

Extensor Carpi Radialis (ECR) Tendon Sheath

Quantity of Local Anesthetic: 10 to 20 mL

Needle Size: 1 to 1-1/2 inches, 20 to 22 gauge

Injection Technique: The ECR tendon sheath extends from the mid-radius to the distal aspect of the carpus on the cranial aspect of the limb.

It is very difficult to palpate unless there is synovial effusion present. When distended, it can be aspirated or injected anywhere along its length with a 1-1/2-inch, 20-gauge needle. Flexing the carpus will often make the ECR tendon sheath more distended, enabling easier access.

Pitfalls:

1. Inability to aspirate fluid if no sheath effusion
2. Blood contamination of fluid—not uncommon