

### Tarsal Sheath

**Quantity of Local Anesthetic:** 15 to 20 mL

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

**Injection Techniques:** The tarsal sheath is located on the medial aspect of the tarsus and begins approximately 5 to 8 cm proximal to the medial malleolus and extends distally to the proximal 1/3 of the metatarsus. It encloses the DDFT of the hindlimb as it courses over the sustentaculum tali on the medial aspect of the tarsus. When distended, the tarsal sheath can be accessed for synoviocentesis anywhere along its course. The easiest location is usually either above or below the palpable sustentaculum tali on the medial aspect of the tarsus (Figure 3.100). A 1-1/2-inch, 20-gauge needle is directed proximolaterally or distolaterally at about a 45° angle with the long axis of the limb.

#### **Pitfall**

1. Inability to aspirate fluid if no sheath effusion