

Danilo Jankovic  
Philip Peng

# Regional Nerve Blocks in Anesthesia and Pain Therapy

Traditional and  
Ultrasound-Guided  
Techniques

Fourth Edition

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*I dedicate this book to my wife Lydia, and my children Lara and Aleks.  
Their love, support, and encouragement have made this book possible.*

Danilo Jankovic

*This book is dedicated to my wife, Carol, for her continued support,  
encouragement and understanding; to my children, Julia and Michael,  
who fill me with joy and love; and to my sister, Rita, who keeps  
reminding me to be strong and assertive.*

*Without them, this book would be impossible.*

Philip Peng



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## Preface

In recent years, the field of regional anesthesia, and in particular peripheral and neuraxial nerve blockade, has entered an unprecedented renaissance. This renaissance is due primarily to the widespread introduction of ultrasound-guided regional anesthesia. The ability to visualise the anatomy of interest, the needle-nerve relationship, and the spread of the local anesthetic has resulted in significant growth of interest in the use of peripheral and neuraxial nerve blocks. Although ultrasound guidance eventually may become the most prevalent method of nerve blockade, most procedures world-wide are still performed using the methods of peripheral nerve stimulation and/or surface landmarks, particularly in the developing world. Because this book has been one of the important teaching sources internationally, we decided to retain the section on the traditional techniques of nerve blockade in addition to the new section on ultrasound-guided regional anesthesia.

The book contains precise anatomical drawings, illustrations and self-made native anatomical preparations in full-colour throughout, and also provides detailed instructions on how to apply regional anesthesia. The descriptions of anatomy and sonoanatomy are highly relevant to the regional blocks and the clear illustrations helps to better understanding of each block.

We made every effort that the overall style of presentation is methodical, thorough and precise. The description of each block is broken down into headings: definition; anatomy; indications; contraindications; technique (ultrasound-guided and traditional); drug choice and dosage; side effects; complications (and how to avoid them or treat them) and medicolegal documentation. The information given in a checklist record for each technique helps in proper documentation of the performed nerve blocks. The book focuses on each area of the body, describes its anatomy and sonoanatomy, and then explains the needed supplies for each nerve block and the details of how to do it.

This book is practically oriented; the book could almost be taken to the operating room and used as a guide. Topics are consistently organized, very detailed and simple to read. This book is intended for practicing anesthesiologists and all specialties engaged in the field of pain therapy (such as pain specialists, general surgeons, orthopaedic surgeons, neurosurgeons, neurologists, and general practitioners).

The book comprises 73 chapters, organized in 12 sections, covering US-guided and traditional nerve blocks in anesthesia and interventional pain management:

Part I reviews the General Considerations (Use of Local Anesthetics in Regional Anesthesia and Pain Management, Basics of Ultrasound Imaging, Use of Nerve Stimulation and Stimulating Catheters in the Ultrasound Era, and Complications of Peripheral and Neuraxial Nerve Blocks).

Part II covers the Head and Neck Region (Regional Anesthesia in Ophthalmology, Facial Nerve Block, Anesthesia of the Airways, Phrenic Nerve Block, Trigeminal Nerve Block (classic and neurodestructive procedures), Occipital Nerves Block, Stellate Ganglion Block, Superior Cervical Ganglion Block, and Deep and Superficial Cervical Plexus Block).

Part III focuses on Blocks in Cervical Region (Cervical Interlaminar Epidural Block, Cervical Facet Nerve Blocks (Medial Branch and Third Occipital Nerve), (Pulsed) Radiofrequency



Treatment Adjacent to the Cervical Dorsal Root Ganglion, and Cervical Percutaneous Facet Denervation).

Part IV reviews the Shoulder Region (Suprascapular Nerve Block, Glenohumeral and Acromioclavicular Joints, Subacromial Subdeltoid Bursa, Long Head of Biceps Tendon, Treatment of Calcific Tendinitis, and Rotator Muscles and Subscapular Nerve Injections).

Part V covers the detailed Blocks of the Upper Extremity (Brachial Plexus and Intravenous Regional Anesthesia).

Part VI reviews region of the Elbow and Wrist.

Part VII focuses on the Thoracic Region (Thoracic Paravertebral Block, Intercostal Nerve Block).

Part VIII reviews Lumbosacral Spine (Neuraxial Blocks, Neuraxial Analgesia in Obstetrics, Caudal Epidural Injections, Lumbar Sympathetic Blocks, Lumbar Facet Joint and Nerve Injection, Lumbar Percutaneous Facet Denervation, Sacroiliac Joint Injection, Sacral Nerve Root Block, Lumbosacral Epiduroscopy, and Percutaneous Epidural Neuroplasty).

Part IX focuses on Abdominal and Pelvic Region (Celiac Plexus Block, Nerve Blocks of the Abdominal Wall, Ilioinguinal, Iliohypogastric and Genitofemoral Nerve Blocks, Injection for Piriformis Syndrome, Pudendal Nerve Block, Superior Hypogastric and Ganglion Impar Block, Paracervical Block).

Part X reviews detailed Lower Extremity Blocks.

Part XI covers Lower Extremity Musculoskeletal Injections (common Joint and Bursa Injections).

Part XII reviews detailed Regional Blocks for Children (Upper and Lower Limb and Trunk and Neuraxial Blocks).

This book owes a great deal to a number of well-recognized clinicians, academicians and regional anesthesia teams from around the globe. Many thanks to numerous international collaborators, who supported this project.

We would like to express our special thanks to colleagues and friends who have contributed to this edition:

Ban C.H. Tsui, Michael Barrington, James Heavner, Vincent Chan, Ki Jinn Chin, Andrew Gray, Andre' van Zundert, Olaf Rohof, Robert Jan Stolker, Stephen Halpern, Jens Kessler, Jan van Zundert, Admir Hadzic, Andreas Siegenthaler, Chin-Wern Chan, Daquan Xu, Peter Cheng, Chandra Kumar, Hariharan Shankar, Jeffrey Ghassemi, Antony Hade, Herman Sehmbi, Anahi Perlas, Gloria Seah, John Hanlon, Faraj Abdallah, Geoff Bellingham, Paul Gray, Sara Cheung, Heather Ting, Dario Bugada, Paul Tumber, Steven Renes, Santine van den Heuvel, Geert-Jan van Geffen, Derek Dillane, Anuj Bhatia, Hemmo Bosscher, Gabor Racz, Miles Day, Battista Borghi and Amit Pawa.

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Cologne-Hürth, Nordrhein-Westfalen, Germany  
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# Contents

## Part I General Considerations

<b>1 Use of Local Anesthetics in Regional Anesthesia and Pain Therapy</b> . . . . .	3
Chemical Structure and Physicochemical Properties . . . . .	4
Clinical Significance of the Physicochemical Properties. . . . .	4
Local Anesthetic Potency . . . . .	4
Equipotent Concentrations. . . . .	7
Block Profile . . . . .	7
Incompatibility. . . . .	7
Side Effects and Systemic Effects . . . . .	7
Systemic Effects . . . . .	8
Substance-Specific Side Effects. . . . .	10
Allergenic Potential . . . . .	10
Selection of Suitable Substances for Regional Block . . . . .	11
Short-Acting Local Anesthetics. . . . .	11
Procaine (Novocain®) . . . . .	11
2-Chloroprocaine. . . . .	12
Tetracaine . . . . .	12
Medium-Term Local Anesthetics . . . . .	12
Lidocaine (Xylocaine®, Lignocaine). . . . .	12
Emla® Cream. . . . .	12
Lidocaine Plaster. . . . .	13
Mepivacaine (Scandicaine®, Mebeverine®). . . . .	13
Prilocaine (Xylonest®). . . . .	13
Long-Acting Local Anesthetics. . . . .	14
Ropivacaine (Naropin®) . . . . .	14
Levobupivacaine (Chirocaine®). . . . .	15
Bupivacaine (Carbostesin®, Marcaine®) . . . . .	15
Examination and Patient Preparation. . . . .	15
Documentation of Treatment . . . . .	16
References . . . . .	16
<b>2 Regional Nerve Blocks and Infiltration Therapy in Clinical Practice</b> . . . . .	17
Introduction . . . . .	18
Nerve Blocks in Surgery and Pain Therapy. . . . .	20
Nerve Blocks and Chronic Pain. . . . .	20
Technical Requirements. . . . .	20
Accessories for Primary Care . . . . .	21
Emergency Equipment . . . . .	21
Anesthetic Machine. . . . .	23

