Ultrasound guided ankle injection

Patient position: Sitting or lying

Ankle position: Position the ankle into a position of plantarflexion, to open the anterior recess of the joint.

Ultrasound: Obtain a longitudinal view of the tibialis anterior tendon. Ensure you can visualise the anterior recess of the talocruural joint deep to this. Also locate the anterior tibial artery which tends to be positioned more laterally. Position your probe between the tibialis tendon and EHL.

Injection technique: In plane technique from a distal to proximal, ensuring you visualise the needle tip to within the joint capsule.

Suggested needle: Green needle 2 inch