

### Pain: Heel/Calcaneodynia; Severe (XSH)

#### 1. Needle contralateral 22-02 ‘Palm Three Passes’, ipsilateral DMG 77-09 ‘Leg Spine Three Needles’ (XSH):

- **22-02 ‘Palm Three Passes’:**
  - i. **Zhong<sup>1</sup> Guan<sup>1</sup>:** This point is located 0.5 *cun* distal to the center of the anterior distal transverse crease of the wrist; Needle 0.3 to 0.5 *cun*. {Kidney and Lung Branch Reaction Areas} (To locate the point, measure 0.5 *cun* distal to PC7<sup>WHO</sup>.)
  - ii. **Gu<sup>3</sup> Guan<sup>1</sup>:** This point is located 0.5 *cun* radial to Zhong<sup>1</sup> Guan<sup>1</sup>; Needle 0.3 to 0.5 *cun*. {Kidney and Lung Branch Reaction Areas}
  - iii. **Mu<sup>4</sup> Guan<sup>1</sup>:** This point is located 0.5 *cun* ulnar to Zhong<sup>1</sup> Guan<sup>1</sup>; Needle 0.3 to 0.5 *cun*. {Kidney, Liver, and Gallbladder Reaction Areas}
- **DMG 77-09 ‘Leg Spine Three Needles’:**
  - i. **Zheng<sup>4</sup> Jin<sup>1</sup>:** This point is located 3.5 *cun* proximal to the plantar surface of the heel, on the tendo calcaneus (Achilles tendon) of the posterior aspect of the distal leg; Needle 0.5 to 1.0 *cun*. {Lung Branch and General Vertebral Reaction Areas}
  - ii. **Zheng<sup>4</sup> Zong<sup>1</sup>:** This point is located 2.0 *cun* proximal to Zheng<sup>4</sup> Jin<sup>1</sup> on the tendo calcaneus (Achilles tendon) of the posterior aspect of the distal leg; Needle 0.5 to 1.0 *cun*. {Lung Branch and General Vertebral Reaction Areas}
  - iii. **Zheng<sup>4</sup> Shi<sup>4</sup>:** This point is located 4.0 *cun* proximal to Zheng<sup>4</sup> Jin<sup>1</sup> on the tendo calcaneus (Achilles tendon) of the posterior aspect of the distal leg; Needle 0.5 to 1.0 *cun*. {Lung Branch and General Vertebral Reaction Areas}



22-02 ‘Palm 3 Passes’



DMG 77-09 ‘Leg Spine 3 N’