Approach for Arthrocentesis

* Dorsal
* Palmer/plantar

Maximum volume @ site- 8-10mls  
20 gauge 1.5inch needle

Diagram

Description automatically generated

Dorsal Approach

Landmarks

Medial or lateral bony eminence on the distolateral aspect of the proximal phalanx. (point of attachment for collateral ligament)  
  
Under the edge of the common digital extensor tendon about 0.5 inch distal to the level of the lateral eminence on the distal end of the proximal phalanx.

Steps

1. Perform aseptic protocol.
2. Direct the needle medially and parallel to the ground about 0.5 inches deep to penetrate the joint.

Diagram

Description automatically generated

Palmer/Planter Approach

Landmarks

Perpendicular to the long axis of the pastern, close to the palmar border of the first phalanx.

Proximal to the transverse bony prominence on the proximopalmar aspect of the middle phalanx

Steps

1. Aseptic protocol
2. Flex joint and the needle is advance into the palmer pouch of the PIP joint.

Represenative Diagram below.

