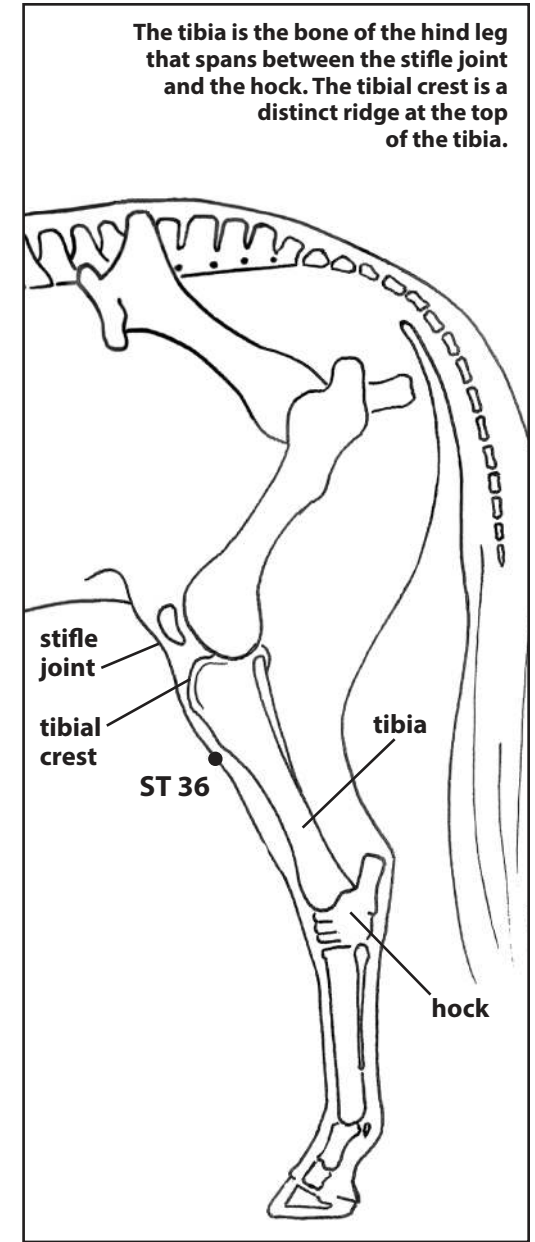
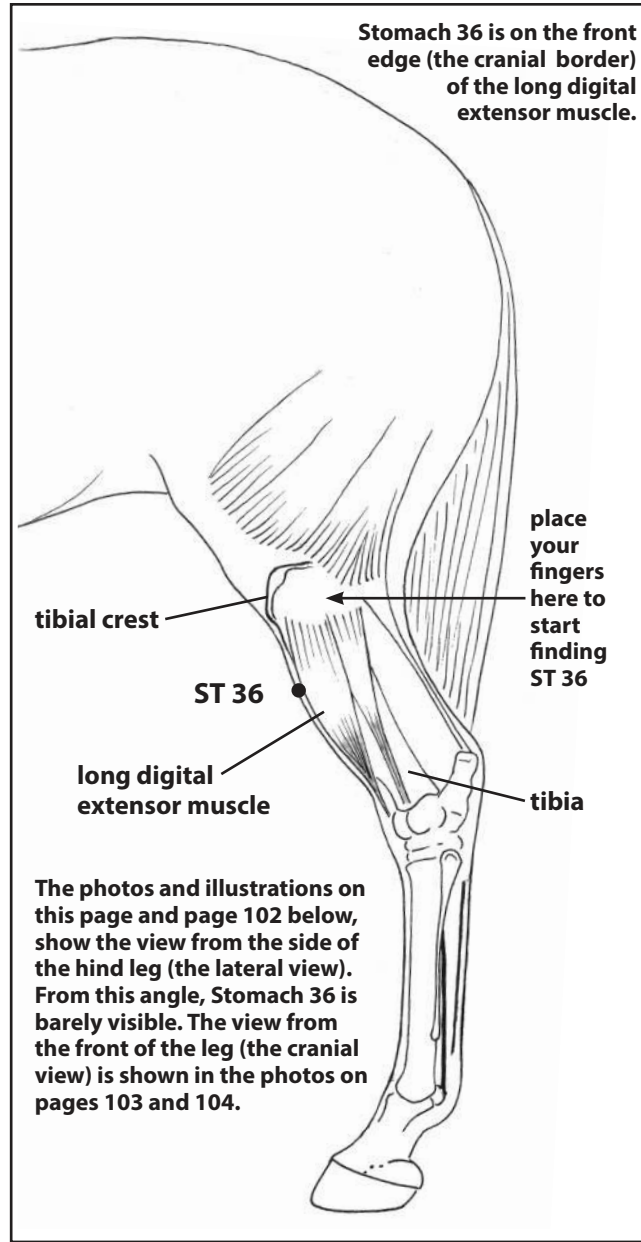