Monitoring . . . . .	23
Ultrasound . . . . .	24
References . . . . .	25
<b>3 Basics of Ultrasound Imaging . . . . .</b>	<b>27</b>
Basics of Ultrasound Physics . . . . .	28
Introduction . . . . .	28
Characteristics of an Ultrasound Wave . . . . .	28
Generation of Ultrasound Waves . . . . .	29
Structure of an Ultrasound Transducer . . . . .	30
Interaction of Ultrasound with Tissues . . . . .	31
Image Acquisition and Processing . . . . .	34
Ultrasound Transducer Characteristics . . . . .	36
Resolution . . . . .	37
Image Optimization . . . . .	38
Artifacts . . . . .	44
Practical Scanning and Needling Methodology . . . . .	47
Procedural Ergonomics . . . . .	47
Scanning Methodology . . . . .	49
Needling Techniques . . . . .	54
References . . . . .	56
<b>4 Use of Nerve Stimulation and Stimulating Catheters in the Ultrasound Era . . . . .</b>	<b>57</b>
Introduction . . . . .	58
Electrophysiology and Practicalities of Electrical Nerve Stimulation . . . . .	58
Important Adjustable Features of Modern Nerve Stimulators . . . . .	59
Concerns Regarding Nerve Stimulation in the Ultrasound Era . . . . .	59
Mechanisms of Nerve Injury: Is It Possible to Detect Intraneural Injection Using Ultrasound? . . . . .	60
Nerve Stimulation and the Potential for Patient Injury . . . . .	61
Use of Nerve Stimulation for Training Novices . . . . .	61
Stimulating Catheters . . . . .	62
Peripheral Nerve Blocks . . . . .	62
Central Neuraxial Blocks . . . . .	63
Conclusions . . . . .	64
References . . . . .	64
<b>5 Complications of Peripheral Nerve Blocks . . . . .</b>	<b>67</b>
Neurological Complications After PNBS . . . . .	68
Mechanisms of Peripheral Nerve Injury . . . . .	68
Severity of Acute Nerve Injuries . . . . .	69
Mechanical Nerve Injury . . . . .	70
Signs, Symptoms, and Methods to Reduce the Risk of Intraneural Injection . . . . .	72
Systemic Toxicity of Local Anesthetics . . . . .	75
Central Nervous System Toxicity . . . . .	75
Cardiovascular Toxicity . . . . .	76
References . . . . .	76
<b>Part II Head and Neck Region</b>	
<b>6 Regional Anesthesia in Ophthalmology . . . . .</b>	<b>81</b>
Orbital Anatomy . . . . .	82
Anatomy Relevant to Blocks . . . . .	86

Physiology . . . . .	86
Indications and Contraindications . . . . .	86
Patient's Assessment and Preparation . . . . .	86
General Considerations and Preparation Before Block . . . . .	87
Sedation and Analgesia During Ophthalmic Blocks . . . . .	87
Conduction and Infiltration Block . . . . .	87
Needle Techniques . . . . .	87
Modern Retrobulbar Block . . . . .	88
Indications . . . . .	88
Preparation . . . . .	88
Materials . . . . .	88
Patient Positioning . . . . .	88
Injection Technique . . . . .	88
Dosage . . . . .	88
Advantages . . . . .	88
Disadvantages . . . . .	89
Side Effects and Complications . . . . .	89
Peribulbar Block . . . . .	91
Inferotemporal Peribulbar Block . . . . .	91
Medial Peribulbar Injection: The Medial Canthus (Caruncular) Single Injection . . . . .	91
Sub-tenon Block . . . . .	93
Anatomy Relevant to Block . . . . .	93
Indications . . . . .	93
Materials . . . . .	93
Preparation . . . . .	93
Topical Anesthesia . . . . .	95
Checking Adequacy of Anesthesia . . . . .	95
Anticoagulation and Eye Block . . . . .	95
Local Anesthetic Agents for Ophthalmic Blocks . . . . .	95
Role of Vasoconstrictor . . . . .	95
Role of Hyaluronidase . . . . .	95
Intraocular Pressure and Ophthalmic Blocks . . . . .	95
Retained Visual Sensations During Ophthalmic Blocks . . . . .	95
Intraoperative Care . . . . .	96
Advantages and Disadvantages of Different Techniques . . . . .	96
Choosing a Technique . . . . .	96
Conclusion . . . . .	96
References . . . . .	98
<b>7 Facial Nerve Block . . . . .</b>	<b>99</b>
Anatomy . . . . .	100
Block Techniques . . . . .	101
Van Lint Method . . . . .	101
O'Brien Method . . . . .	101
Atkinson Method . . . . .	102
Nadbath–Rehmann Method . . . . .	102
References . . . . .	103
<b>8 Airway . . . . .</b>	<b>105</b>
Anesthesia of the Airways . . . . .	106
General Considerations . . . . .	106
Anatomy . . . . .	106

