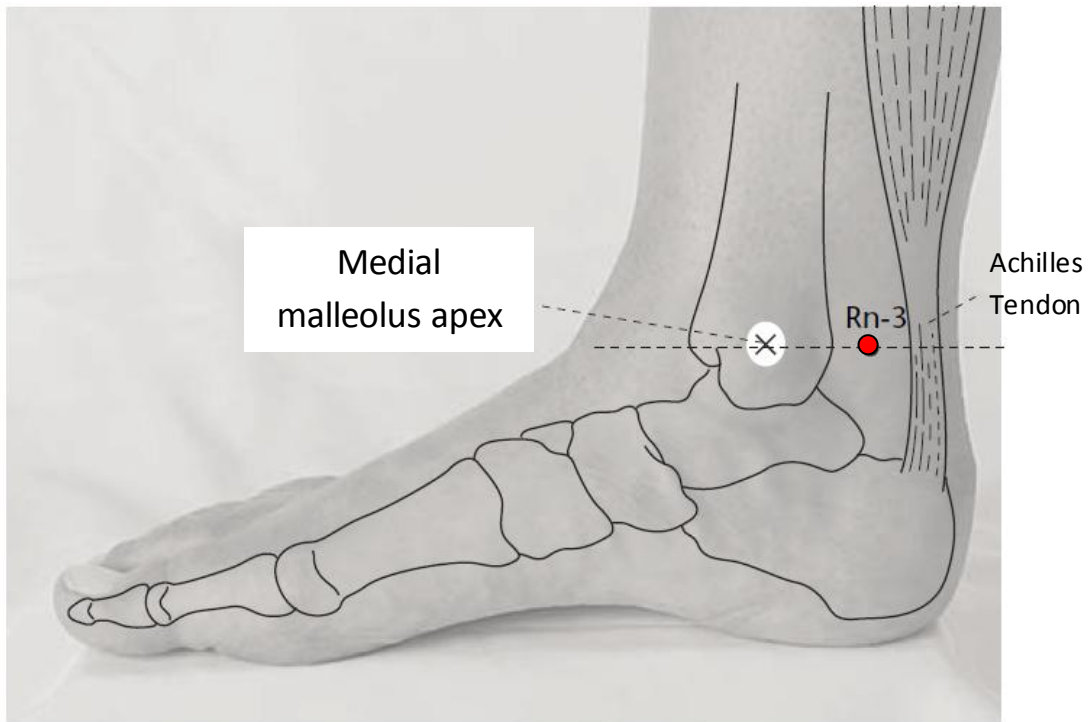


3Rn – Kidney 3 – Taixi

Great River



Location

In the depression between the apex of the medial malleolus and the Achilles tendon (on the inner side of the foot).

How to find it

Begin by locating the medial malleolus. From there, move the finger horizontally towards the Achilles tendon. 3Rn is in the depression that you feel in front of the tendon.

Note :

In Chinese medicine, measurements relating to the body are traditionally carried out in *cun*. The *cun* used in a medical context is a proportional unit of measurement that takes into account the individual measurements of each. The *cun* is relative unit of measurement defined either by using the width of a specific finger or of several fingers of the person (*cun* of the finger) or the distance between two clearly defined landmarks on the body (*cun* of the body). The body *cun* or proportional *cun* is based on the proportions of particular areas of the body that are divided into a specific number of units.

Source :

This text and image are from the Atlas d'Acupuncture by Claudia Focks: Focks, C. 2009. Atlas d'acupuncture, Edition Elsevier, 738 pages