

<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 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	Posterior Neck Extensors	-----	Head straight back also 10' and 45'	-----	Straight forward regardless of angle
	Levator Scapula		Fully bend arm- drop elbow and shoulder to side/hip		PULL ELBOW OUT AND SLIGHTLY FORWARD
Spleen	Opponens Pollicis	-----	Little finger to thumb testing both <u>palm up/palm down</u>	-----	Pull apart
	Triceps		Arm bent 90' in front palm up		PUSH FOREARM TOWARDS SHOULDER
Heart	Subscapularis		Arm bent 90' out to the side	Front of same ELBOW	FORWARD/ UP
Small Intestine	Obliques	-----	Arms across shoulders – Bend forward 25'- rotate one shoulder down	-----	PUSH UP AND BACK
	And Transverse				PUSH lower SHOULDER DIAGONALLY TOWARDS OPP. HIP
Bladder	Anterior Tibialis	-----	Foot brought up and in	-----	PUSH FOOT DOWN
	Posterior Tibialis		Foot starts down and in		PUSH BALL OF FOOT UP AND OUT
Kidney	Upper Trapezius		Shoulder up – Head to shoulder		PULL HEAD and SHOULDER APART

Circulation-Sex	Gluteus Maximus	In Front of same side	Standing upright - Leg bent and pulled back	Front of <u>same</u> hip with heel of hand -fingers point away from body	PULL on hamstring to BRING LEG FORWARD
Triple Warmer	Gracilis		Medially rotate straight leg/foot across other foot	Hold inside of opposite lower leg near ankles	PULL LEG OUT TO THE SIDE
	----- Soleus	-----	Knee bent 90' with toe pointed	Grip back of heel under ankles	----- PRESSURE ON BALL OF FOOT TO BRING FOOT BACK TO NEUTRAL
	----- Gastrocnemius	-----	Knee bent but more open almost to floor with toe pointed	Same as above for foot test AND for leg test hold under the knee for support	----- Same as above for foot AND PUSH DOWN on LOWER LEG to straighten
Gall Bladder	Popliteus		Knee bent 90' – foot medially rotated		(Inside top half)FOOT PUSHED LATERAL
Liver	Rhomboids		Arm fully bent-elbow brought to side and slightly back		PULL AT ELBOW OUT AND FORWARD AT 45'
Lung	Diaphragm		Touch lightly under sternum – hold breath	None needed	TEST AN INDICATOR MUSCLE
	----- Coracobrachialis	-----	Fully bend arm palm toward shoulder – elbow up 45' and to the side 45'	Behind the same shoulder	----- BRING ELBOW DOWN AND TOWARDS THE BODY
Large Intestine	Hamstrings		Knee bent 90' with foot relaxed		PUSH LOWER LEG DOWN