Anesthesia of the Larynx and Trachea . . . . .	109
Fiberoptic Intubation . . . . .	109
Practical Procedure for Nasal Endoscopic Intubation in a Conscious Patient . . . . .	110
Practical Procedure for Nasal Endoscopic Intubation in an Anesthetized Patient . . . . .	110
Techniques for Blocking Individual Nerves of the Airway . . . . .	111
Vagus Nerve, Superior Laryngeal Nerve, and Recurrent Laryngeal Nerve . . . . .	111
Superior Laryngeal Nerve Block . . . . .	114
Ultrasound-Guided Superior Laryngeal Nerve Block . . . . .	116
Recurrent Laryngeal Nerve Block (Transtracheal Injection) . . . . .	119
Glossopharyngeal Nerve Block . . . . .	121
Anatomy . . . . .	121
Indications . . . . .	122
Contraindications . . . . .	122
Procedure . . . . .	122
Injection Technique . . . . .	123
Potential Problems . . . . .	124
Suggested Reading . . . . .	125
<b>9 Phrenic Nerve Blockade . . . . .</b>	<b>127</b>
Anatomy . . . . .	128
Indications . . . . .	129
Contraindications . . . . .	129
Procedure . . . . .	129
Preparations . . . . .	129
Materials . . . . .	129
Patient Positioning . . . . .	129
Landmarks . . . . .	129
Injection Technique . . . . .	130
Ultrasound-Guided Injection Technique . . . . .	130
Effects of the Blockade . . . . .	131
Dosage . . . . .	131
Complications . . . . .	131
Side Effects . . . . .	131
Suggested Reading . . . . .	131
<b>10 Trigeminal Nerve . . . . .</b>	<b>133</b>
Anatomy . . . . .	134
Ophthalmic Nerve . . . . .	134
Maxillary Nerve . . . . .	134
Mandibular Nerve . . . . .	135
Peripheral Branches of the Trigeminal Nerve . . . . .	136
Block of Ophthalmic Nerve Branches, Supraorbital and Supratrochlear Nerves . . . . .	136
Block of Branches of Maxillary Nerve, Block of the Infraorbital Nerve . . . . .	138
Block of Branches of the Mandibular Nerve, Block of the Mental Nerve . . . . .	140
Ultrasound Imaging for Peripheral Branches of the Trigeminal Nerve . . . . .	142
Trigeminal Nerve: Deep Block . . . . .	144
Maxillary Nerve, Block of the Main Trunk in the Pterygopalatine (Pterygomaxillary) Fossa . . . . .	144
Mandibular Nerve, Block of the Mandibular Nerve and Otic Ganglion in the Infratemporal Fossa . . . . .	151
Gasserian Ganglion Block . . . . .	154
References . . . . .	160

