

Muscles and Meridians

In this chart I am presenting information on what meridians relate to what muscles or groups of muscles. This can be helpful to the T.C.M. doctor when treating different muscle disease states etc. It is also helpful to the martial artist when attacking certain meridians or muscle groups as they both work upon each other. For instance, if you were to attack the lung meridian in general, you would affect the **deltoids**, the **diaphragm**, the **anterior serratus** and the **coracobrachialis**.

LUNG	Deltoids: Diaphragm: Anterior Serratus: Coracobrachialis:
COLON	Hamstrings: Quad Lumborum: Fascia Lata: Flexor Digitorum: Longus:
LIVER	Rhomboids: Pect Maj Sterral:
PERICARDIUM	Gluteus Max: Gluteus Med: Piriformis: Abductors: General Pelvic:
TRIPLE HEATER	Gastrocnemius: Soleus: Sartorius: Gracilis: Teres Minor: Flexor Hallicus: Longus:
GALLBLADDER	Anterior Deltoid: Politeus:
HEART	Subscapularis:
SMALL INTESTINE	Abdominals: Quadriceps:
SPLEEN	Trapesius: Latusimus Dorsi: Oponens Pol Lngs:
STOMACH	Neck Ext/Flexors: Levator Scapulae: Pect Maj Clavicular: Bracioradialis: Sterno-Cleido- Mastoid:
BLADDER	Sacrospinallis: Peroneus: Tibialis:
KIDNEY	Upper Trapezius: Psoas: Iliacus: