

# 14 Meridian Balance for Horses Using the Association Bladder Points

By Michael Baxter CMT

This balance was discovered by incorporating the Touch For Health 14 meridian balance techniques with the bladder association points. Incorporating association point balancing into pre-event and post-event sport sessions can help the equine athlete to achieve increase mobility, power, endurance and reduce recovery time from injury.

The bladder association points are used for diagnostic purposes in Chinese Traditional Medicine (TCM) and are called reflex points. These points can be used for balancing the 14 meridians and can be incorporated as a procedure for a 14 muscle balance. In association point balancing both exploratory massage (palpation of muscle) or muscle testing can be used for detecting muscle/meridian imbalances. The association points are located on the back in both human and animals. With the horse, these points are more accessible and safer to use than the alarm points. The association points are located on both animals and people along the spine on the first loop of the bladder meridian. These points represent each of the 12 meridians, the conception and governing vessels. The Chinese book of Nei-Jing Ch.5 states *"If you press with your finger on these points, the pain of the corresponding organ is immediately relieved."* The association points can be used as indicators for both over energy and under energy. Balancing the association points can affect both the bladder meridian or the meridians with which the points are associated depending on the imbalance. One special point used in TCM is K27. This is considered to be the master point for all the association points. This is the main reason that K27 can be so sensitive.

The association points are particular acupuncture points on the bladder meridian. They lie along either side of the spine from the 3rd thoracic vertebra to the middle of the sacrum. We use one pair of points on either side of the spine for each of the 14 meridians as listed in Table 1. The Bladder Association Points For Humans are shown in Figure 1 and for the Horse in Figure 2.

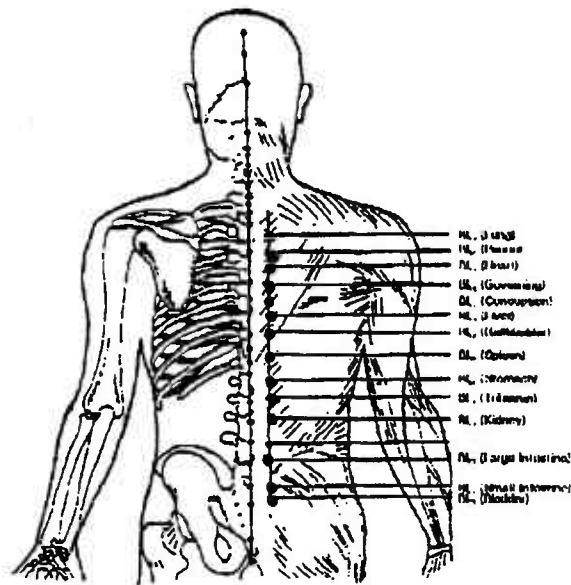


Figure 1. Human Association Points

<u>Meridian</u>	<u>Association Point</u>	<u>Adjacent Vertebra</u>
Lung	B13	T3
Pericardium	B14	T4
Heart	B15	T5
Governing	B16	T6
Conception	B17	T7
Liver	B18	T9
Gall Bladder	B19	T10
Spleen	B20	T11
Stomach	B21	T12
Triple Heater	B22	L1
Kidney	B23	L2
Large Intestine	B25	L3 - L4
Small Intestine	B27	L4 - L5
Bladder	B28	middle of sacrum

Table 1.