<b>11 Trigeminal Nerve: Neurodestructive Procedures</b> . . . . .	161
Radiofrequency Lesioning of the Sphenopalatine Ganglion . . . . .	162
Anatomy . . . . .	162
Blockade of the Sphenopalatine Ganglion . . . . .	164
Indications for Sphenopalatine Radiofrequency Treatment . . . . .	164
Technique . . . . .	164
Complications . . . . .	168
Evidence for Radiofrequency Treatment of the Sphenopalatine Ganglion . . . . .	168
Conclusions . . . . .	169
Radiofrequency Treatment of the Gasserian Ganglion . . . . .	170
Anatomy . . . . .	170
Facial Pain . . . . .	171
Technique: RF Lesioning of the Gasserian Ganglion . . . . .	172
Indications . . . . .	176
Complications and Results . . . . .	176
References . . . . .	177
<b>12 Occipital Nerves</b> . . . . .	179
Anatomy . . . . .	180
Sonoanatomy . . . . .	182
Indications . . . . .	184
Procedure . . . . .	184
Landmark-Guided Technique . . . . .	184
Ultrasound-Guided Technique . . . . .	184
Complications . . . . .	184
Suggested Reading . . . . .	186
<b>13 Stellate Ganglion Block</b> . . . . .	187
Introduction . . . . .	188
Anatomy . . . . .	188
Traditional Approach for SGB . . . . .	192
Sonoanatomy and Injection Technique for Ultrasound-Guided Stellate Ganglion Block . . . . .	194
Conclusions . . . . .	197
References . . . . .	199
<b>14 Superior Cervical Ganglion Block</b> . . . . .	201
Anatomy . . . . .	202
Blocks of the Superior Cervical Ganglion . . . . .	204
Indications . . . . .	204
Specific Contraindications . . . . .	204
Procedure . . . . .	204
Preparations . . . . .	204
Materials . . . . .	204
Skin Prep . . . . .	204
Patient Positioning . . . . .	204
Landmarks . . . . .	205
Injection Technique . . . . .	205
Effects of the Block . . . . .	206
Dosage . . . . .	206
Side Effects . . . . .	206
Complications . . . . .	206
References . . . . .	209

<b>15</b>	<b>Deep (and Superficial) Cervical Plexus</b> . . . . .	211
	Anatomy . . . . .	212
	Block of the Superficial Cervical Plexus . . . . .	214
	Indications . . . . .	214
	Procedure . . . . .	214
	Block of the Deep Cervical Plexus . . . . .	217
	Indications . . . . .	217
	Specific Contraindications . . . . .	217
	Procedure . . . . .	217
	Preparations . . . . .	217
	Materials . . . . .	217
	Patient Positioning . . . . .	217
	Landmarks . . . . .	217
	Injection Technique . . . . .	218
	Effects of the Block . . . . .	219
	Block Series . . . . .	219
	Dosage . . . . .	219
	Side Effects . . . . .	220
	Complications . . . . .	220
	References . . . . .	222
 <b>Part III Cervical Region</b>		
<b>16</b>	<b>Cervical Interlaminar Epidural Block</b> . . . . .	225
	Indications . . . . .	226
	Contraindications . . . . .	226
	Anatomy . . . . .	227
	Technique . . . . .	228
	Complications . . . . .	230
	Conclusions . . . . .	230
	References . . . . .	232
<b>17</b>	<b>Ultrasound-Guided Cervical Facet Nerve Blocks (Medial Branch and Third Occipital Nerve)</b> . . . . .	233
	Introduction . . . . .	234
	Anatomy . . . . .	234
	Technique . . . . .	236
	Practical Aspects of Ultrasound-Guided Technique . . . . .	237
	References . . . . .	238
<b>18</b>	<b>(Pulsed) Radiofrequency Treatment Adjacent to the Cervical Dorsal Root Ganglion</b> . . . . .	239
	Cervical Radicular Pain . . . . .	240
	Diagnosis . . . . .	241
	Treatment . . . . .	242
	The Procedure . . . . .	242
	Diagnostic Block . . . . .	242
	Radiofrequency Treatment . . . . .	243
	Side Effects and Complications . . . . .	245
	Conclusions . . . . .	245
	References . . . . .	245

