



Unlocking  
Common ED  
Procedures

## Is there Water on the Knee? A Review of Arthrocentesis in the ED

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### ✓ Rapid Procedure Review

1. Position patient supine with the bed with the knee fully extended or slightly flexed.
2. Assess anatomical landmarks, locate a fluid pocket using either physical exam or ultrasound, and mark the procedure site.
3. After initial assessment, decide which approach will likely yield a successful aspiration.
4. Anesthetize the skin and down to the joint space.
5. Using a 10-30cc syringe attached to an 18-20g catheter, insert the needle through the anesthetized tract into the joint space while applying negative pressure on the syringe.
6. Collect synovial fluid specimen.
7. Once adequate specimen has been obtained remove the needle, apply pressure and bandage the procedure site.



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