JOINT BLOCKS IN THE FORELIMB

Some of the common joints blocked in a horse is the distal interphalangeal (coffin), proximal interphalangeal (pastern) and the metacarpophalangeal/metatarsophalangeal (fetlock) joints.

**The coffin block** is broken up into 3 locations as follows:

1. Dorsal pouch: 1cm dorsal to coronary band, abaxial to extensor tendon, 45-degree angle.
2. Dorsal pouch: above coronary band, midline, the needle is directed horizontally.
3. Palmar pouch: abaxial, above the collateral cartilage, the needle is directed in a 45-degree angle dorsally.

The needle size required is 18-20 gauge, 1.5 inches with about 5-10ml of anaesthetic. The time taken about 5 mins. The time taken is about 10 minutes. This blocks the coffin joint, navicular bursa.

 

**The fetlock joint** is also done with the animal standing. The needles used are 18-20 gauge, 10ml administered. It is broken up into 4 locations as follows:

1. Proximopalmar- distal to the splint button, proximal to sesamoid and dorsal to suspensory ligament.
2. Dorsal- abaxial to CDE tendon
3. Distopalmar- depression proximal to palmar process (p1)
4. Palmar- Between the dorsal sesamoid and palmar distal MC3

Structures blocked are the fetlock joint and may also block the suspensory branches, digital flexor tendon sheath and proximal sesamoid bones.

 

**Tarsometatarsal Joint block:**

Done in a standing position, just proximal to the lateral splint bone at the level of palpable depression between the head of the splint and 4th tarsal bone. It is done at a 45-degree angle craniomedial and distally. The needle used is a 20-22gauge with 5-10ml. Structures blocked are the TMT joint as well as distal intertarsal joint.

 