<b>19</b>	<b>Cervical Percutaneous Facet (Zygapophyseal Joint=ZA Joint) Denervation</b> . . . . .	247
	Anatomy . . . . .	248
	Indications . . . . .	249
	Procedure . . . . .	249
	Results . . . . .	253
	Complications and Side Effects . . . . .	253
	Instructions to Patients . . . . .	253
	Conclusions . . . . .	253
	References . . . . .	254
	<b>Part IV Shoulder</b>	
<b>20</b>	<b>Suprascapular Nerve Block</b> . . . . .	257
	Introduction . . . . .	258
	Anatomy of the Suprascapular Nerve . . . . .	258
	Technique of Localizing the Suprascapular Nerve . . . . .	261
	Blind Techniques . . . . .	261
	Image-Guided Techniques for SSNB . . . . .	263
	Substances Used for Blockade of the Suprascapular Nerve . . . . .	265
	Complications . . . . .	266
	Suprascapular Nerve Blockade in Clinical Practice . . . . .	267
	Acute Pain . . . . .	267
	Chronic Pain . . . . .	270
	Diagnostic (Chronic Pain) . . . . .	270
	Therapeutic (Chronic Pain) . . . . .	275
	Other Chronic Pain States Responsive to SSNB . . . . .	277
	Summary and Conclusion . . . . .	277
	Appendix I . . . . .	278
	References . . . . .	278
<b>21</b>	<b>Glenohumeral Joint</b> . . . . .	281
	Anatomy . . . . .	282
	Sonoanatomy . . . . .	284
	Patient Selection . . . . .	286
	Ultrasound-Guided Procedure . . . . .	286
	References . . . . .	287
<b>22</b>	<b>Acromioclavicular Joint</b> . . . . .	289
	Anatomy . . . . .	290
	Sonoanatomy . . . . .	291
	Patient Selection . . . . .	292
	Ultrasound-Guided Procedure . . . . .	292
	Suggested Reading . . . . .	293
<b>23</b>	<b>Glenohumeral and Acromioclavicular Joint Injection Traditional Techniques</b> . . . . .	295
	Glenohumeral Joint Injection . . . . .	296
	Indications . . . . .	296
	Materials . . . . .	297
	Acromioclavicular Joint Injection . . . . .	298
	Indications . . . . .	298
	Landmarks . . . . .	298
	Injection Technique . . . . .	298



Dosage. . . . .	298
Intra-articular Shoulder Joint Injection. . . . .	298
References . . . . .	299
<b>24 Subacromial Subdeltoid Bursa. . . . .</b>	<b>301</b>
Anatomy. . . . .	302
Sonoanatomy . . . . .	303
Patient Selection. . . . .	305
Ultrasound-Guided Procedure . . . . .	305
Suggested Reading. . . . .	306
<b>25 Long Head of Biceps Tendon . . . . .</b>	<b>307</b>
Anatomy. . . . .	308
Sonoanatomy . . . . .	309
Patient Selection. . . . .	310
Ultrasound-Guided Procedure . . . . .	310
Suggested Reading. . . . .	311
<b>26 Calcific Tendinitis. . . . .</b>	<b>313</b>
Pathophysiology and Clinical Presentation . . . . .	314
Precalcific Stage . . . . .	315
Calcific Stage . . . . .	315
Post-calcific Stages . . . . .	316
Ultrasound-Guided Intervention for Calcific Tendinitis . . . . .	316
Patient Preparation . . . . .	316
Fenestration. . . . .	316
Barbotage . . . . .	318
Subacromial (SA) Bursa Injection . . . . .	319
Post-procedure Care and Instructions. . . . .	319
Appendix: Equipment and Medications. . . . .	319
References . . . . .	320
<b>27 Rotator Muscles and Subscapular Nerve Injection . . . . .</b>	<b>321</b>
Introduction . . . . .	322
“Frozen Shoulder Syndrome” . . . . .	322
Clinical Evaluation. . . . .	322
Clinical Presentation . . . . .	322
Imaging Modalities . . . . .	322
Management of Frozen Shoulder. . . . .	322
Subscapular Nerve Block and Subscapularis Muscle Trigger Point Infiltration . . . . .	322
Introduction. . . . .	322
Anatomy of the Fossa Subscapularis . . . . .	323
Innervation and Function . . . . .	324
Indications. . . . .	324
Procedure. . . . .	324
Materials . . . . .	324
Technique . . . . .	324
Position . . . . .	324
Location. . . . .	325
Injection Technique. . . . .	326
Dosage. . . . .	328
Side Effects . . . . .	328
Complications . . . . .	328

