METHOD

A digital flexor tendon sheath block can be performed using 5-10ml of local anaesthesia with a 20-22 gauge ¾ inch intradermal needle. The area must be swabbed with iodine or alcohol solution to remove any dirt or any unwanted contaminants from the area. The needle can be injected perpendicular to the skin at three different sites:

1. Proximal to annular ligament of fetlock- The tendon sheath lies in the subcutaneous region, on the lateral aspect of the limb palmar to the branch of the suspensory ligament and proximal to the annular ligament of the fetlock
2. Mid pastern site- In this area the tendon sheath can be also found in the subcutaneous region between the base of the proximal and distal annular ligaments (mid palmar pastern)
3. At the base of proximal sesamoid bone- Between the base of the proximal sesamoid bone and proximal annular ligament of the digit, the out pouching of the tendon sheath can be found

Upon administering the anaesthesia, wait 5-10 minutes before reassessing the limb to determine if there is any improvement in lameness.





