Chapman’s Points - Anterior Part One

Chapman's points or Chapman’s reflex points are palpable areas of fascial tissue abnormality that develop secondarily to irritation or dysfunction of a target organ, and they are often considered to be a visceral reflex. They are characteristically small, smooth and firm areas that are 2-3mm in size. They are discretely palpable, and are described as tapioca-like or BB-like. Additionally, the palpable areas are partially fixed and often cannot be displaced. In this first of two Picmonics, the 2nd intercostal space correlates with the thyroid and heart. The 3rd and 4th intercostal space correlate with the upper and lower lobes of the lungs, respectively. On the anatomic left side, the 5th intercostal space correlates with stomach acidity, while the 6th intercostal space on the left is associated with stomach peristalsis. On the anatomic right side, the 6th intercostal space is correlated with dysfunction of the liver and/or gallbladder.



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Characteristics

2nd Intercostal Space
(2) Tutu
The 2nd intercostal space on the left lateral border of the sternum is the Chapman’s reflex point that corresponds to the thyroid and heart. This space is located directly below the 2nd rib.

Thyroid and Heart
Thyroid-tie and Heart
Palpation in the 2nd intercostal space to the left side of the sternal border is the palpatory technique thought to identify irritation or dysfunction of the heart. Deep rotary movement in this same space is thought by Chapman to identify irritation or dysfunction of the thyroid gland.

3rd & 4th Intercostal Spaces
(3) Tree and (4) Fork in the road
The 3rd & 4th intercostal spaces on the lateral borders of the sternum are the Chapman’s reflex point that corresponds to the lungs. The 3rd intercostal spaces bilaterally to the sternum is the Chapman’s reflex point that corresponds to the upper lung. The 4th intercostal spaces on either side of the sternum correspond to the lower lung on their respective sides. The 3rd and 4th spaces are located directly below the 3rd and 4th ribs respectively.

Lungs
Lungs
Deep firm rotary palpation in the 3rd and 4th intercostal space to the left side of the sternal border is the palpatory technique thought to identify irritation or dysfunction of the lungs.

6th Intercostal Space - Left
(6) Shooter to the Left
The 6th intercostal space on the left side, one inch from to the sternoclavicular joint is the Chapman’s reflex point that is believed to correspond to peristalsis of the stomach. The 5th intercostal space is thought to correspond with acidity of the stomach.

Stomach - Peristalsis
Stomach with Pear-on-stilts
Palpation in the 6th intercostal space on the left side is thought to identify irritation or dysfunction in the stomach relating to peristalsis.

6th Intercostal Space - Right
(6) Shooter to the Right
The 6th intercostal space on the right side, one inch lateral to the sternoclavicular joint is the Chapman’s reflex point that is believed to correspond with the liver and gallbladder.

Liver and Gallbladder
Liver with Gold-bladder
Palpation in the 6th intercostal space on the right side is thought to identify irritation or dysfunction in the liver and gallbladder.

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