

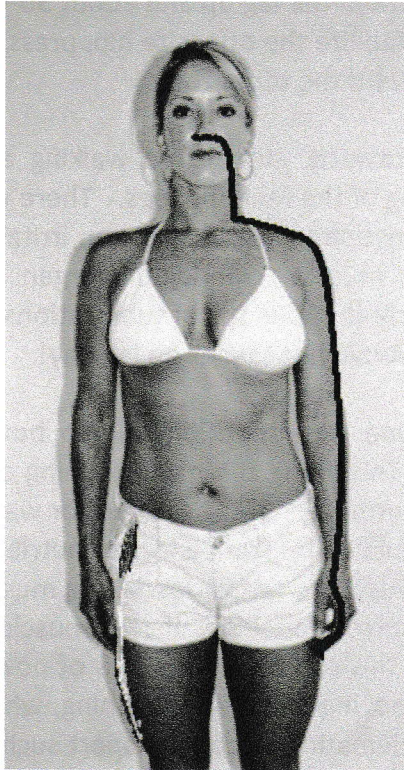
Meridian: Large Intestine

Muscle: Tensor Fascia Lata

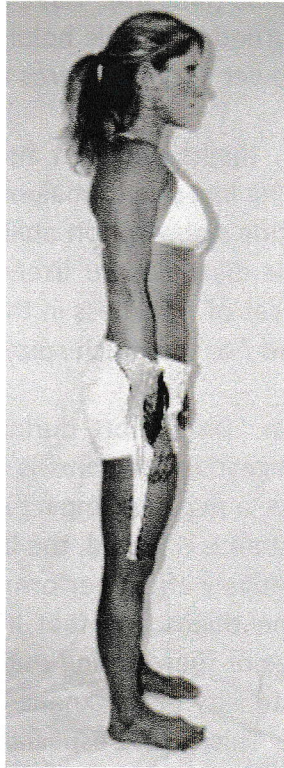
Associated Organ: Large Intestine

***Note** – the Large Intestine meridian starts on the lateral (thumb side) of the index finger and ends on the opposite side of the inferior portion of the nose.

This is one of the 14 main meridian muscle tests.



**Large Intestine Meridian
and Tensor Fascia Lata Muscle
(front view)**



Tensor Fascia Lata Muscle (side view)

Action: thigh flexion and abduction (raising the thigh away from the body), lateral stabilization of the knee, keeps the leg turned inward in order to keep the feet pointed straight ahead.



Muscle test – Lying supine



Muscle test – Standing

Muscle Test: Athlete may be tested while lying supine (face up) or standing.

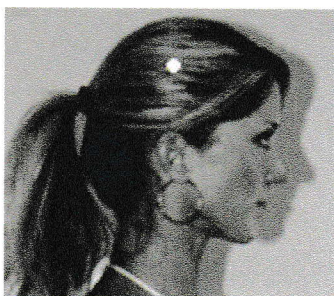
1. Standing: Have athlete stand and balance himself or herself by holding onto a chair with the hand opposite the leg being tested. Have athlete hold the leg up and about 30-45° to the side, with the foot turned inward. While holding to stabilize the opposite hip, press on the lower leg to push the lower leg downward and toward the other foot.
2. Lying: Have athlete lie supine (face up). Have athlete hold the leg up and about 30-45° to the side with the foot turned in. While holding to stabilize the opposite hip, press on the lower leg to push the lower leg downwards and toward the other foot.

Health Indications: bowed legs, thighs and feet turned outward. Inefficient walking and running with power and speed being lost due to malpositioning of the feet and legs. There will likely be a loss of the Large Intestine's absorption ability. Constipation, spastic colon, irritable bowel syndrome, colitis, and / or diarrhea are likely if this muscle / meridian / organ are imbalanced. One of the main causes of weakness in this muscle (besides spinal subluxations) is eating hot peppers, hot sauces, and / or too much spicy food. Avoid hot sauces on leg day!

Athletic Performance Indications: Discomfort during training / competition due to bowel irritation, constipation, or other digestive problems is likely. This alone can make training and competing uncomfortable and have a negative impact on performance. If the nutrient or water absorbing ability of the large intestine is affected, the body could suffer from a lack of nutrients or dehydration. This can also negatively affect performance. Also, the tensor fascia lata muscle stabilizes the knees and holds the thighs and feet in the correct position. If this muscle is weakened and results in the knees or feet turning outwards, this can result in a loss of power and / or speed in running and instability of the knees when moving laterally or running, which can result in serious knee injuries. This can be especially problematic in a contact sport such as football or mixed martial arts.

