## **High Four Point Nerve Block**

Block the palmar nerves between deep digital flexor tendon (DDFT) & suspensory ligament and block palmar metacarpal nerves axial to the splint bone and abaxial to the suspensory ligament.

* Palmar nerves: on the sides of the flexor tendons, below the deep fascia
	+ Insert the needle (1 inch 22 gauge) between the check ligament of the deep digital flexor tendon and the origin of the suspensory ligament at the level of the head of the splint bones
	+ Inject 2-3 cc of local anaesthetic and repeat on the other side.
	+ This anesthetizes the superficial metacarpal region but will not desensitize all of the deep structures of the metacarpus.
	+ If an SQ bleb is seen while injecting you are too superficial since the nerves are deep to the deep fascia
* Metacarpal nerves: in the junction between the cannon bone and the splints, deep to the suspensory ligament
	+ Insert a needle (1" 22 gauge) distal to the previous, between the splints (metacarpal II and IV) and the suspensory ligament down to the cannon bone (metacarpal III) on both sides.
	+ Inject 2 to 3 cc of local anaesthetic.
	+ Blocks: Deep structures of the metacarpus, except proximal metacarpus

 