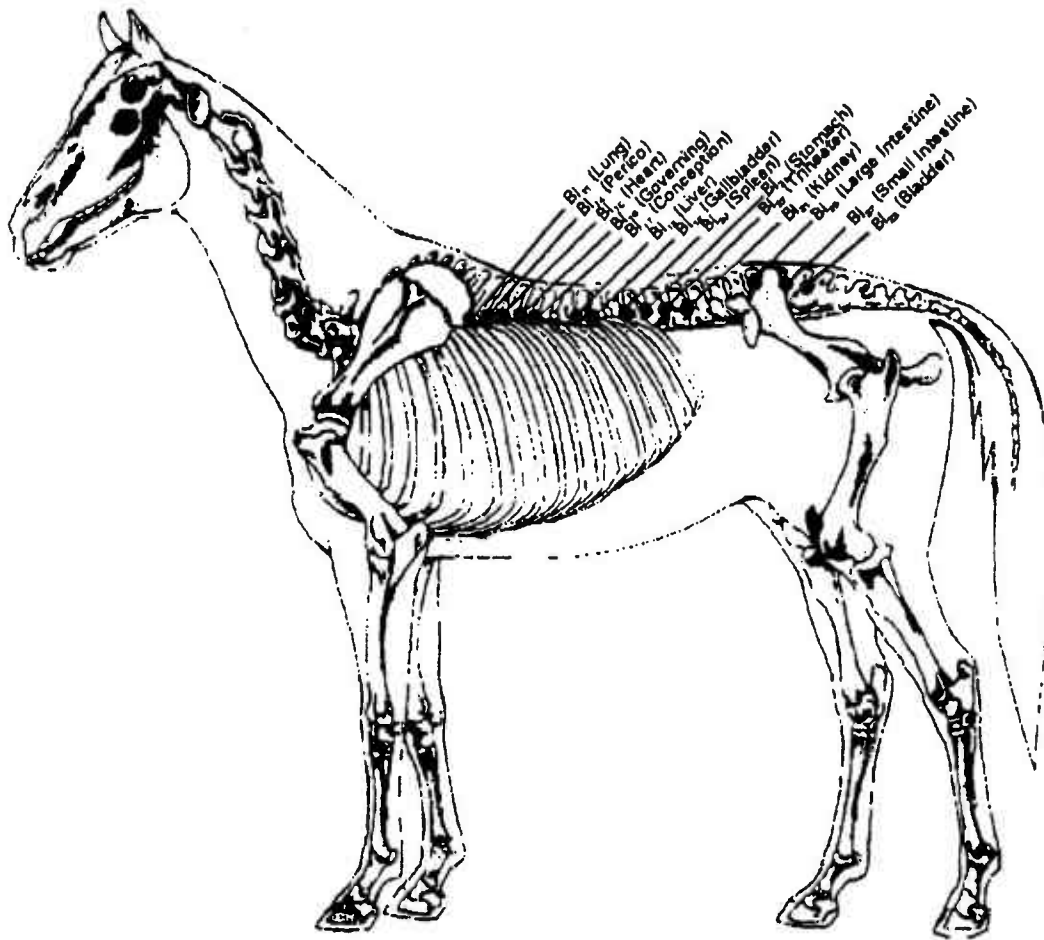


Figure 2. Equine Association Points

**Detecting meridian imbalances**

Meridian imbalances can be detected by muscle testing and through palpation of association points. Reaction from palpation with light pressure on association points will be an indication of under energy. These points will need to be strengthened (tonified). Reaction from heavy digital pressure on association points will be an indication of over energy. These points will need to be weakened (sedated). If there is no reaction to light or heavy pressure, the meridian is balanced.

Muscle testing can be done with a surrogate or by using the structural finger test

**Surrogate testing procedure**

- A. Find a strong indicator muscle on surrogate. The recommended muscle is the deltoid.
- B. Using light pressure, the surrogate contacts the association point on the subject with digit from other hand. The testor checks the indicator

muscle; if the indicator muscle weakens, perform tonification massage technique on the point. If the indicator muscle stays strong proceed to step 2 with heavier pressure on the point. Check the indicator muscle again; if the muscle weakens perform sedation massage technique. If the indicator muscle stays strong, proceed to the next association point and repeat the procedure.

**Structural finger testing procedure**

This technique uses yourself as testee and testor. The index finger is used as the indicator muscle (testee); the middle finger is used as the pusher (testor). The index finger (testee) is held and the middle finger (testor) pushes down on index finger. The index finger will weaken with an association point imbalance. Correct with tonification/sedative acupressure massage techniques. Retest the indicator finger; if strong go on, if still weak do opposite correction. Follow the sequence as above.

### **TCM Acupressure massage techniques for tonification and sedation**

This technique uses rotary digital pressure in either a clockwise or counter clock rotation using light to heavy, or heavy to light pressure in order to balance the meridian.

#### **A. Tonification (Building) Massage technique**

Start with light pressure 1/2 inch outside the acupressure point. gradually make smaller circles in a clockwise rotation with increased pressure toward the center of the point and release. This can be done as many times as it needs (Check indicator /palpation). This helps to develop muscle tone in the area and supply energy to the meridian



Figure 3. Tonification Technique

#### **B. Sedation (Releasing) Massage Technique**

Start with light to gradually heavier pressure on the acupressure point. Slowly unwind in a counter clockwise rotation, releasing the pressure as you unwind. Do as many times as needed (check indicator/palpation). This releases tension, dissipates metabolic waste and sedates the energy in the meridian.



Figure 4. Sedation Technique

### **Using a Surrogate**

It is recommended that you use a surrogate when first starting this muscle balancing technique. The procedure is as follows:

- 1) Balance the surrogate.
- 2) Have the surrogate contact the animal
- 3) Check all 14 muscles and record imbalances
- 4) Check alarm points for over energy, and record
- 5) Proceed with association point balance.
- 6) Recheck the 14 muscles.

This balance can be used with 'fix as you go' technique, using the wheel, and with the five element balance.

In performing the association point balance, it is recommended to balance the governing and central meridian first, then the lung and work you way down the back.

### **Finishing procedure**

Meridian massage 3 times the governing and central meridian, and massage K27 vigorously

The association point balance technique can be incorporated with other specialized kinesiology methods.



For further information Michael Baxter may be contacted through

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