**HIGH METATARSAL DIGITAL NERVE BLOCK**

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| **NERVE AFFECTED** | **NEEDLE** | **VOLUME** | **TECHNIQUE** | **POSITION OF LIMB** | **ONSET TIME** | **STRUCTURES BLOCKED** |
| -Lateral palmar nerves | 25-gauge, 5/8-in | 2-5ml | – ***Local infiltration of suspensory ligament:*** Directly infiltrate anaesthesia along axial aspect of splint bones, directly next to the suspensory ligament | Standing or flexed | 15 minutes | Blocks all structures distal to the tarsus, including the proximal suspensory ligament |
| -lateral/medial plantar nerve  -lateral/medial plantar metatarsal nerve  -dorsal metatarsal nerve | 22gauge,1inch | 4-5ml per plantar nerve  3ml per plantar metatarsal nerve  3ml per dorsal metatarsal nerve | ***-High plantar (subtarsal)nerve block***:  The high plantar block is performed at a level 4 cm distal to the proximal aspect of fourth metatarsal bone and on the medial side 3 cm distal to the proximal aspect of second metatarsal bone. The needles are inserted axial to the respective splint bone and advanced deep to contact with the plantar surface of the third metatarsal bone. Local anaesthetic solution is deposited in this location to block the lateral/medial plantar metatarsal nerves and in a more superficial position as the needle is withdrawn blocks the lateral/medial plantar nerves.  The completion of the block occurs by blocking the dorsal metatarsal nerves at the dorsolateral and dorsomedial aspects of the third metatarsal bone. | flexed |
| -deep lateral plantar nerve | 20 gauge | 3-5ml | ***-Deep branch of the Lateral Plantar nerve block***:  needle is inserted perpendicular to the skin just plantar to the MtIV (lateral splint) at the junction where its contour changes from oblique to vertical.  The needle is inserted to a depth of approximately  1 cm, and 3-5mL of local anesthetic solution are deposited. | Standing or flexed |

