Ultrasound-Guided Hip Arthrocentesis

Highland General Hospital
Division of Emergency Ultrasound

Step 1

Curvilinear Probe
Probe marker to the patient’s right side
Locate femoral vessels in the near field
Locate the femoral head/neck in the far field
Step 2

Rotate the Probe marker toward the umbilicus

Clockwise rotation with the probe marker facing the umbilicus
Step 3

Identify the pertinent Bony Landmarks:
- Femoral Head
- Femoral Neck
- Anterior Synovial Recess
- Ileofemoral Ligament
Step 4

Ultrasound Screen in Clear View (contralateral to affected hip)
Local Anesthetic
Clean and sterilize the area for needle puncture
Step 5

20g Spinal Needle attached to a 10cc Syringe
45 to 60 angle - aimed at the Anterior Synovial Recess
In-plane needle visualization
Aspirate as you touch the bony cortex