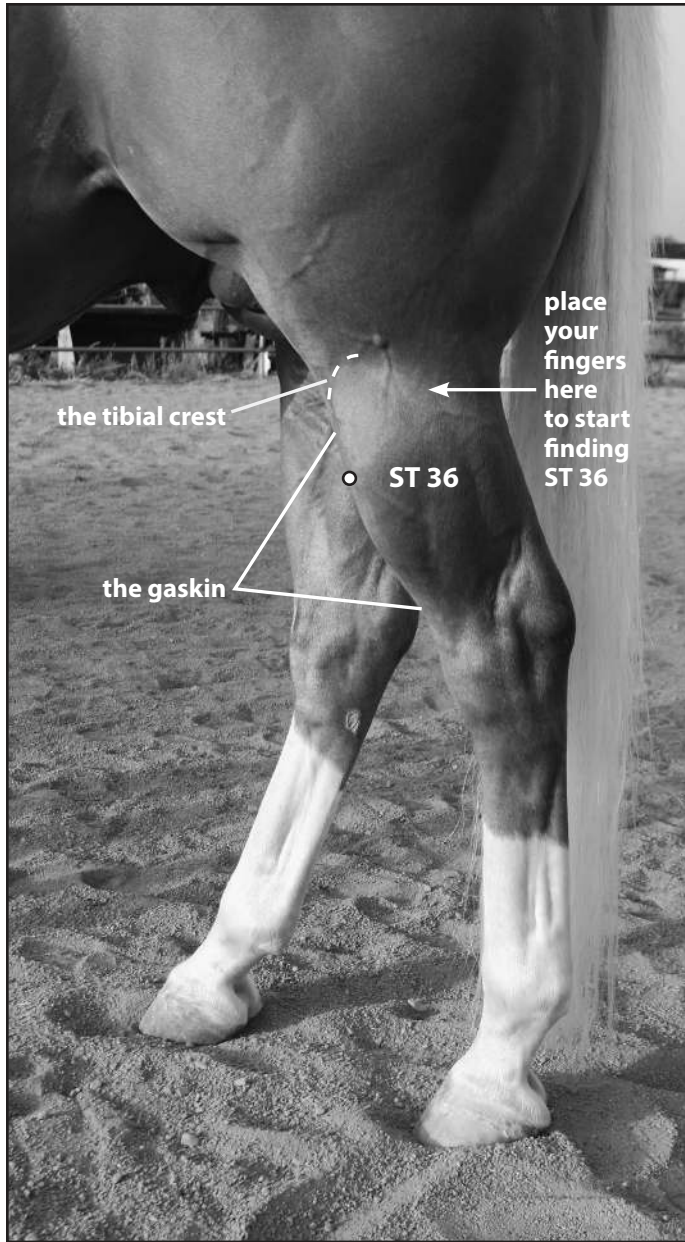
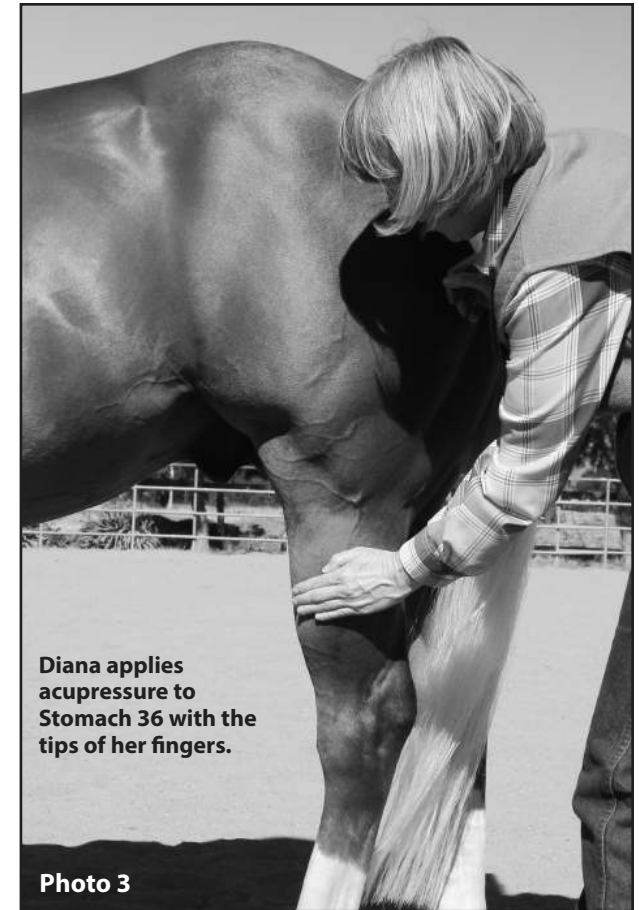
