

Lateral Femorotibial (LFT) Joint (Figure 3.94)

Quantity of Local Anesthetic: 20 to 30 mL

Needle Size: 1-1/2 inches, 20 gauge

Injection Technique: The site for injection of the LFT joint is slightly caudal to the palpable edge of the lateral patellar ligament just above

the proximolateral edge of the tibia with the limb bearing weight. A 1-1/2-inch, 20-gauge needle is inserted at right angles to the long axis of the femur and directed from lateral to medial to a depth of 1 inch. An alternative approach is to insert the needle just proximal to the tibia in the space between the lateral collateral ligament of the LFT joint and the tendon of origin of the long digital extensor tendon. The palpable head of the fibula helps to identify these structures. The needle is inserted slowly to a depth of approximately 1 inch until the joint capsule is entered.

Pitfalls:

1. Hitting bone—needle inserted too low (tibial crest) or too high (lateral condyle)
2. Inability to obtain synovial fluid—needle may be within lateral meniscus