

Table 5 Standards for Proportional Measurement

Body Part	Distance	Proportional Measurement	Method	Explanation
Head	From the anterior hairline to the posterior hairline	12 cun	Longitudinal measurement	The distance from the glabella to the anterior hairline is taken as 3 cun. The distance from Dazhui (Du 14) to the posterior hairline is taken as 3 cun. If the anterior and posterior hairlines are indistinguishable, the distance from the glabella to Dazhui (Du 14) then is taken as 18 cun.
	Between the two mastoid processes	9 cun	Transverse measurement	The transverse measurement is also used to localize other points on the head.
	From the sternocostal angle to the centre of the umbilicus	8 cun	Longitudinal measurement	The longitudinal measurement of the chest and the hypochochondriac region is generally based on the intercostal space.
Chest and Abdomen	Between the centre of the umbilicus and the upper border of symphysis pubis	5 cun		
	Between the two nipples	8 cun	Transverse measurement	The distance between the bilateral Quepen (S 12) can be used as the substitute of the transverse measurement of the two nipples.
Back	Between the medial border of the scapula and the posterior midline	3 cun	Transverse measurement	The longitudinal measurement on the back is based on the spinous processes of the vertebral column. In clinical practice, the lower angle of the scapula is about at the same level of the 7th thoracic vertebra, the iliac spine is about at the same level of the 4th lumbar vertebra.

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Lateral Side of the Chest	From the end of the axillary fold on the lateral side of the chest to the tip of the 11th rib	12 cun	Longitudinal measurement
	Between the end of the axillary fold and the transverse cubital crease	9 cun	
Upper Extremities	Between the transverse cubital crease and the transverse wrist crease	12 cun	Longitudinal measurement
	From the level of the upper border of symphysis pubis to the medial epicondyle of femur	18 cun	
Lower Extremities	From the lower border of the medial condyle of tibia to the tip of medial malleolus	13 cun	Longitudinal measurement
	From the prominence of the great trochanter to the middle of patella	19 cun	
	Between the centre of patella and the tip of lateral malleolus	16 cun	
	From the tip of the lateral malleolus to the heel	3 cun	
			Used for the three <u>Yin</u> and the three <u>Yang</u> Meridians of the <u>Hand</u> .
			Used for the three <u>Yin</u> Meridians of the <u>Foot</u> .
			<ol style="list-style-type: none"> Used for the three <u>Yang</u> Meridians of the <u>Foot</u>. The distance from the gluteal crease to the centre of patella is taken as 14 cun. The anterior level of the centre of the patella is about the same level of Dubi(S 35), and the posterior level, about the same level of Weizhong(B 40).

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