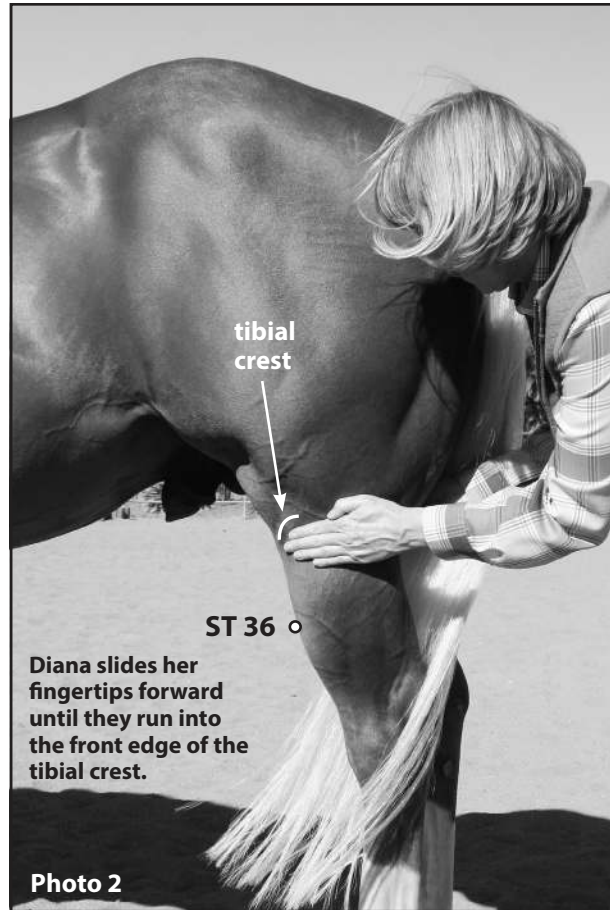
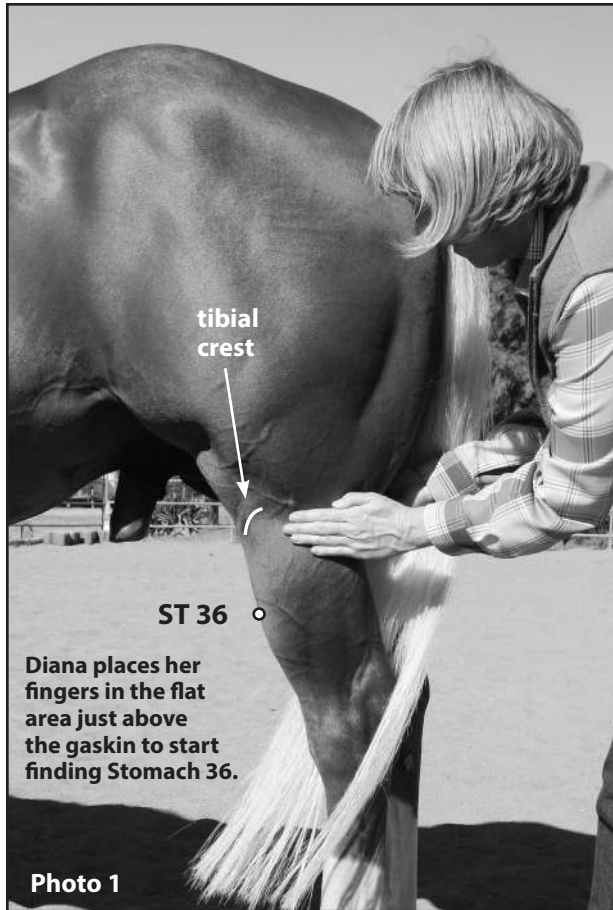


