

<b>Meridian</b>	<b>Muscle</b>	<b>Tester Position</b>	<b>Starting Position</b>	<b>Stabilization</b>	<b>Direction of Test</b>
Central	Supraspinatus	In Front	30' forward slightly outside of leg, palm facing towards groin	Opposite shoulder	DOWN AND IN
Governing	Teres Major	IN FRONT – OR FROM BEHIND	Back of hand on small of back- bring elbow backwards	Same Shoulder	Bring ELBOW FORWARD
Stomach	Anterior Neck Flexors ----- Brachioradialis		HEAD Straight forward and also at 10' and 45' ----- Arm bent 90', thumb up	Upper Back near base of the neck  ----- At the Elbow	STRAIGHT BACK (hand stays in the midline)  ----- STRAIGHT DOWN
Spleen	Middle Trapezius  ----- Lower Trapezius		Arm starts back, shoulder level palm facing forward ----- Arm back starts lower		BRING FORWARD  ----- BRING FORWARD AND UP
Heart	Subscapularis		Arm bent 90' out to the side	Front of same ELBOW	FORWARD/ UP
Small Intestine	Rectus Abdominals		Bend torso 25' forward, head up, with arms crossed		PUSH UP AND BACK
Bladder	Sacrospinalis		Hips facing ahead, arch back and drop one shoulder down and back, head turned/dropped back to same side	OPPOSITE SHOULDER or Front of Same Hip	PUSH DROPPED SHOULDER BLADE FORWARD AND UP
Kidney	Iliacus		Leg bent behind 90' laterally rotated		BRING lower LEG TOWARDS MIDLINE

Circulation-Sex	Adductors ----- Piriformis		Legs pulled together ----- Leg bent behind 90' medially rotated (behind other knee)		PULL LEG OUT TO THE SIDE ----- BRING LEG LATERALLY
Triple Warmer	Sartorius		Leg bent about 90'- heel in front of opposite knee- knee laterally rotated		Rotate Upper LEG TOWARDS MIDLINE
Gall Bladder	Popliteus		Knee bent 90' – foot medial		FOOT PUSHED LATERAL
Liver	Rhomboids		Arm fully bent- elbow brought to side and slightly back		OUT AND FORWARD AT 45'
Lung	Middle Deltoid		Arm bent 90'- out to side, shoulder level- palm down		STRAIGHT DOWN
Large Intestine	Quadratus Lumborum		Bend to side and slightly back		On Bent side PUSH at UPPER ARM UP – TO UPRIGHT POSTURE