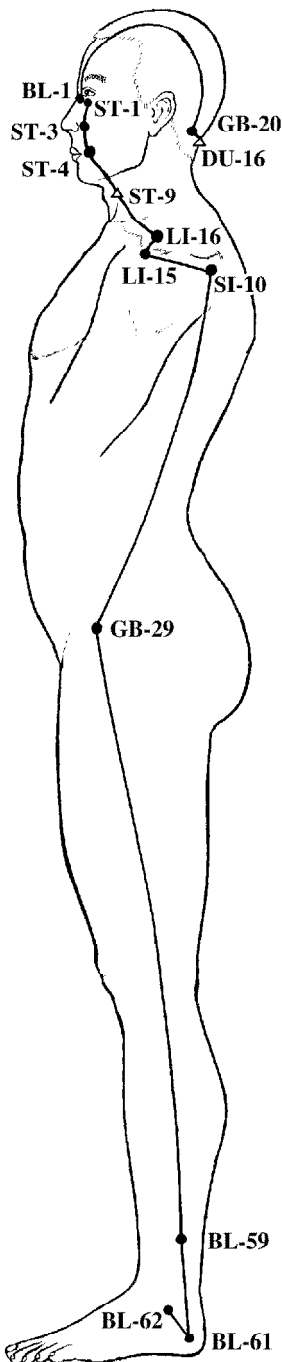


# Yang Qiao Mai/ Yang heel (motility) Vessel



Yang Qiao Mai begins below the lateral malleolus at BL-62 (Shen Mai), and runs up the lateral aspect of the lower limb (posterior border of fibula and lateral thigh), and lateral trunk. It gradually curves posteriorly, distributing to the postero-lateral chest. It passes the posterior axillary fold, and reaches the lateral aspect of the shoulder (LI-15, Jian Yu). It crosses to the anterior of the body over the shoulder, then ascends the neck, runs over the jaw, passes the corner of the mouth (ST-4, Di Cang), and reaches the inner canthus of the eye, at BL-1 (Jing Ming).

There it joins with Yin Qiao Mai [Yin heel (motility) Vessel] and the Urinary Bladder Channel of foot Tai Yang to run up the forehead and over the lateral aspect of the head to the posterior aspect of the mastoid process, to GB-20 (Feng Chi). It then enters the brain at DU-16 (Feng Fu).

Points on this Meridian include: on the Urinary Bladder Channel of foot Tai Yang, BL-62 (Shen Mai), BL-61 (Pu Can), BL-59 (Fu Yang), BL-1 (Jing Ming); on the Large Intestine Channel of hand Yang Ming, LI-16 (Ju Gu), LI-15 (Jian Yu); on the Stomach Channel of foot Yang Ming, ST-4 (Di Cang), ST-3 (Ju Liao), ST-1 (Cheng Qi); on the Gall Bladder Channel of foot Shao Yang, GB-20 (Feng Chi), GB-29 (Ju Liao); on the Small Intestine Channel of hand Tai Yang, SI-10 (Nao Shu).

Other points on this Meridian may include: DU-16 (Feng Fu) (Ellis et al., 1988), ST-9 (Ren Ying) (Matsumoto and Birch, 1986).

**Yang Qiao Mai** (modified from Shandong, 1982, p. 68)

## YANG QIAO MAI SPECIAL POINTS/ COMMAND POINTS

BL-62 (Shen Mai): Master point

SI-3 (Hou Xi): Coupling point

BL-59 (Fu Yang): Xi-Cleft, Accumulation point

## FLOW OF QI/DISTRIBUTION OF POINTS:

**Lower Limb, Hip:** BL-62 (Shen Mai), BL-61 (Pu Can), BL-59 (Fu Yang),  
GB-29 (Ju Liao)

**Shoulder, Anterior and Lateral Neck:** SI-10 (Nao Shu), LI-15 (Jian Yu),  
LI-16 (Ju Gu), ST-9 (Ren Ying)

**Face:** ST-4 (Di Cang), ST-3 (Ju Liao), ST-1 (Cheng Qi), BL-1 (Jing Ming)

**Posterior Neck:** GB-20 (Feng Chi), DU-16 (Feng Fu).

**Functions:**

(O'Connor & Bensky, 1981; Ellis et al, 1988): The main functions of both Yang and Yin Qiao Mai are to control the opening and closing of the eyes, control the ascent of Fluids and the descent of Qi, and regulate muscular activity in general, but particularly of the lower limb.

(Ross, 1995): Expels Exterior Wind, moves stagnant Qi in the Bladder, disperses hyperactive Yang in the head, often used for back, hip and leg pain.

**Indications:**

(O'Connor & Bensky, 1981; Ellis et al, 1988; Shandong, 1982): Diseases of the eyes; red, dry, itchy and swollen the eyes, lack of agility, tightness and spasms of the muscles along the lateral aspect of the lower limb while those of the medial aspect are flaccid or atrophied, pain in the lumbar region, stiffness in the lumbar region, epistaxis.