Ultrasound-Guided Ankle Arthrocentesis

Highland General Hospital
Division of Emergency Ultrasound

**Step 1**

Identify Pertinent Palpable Landmarks:

1) Tibialis Anterior Tendon

2) Medial Malleolus
Step 2

Linear Probe
Probe marker **caudal** (to the feet)
Identify Tibia with Ultrasound
Slide distal and identify joint space between Tibia and Talus
Step 3

Identify the presence of an effusion
Move the probe slightly medial (in between Tibialis Anterior and Medial Malleolus)
Step 4

Local Anesthetic skin wheal
Out of Plane Technique
Needle just **MEDIAL** to probe
Steep angle of entry (75 to 80 degrees)
Step 5

Aspirate during entry