Stomach 36 (ST 36), page 1 of 4



How to find Stomach 36 (the side or lateral view), page 2 of 4



Stomach 36 is on the outside (the lateral side) of the horse's hind leg in the *gaskin* area. This point has many powerful uses. Its location is hard to find at first so there are four pages of photos, illustrations and instructions to help you (pages 101 through 104).

Safety Tip: Do not stand in front of the horse's hind leg and reach in to touch Stomach 36. Horses may kick when touched in this area. While you look for the point and do acupressure stand to the side of the hind leg and slightly behind it. From this position, pet the side of the

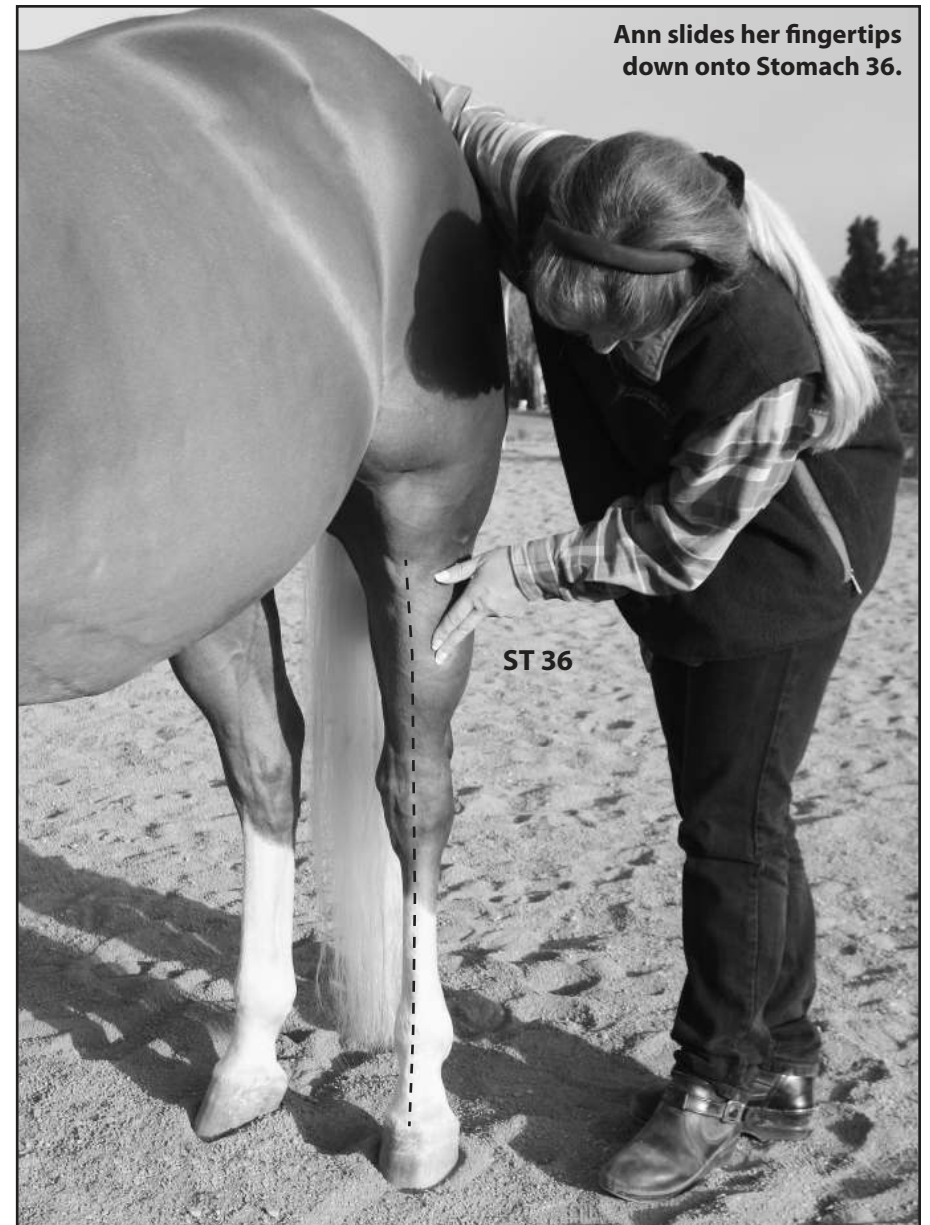
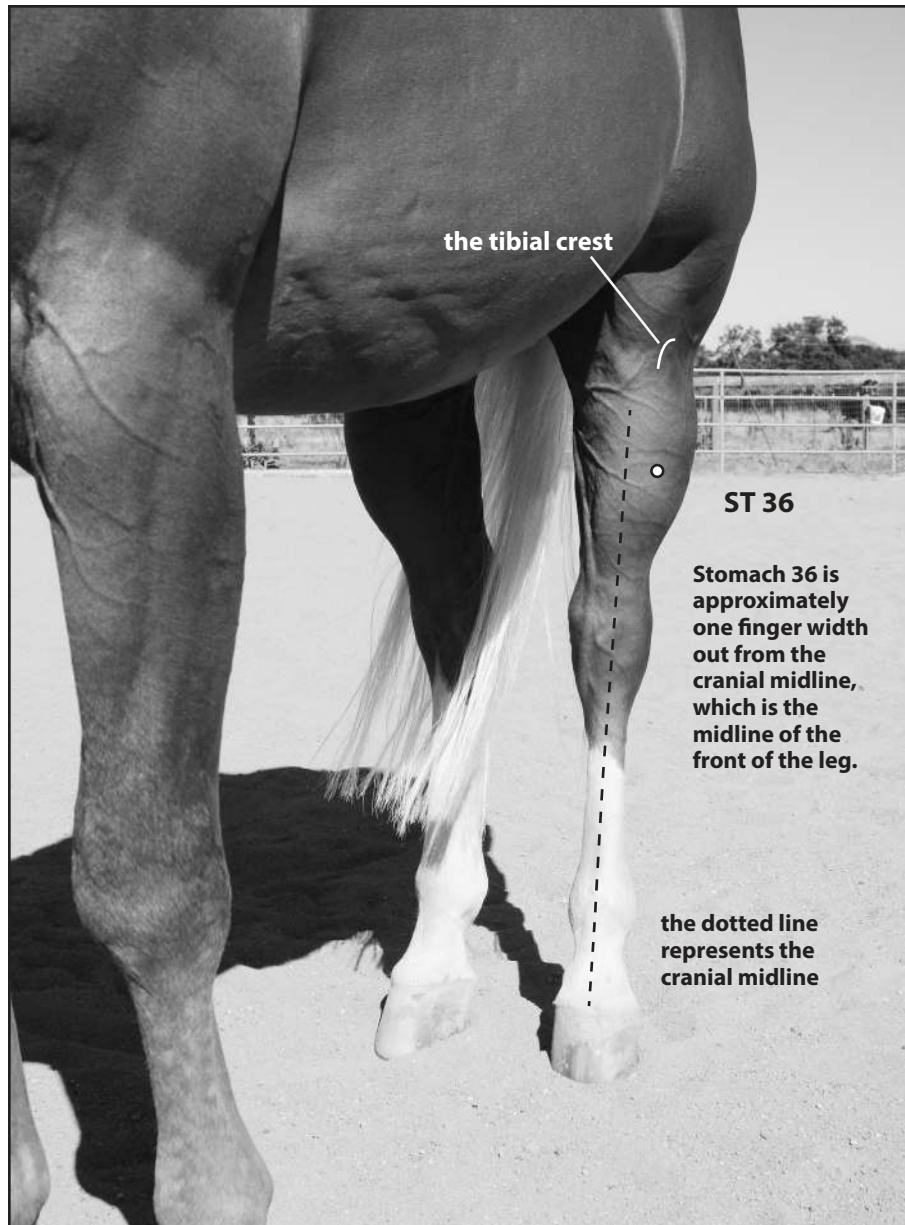
hind leg with long flat hand strokes. If the horse allows this contact, start finding Stomach 36 by placing your fingers on the relatively flat area of the leg just above the gaskin. Diana has her hand in this position in Photo 1.

