Ultrasound-guided Ankle Arthrocentesis

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STEP 1

Identify pertinent palpable landmarks

1) Tibialis Anterior Tendon
2) Medial Malleolus
STEP 2

1) Linear Probe
2) Probe marker caudal (to the feet)
3) Identify Tibia with Ultrasound
4) Slide distal and identify joint space between Tibia and Talus
1) Identify the presence of an effusion
2) Move the probe slightly medial (in between Tibialis Anterior and Medial Malleolus)