

**Lateral Palmar Block (Medial Approach;
Figure 3.67)**

Quantity of Local Anesthetic: 2 to 5 mL

Needle Size: 5/8 or 1 inch, 22 to 25 gauge

Injection Technique: With the medial approach, the lateral palmar nerve is blocked medial to the accessory carpal bone. This medial technique is thought to reduce the risk of inadvertent injection into the carpal sheath. The site of injection is a longitudinal groove in the fascia palpable over the medial aspect of the accessory carpal bone, palmar to the insertion of the flexor retinaculum that forms the palmaromedial aspect of the carpal canal. With the limb bearing weight, the needle is inserted into the distal third of the groove in a mediolateral direction perpendicular to the limb.

Pitfalls:

1. Difficulty in injecting—needle in fascia or against the medial aspect of the accessory carpal bone
2. Difficulty in assessing success of the block. Best done by palpating the absence of pain in the suspensory ligament