Performance Notes: Correcting a weakness in this muscle will likely result in greater running speed and power, with more knee stability and more accuracy when rapidly changing direction while running. The greatest example of this would be a running back in football. Basketball players also must run sideways at times, change direction rapidly, and run quickly with power. This muscle is used in mixed martial arts to stabilize the legs when standing, throwing kicks, and in round kicks in particular. The leg position when delivering a round kick is very similar to the position the leg is in during this muscle test. Kicking power, speed, and accuracy will suffer with a weakness in this muscle. Squatting and lunging movements and lateral plyometric exercises will also suffer if this muscle is weak, as will knee stability when doing these movements. Skiers use this muscle also to stabilize the knees and control movement while skiing.

Nutritional Balancing: Dietary fiber, a good source of water (purified, antioxidant water such as hydrogen water or Kangen water is best), and sources of Lactobacillus acidophilus and other beneficial bacteria such as buttermilk, yogurt, and raw milk are all beneficial for the Large Intestine. To counteract irritation from hot pepper consumption, eat a small amount of figs and / or prunes. This is a good short term fix, however, it is preferable to avoid irritating spicy foods.

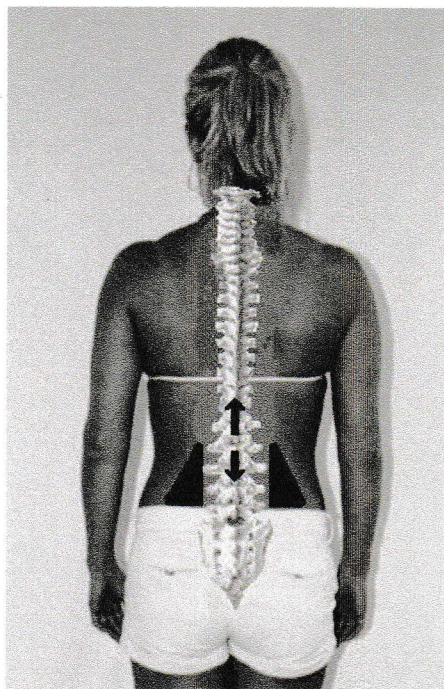


Neurovascular Holding Points: The Parietal eminences on both sides of the head. This is a ridge located between the ear and the top of the head.

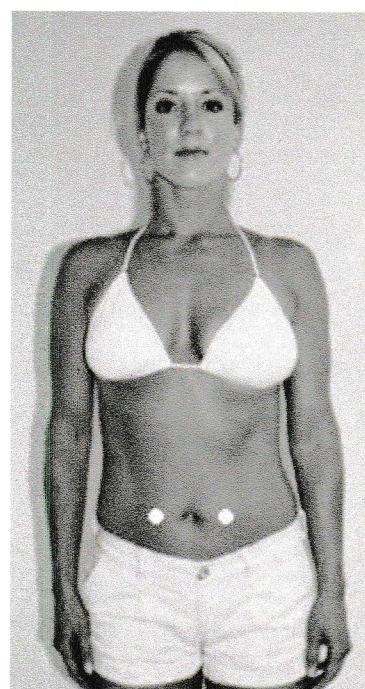
Neurovascular Point



Front NL point



Back NL and Spinal Reflex points



Front Mu (Alarm) points

Neurolymphatic Massage Points:

- Front: The tensor fascia lata muscle itself, on the lateral side of the thighs. Concentrate rubbing (GENTLY!) on the most tender or sore areas of the leg.
- Back: The triangular areas between L2 and L4, and the top of the hipbones (iliac crest) on the lower back.

Spinal Reflex Point: L2

Front Mu (Alarm) Points: Stomach 25, located about 1.5" lateral to the umbilicus (navel).

Chiropractic Considerations: The nerve supply for this muscle is from L4, L5, S1, and the superior gluteal nerve. If bilateral weakness or repeated weakness persists that is not corrected by the methods in this book, seek chiropractic treatment.