Maximum volume @ site- 7-10mls
20 gauge 1.5inch needle

Area desensitized- origin the the suspensory ligamanet due to communication of the intercarpal joint and caro-metacarpal joint.

Intercarpal Joint
Dorsal Approach

Landmarks

Indentation on the medial or lateral aspect of the extensor carpi radialis tendon

Proximal border- dorsal-distal radial/intermediate carpal bone

Distal border- proximal border of the third carpal bone.

Steps

1. Perform aseptic protocol.
2. Flex the carpus and direct needle straight into the indentation.

Radiocarpal Joint
Dorsal Approach

Landmarks

Indentation on the medial or lateral aspect of the extensor carpi radialis tendon

Proximal border- dorsal-distal radius

Distal border- dorsal proximal radial/intermediate carpal bone

Steps

1. Perform aseptic protocol.
2. Flex the carpus and direct needle straight into the indentation.