From this spot, move your hand forward and slightly upward until your fingertips run up against a bony ridge at the front of the leg. Diana has her hand in this position in Photo 2. This ridge is the *tibial crest* at the top of the *tibia*. It's marked with a white line in Photos 1 and 2. From behind (caudal to) the curved front edge of the tibial crest

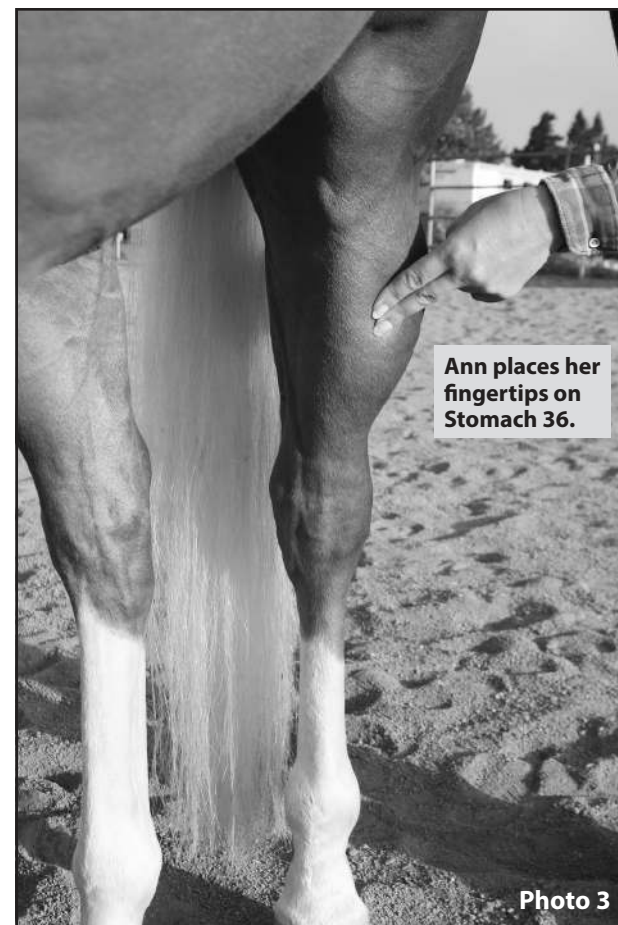
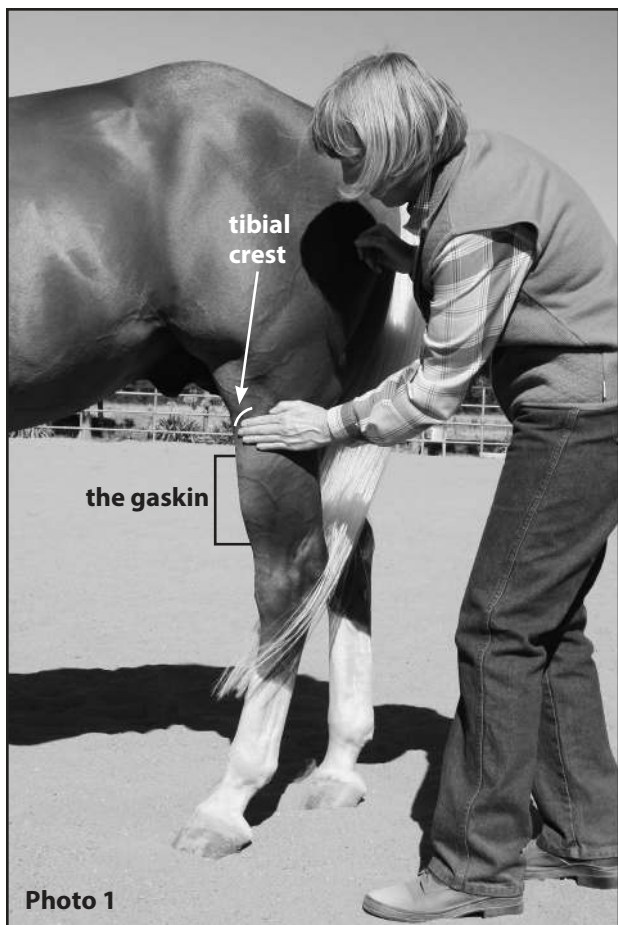
move your fingertips down and forward approximately one inch. This should place your fingertips just one finger width to the outside (the lateral side) of the cranial midline, the imaginary line that runs down the center of the front of the leg (see pages 103 and 104).

Then, slide your fingertips straight down the front of the leg another two and one-half to three inches. Feel for a soft spot in this area one finger width to the outside of the cranial midline. This is the location of Stomach 36 (see Photo 3 and the photos on pages 103 and 104).

How to find Stomach 36, page 3 of 4



How to find Stomach 36 (the front or cranial view), page 4 of 4



Stomach 36 is located on the front edge of the *gaskin* of the horse's hind leg (see Photo 1). The area of the point is often sensitive. Follow the safety tips on this page and page 102 in order to avoid being kicked.

Photo 1 is taken from the side or lateral view of the horse. In Photo 1, Diana slides her hand forward (cranially) across the flat area between the gaskin and the upper hind leg until her fingertips run into the bony ridge of the *tibial crest* (marked in the photo with a white line).

There are additional photos and illustrations of this view of Stomach 36 on pages 101 and 102. Photos 2 and 3 on this page are taken from the front or cranial view as are the photos on page 103, above.

In Photo 2, Ann's fingertips are just behind the ridge of the tibial crest in the same spot as Diana's fingertips are placed in Photo 1. From this position Ann slides her fingertips one inch down and forward to a place that's just one finger width to the outside of the cranial midline,

an imaginary line down the center of the front of the leg. This line is marked in Photo 2 and the photos on page 103, above. Then, Ann slides her fingertips straight down the leg another two and one-half to three inches and finds a soft spot (see Photo 3). This is the location of Stomach 36. It's just one finger width to the outside of the midline.

Safety Tip: In Photo 1 Diana shows how to place your body and hands on the side of the horse's hind leg so you can find and work on Stomach 36 safely.