Maximum volume @ site- 7-10mls  
20 gauge 1.5inch needle

Area desensitized- origin the the suspensory ligamanet due to communication of the intercarpal joint and caro-metacarpal joint.

Intercarpal Joint  
Dorsal Approach

Landmarks

Indentation on the medial or lateral aspect of the extensor carpi radialis tendon  
  
Proximal border- dorsal-distal radial/intermediate carpal bone

Distal border- proximal border of the third carpal bone.

Steps

1. Perform aseptic protocol.
2. Flex the carpus and direct needle straight into the indentation.

Radiocarpal Joint  
Dorsal Approach

Landmarks

Indentation on the medial or lateral aspect of the extensor carpi radialis tendon  
  
Proximal border- dorsal-distal radius

Distal border- dorsal proximal radial/intermediate carpal bone

Steps

1. Perform aseptic protocol.
2. Flex the carpus and direct needle straight into the indentation.

Diagram

Description automatically generated