Koryo Hand
Acupuncture Therapy

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Introduction

• Concept

Koryo Hand Therapy (KHT)

1. Korean acupuncturist, Dr. Tae Woo Yoo (1971-1975)

2. the hands are a micro-cosmos of the body.

3. The function of the human body can be manipulated by stimulating the corresponding points on the hands.

4. 14 micro-meridians, 345 acupuncture points on the hands
The Corresponding Principle
The Principle of KHT

• 1. Palm of the hand is the ventral side of body and the abdominal region

• 2. The dorsal side of the hand is the back side of body and the waist region

• 3. Index & Ring fingers : Upper limbs

• 4. Thumb & Little finger : Lower Limbs

• 5. Head and Neck The middle phalanx of the middle finger
1. Palm of the hand is the ventral side of body and the abdominal region
2. The dorsal side of the hand is the back side of the body and the waist region.
Left side body

1\textsuperscript{st}: Left side of the midline of left hand

2\textsuperscript{nd}: Left side of the midline of right hand
Right side body

1st: Right side of the midline of right hand

2nd: Right side of the midline of left hand
3. Index & Ring fingers : Upper limbs

The upper limbs are represented on the index and ring fingers. The distal phalanx of these fingers corresponds to the hands, and the distal joint to the wrist. The middle phalanx corresponds to the upper arm. The proximal inter-phalangeal joint corresponds to the elbow. The proximal phalanx corresponds to the upper arm, and the metacarpo-phalangeal joint to the shoulder joint.
4. Thumb & Little finger : Lower Limbs

The lower limbs are represented on the thumb and little finger.

Each joint in the fingers corresponds to a joint in the legs.

the distal phalanx of the finger = the foot

the distal inter-phalangeal joint = the ankle.

The middle phalanx and the proximal inter-phalangeal joint = the lower leg and knee, respectively.

The proximal phalanx and the metacarpal joint = the upper leg and the hip joint, respectively.
5. Head and Neck The middle phalanx of the middle finger
Ren Meridian Points (A) Location
- top of head
- tip of nose
- lower jaw
- throat
- center of chest
- under the pit of stomach
- stomach and intestines
- navel
- stone gate (uterus)
- small intestines
- genital organs
<table>
<thead>
<tr>
<th>Point</th>
<th>Corresponds</th>
<th>Point Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>External genitals</td>
<td>1/4 inch from the wrist crease closest to the hand</td>
</tr>
<tr>
<td>A16</td>
<td>HT mu point, top opening of ST</td>
<td>Midpoint on the bottom crease</td>
</tr>
<tr>
<td>A8</td>
<td>Naval (RN8)</td>
<td>Mid point A1- A16</td>
</tr>
</tbody>
</table>
| A2, 3, 4, 5, 6, 7 | A2=sex organs  
A3= BL mu point (RN3)  
A4= SI mu point (RN4)  
A5=uterus, SJ mu point  
A6,7=adrenal glands, urethra | Divide A1-A8 into 7 units, one point per unit       |
<p>| A12    | ST mu point (RN12)           | Mid point A8 – A16                                  |
| A9,10,11, 12, 13, 14,15 | A10=duodenum                | Divide A8-A16 into 8 units, one point per unit      |</p>
<table>
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<tr>
<th>Point</th>
<th>Corresponds</th>
<th>Point Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>A20</td>
<td></td>
<td>Mid point of the 2nd knuckle crease</td>
</tr>
<tr>
<td>A18</td>
<td>PC mu point</td>
<td>Mid point A16-A20</td>
</tr>
<tr>
<td>A17, 18,19</td>
<td></td>
<td>Divide A16-A20 into 4 units</td>
</tr>
<tr>
<td>A24</td>
<td></td>
<td>Mid point of the 3rd knuckle crease</td>
</tr>
<tr>
<td>A33</td>
<td>Du20</td>
<td>Tip of the mid finger, 2 mm from nail</td>
</tr>
<tr>
<td>A28</td>
<td>Nose</td>
<td>Mid point A24-A33</td>
</tr>
<tr>
<td>A25, 26,27</td>
<td></td>
<td>Divide A25-A28 into 4 units</td>
</tr>
<tr>
<td>A29, 30,31,32</td>
<td></td>
<td>Divide A28-A33 into 5 units</td>
</tr>
</tbody>
</table>
## Front Mu Points

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>C1</td>
<td>LU mu point</td>
<td>Junction of mid and ring finger</td>
</tr>
<tr>
<td>F19</td>
<td>SP mu point</td>
<td>Horizontal line through A8, 1/2 from A8 to edge of palm</td>
</tr>
<tr>
<td>E22</td>
<td>LI mu point</td>
<td>Horizontal line through A8, 1/4 from A8 to edge of palm</td>
</tr>
<tr>
<td>J23</td>
<td>KI mu point</td>
<td>Horizontal line through A8, 1/3 from A8 to E22</td>
</tr>
<tr>
<td>N17</td>
<td>GB mu point</td>
<td>Intersection of 2 line: Vertical line from C1, horizontal line from A12</td>
</tr>
<tr>
<td>N18</td>
<td>LIV mu point</td>
<td>1/4 up from N17-C1</td>
</tr>
</tbody>
</table>
Du Meridian (B) and Back of the Body
The seventh cervical vertebra-ache (B19)
The seventh thoracic vertebra-ache (B14)
The second lumbar vertebra-ache (B17)
Coccyxache (B1)
the posterior head and neck = the back side of the distal phalanx of the middle finger.

The corresponding area of the neck starts at point B19 = the seventh vertebra.

B24 = C2 and B25 = C1.

The lateral side of the middle and distal section of the middle finger corresponds to the lateral side of the neck and face, respectively.
The 12 Micro-Regular Meridians on the hands
LI=D
SJ=L  

SI=H
④ Meridian of the Lung
⑤ Meridian of the Pericardium
⑥ Meridian of the Heart
HT = G
⑦ 胃經 · 氣脈 - E42
⑧ 胆經 · 氣脈 - M30
⑨ 膀胱經 · 氣脈 - I37

相應點

Corresponding point

⑦ Meridian of the Stomach
⑧ Meridian of the Gall Bladder
⑨ Meridian of the Bladder
ST=E

GB=M
BL=I
10 Meridian of the Liver
11 Meridian of the Spleen
12 Meridian of the Kidney
LIV=N
SP=F
Treatment Schedule

1. Conduct Intake Discussion
   Determine the exact location of pain and discomfort
   Establish baseline range of motion
   Assign a pain level from 1 to 10

2. Massage the client’s (patient’s) hand

3. Find corresponding points
   Conduct a general search for the most tender corresponding areas (finger press, roll the area with handle of probe)
   Determine the Precise Corresponding Point
4. Select and Apply the treatment

- Needle-----for more acute, more painful

- Pellets-----for chronic

- Moxibustion