

Meridian	Muscle	Tester Position	Starting Position	Stabilization	Direction of Test
Central	Supraspinatus	In Front	30' forward slightly outside of leg, palm facing towards groin	Opposite shoulder	DOWN AND IN
Governing	Teres Major		Back of hand on small of back- bring elbow backwards	Same Shoulder	Bring ELBOW FORWARD
Stomach	Pectoralis Major Clavicular		Straight arms in front- 90' to body- thumbs down/ palm out		DOWN AND OUT 45'
Spleen	Latissimus Dorsi		Arm pulled in to the side of body, elbow straight / palm out		OUT AND slightly FORWARD
Heart	Subscapularis		Arm bent 90' out to the side	Front of same ELBOW	FORWARD/ UP
Small Intestine	Quadriceps	To the side of legs	Bend knee almost to 90' up in front – lower leg forward		Upper leg STRAIGHT DOWN – lower leg IN
Bladder	Peroneus		Foot turned up and out		DOWN & IN Pressure on outside of foot (off toe bones)
Kidney	Psoas		Leg 45' forward laterally rotated		BACK (slightly lateral) AND DOWN
Circulation-Sex	Gluteus Medius		Leg straight out to the side (no rotation)		IN TOWARDS MIDLINE

Triple Warmer	Teres Minor		Arm bent- lower arm rotated backwards		Bring ARM FORWARD TOWARDS MIDLINE
Gall Bladder	Anterior Deltoid		Straight Arms forward/up 30' -45'		STRAIGHT DOWN
Liver	Pectoralis Major Sternal		Straight arm in front - 90' to body- thumbs down/ palm out		UP AND OUT
Lung	Anterior Serratus		Thumb up – extend arm forward Hand held slightly above head		STRAIGHT DOWN
Large Intestine	Fascia Lata	In front or behind	Leg medially rotated up and forward at a 45' angle		DOWN AND IN