Supraspinatus Muscle . . . . .	329
Anatomical Insertions . . . . .	329
Innervation and Function . . . . .	329
Myotatic Unit . . . . .	329
Trigger Points . . . . .	329
Symptoms . . . . .	329
Procedure. . . . .	329
Injection Technique. . . . .	330
Dosage. . . . .	330
Complications . . . . .	330
Infraspinatus Muscle . . . . .	332
Anatomic Insertions . . . . .	332
Innervation and Function . . . . .	332
Myotatic Unit . . . . .	332
Trigger Points . . . . .	332
Symptoms . . . . .	332
Procedure. . . . .	332
Injection Technique. . . . .	333
Dosage. . . . .	333
Complications . . . . .	333
Teres Minor Muscle . . . . .	334
Anatomic Insertions . . . . .	334
Innervation and Function . . . . .	334
Myotatic Unit . . . . .	334
Trigger Points . . . . .	334
Symptoms . . . . .	334
Procedure. . . . .	334
Injection Technique. . . . .	335
Dosage. . . . .	335
Complications . . . . .	335
References . . . . .	337

**Part V Upper Extremity**

<b>28 Brachial Plexus (Introduction and Anatomy)</b> . . . . .	341
Introduction . . . . .	342
Anatomy. . . . .	343
Suggested Reading. . . . .	347
<b>29 Brachial Plexus Blocks Above the Clavicle</b> . . . . .	349
Interscalene Block . . . . .	350
Definition. . . . .	350
Background . . . . .	350
Anatomy . . . . .	350
Indications . . . . .	350
Contraindications . . . . .	351
Advantages/Disadvantages . . . . .	351
Procedure. . . . .	351
Ultrasound-Guided Approaches . . . . .	353
Local Anesthetic Dosage, Volume, and Spread . . . . .	356
Side Effects . . . . .	357
Complications . . . . .	357
Documentation . . . . .	357

Supraclavicular Block . . . . .	358
Definition . . . . .	358
Background . . . . .	358
Anatomy . . . . .	358
Indications . . . . .	358
Contraindications . . . . .	358
Advantages/Disadvantages . . . . .	359
Procedure . . . . .	359
Ultrasound-Guided Technique . . . . .	359
Local Anesthetic Dosage, Volume and Spread . . . . .	359
Side Effects . . . . .	360
Complications . . . . .	360
Documentation . . . . .	360
References . . . . .	360
<b>30 Brachial Plexus Blocks Above the Clavicle Traditional Techniques . . . . .</b>	<b>363</b>
Interscalene Block . . . . .	364
Preparations . . . . .	364
Materials . . . . .	364
General Considerations . . . . .	364
Continuous Interscalene Block: Anterior Technique (Adapted from Meier) . . . . .	367
Skin Prep . . . . .	367
Patient Positioning . . . . .	367
Technique . . . . .	368
Dosage . . . . .	368
Continuous Interscalene Block: Posterior Technique (Pippa Technique) . . . . .	369
Indications and Contraindications . . . . .	369
Procedure . . . . .	369
Preparation . . . . .	369
Materials . . . . .	369
Patient Positioning . . . . .	369
Landmarks . . . . .	369
Technique . . . . .	370
Dosage . . . . .	371
Distribution of the Blocks . . . . .	371
Side Effects . . . . .	372
Complications . . . . .	372
References . . . . .	375
<b>31 Infraclavicular Brachial Plexus Block . . . . .</b>	<b>377</b>
Introduction . . . . .	378
Indications . . . . .	378
Contraindications . . . . .	378
Advantages Compared to Other Brachial Plexus Block Techniques . . . . .	378
Disadvantages Compared to Other Brachial Plexus Block Techniques . . . . .	378
Functional Anatomy . . . . .	378
Technique: Surface Landmark, Neurostimulation-Guided Approach, Single-Shot . . . . .	382
Required Supplies and Equipment . . . . .	382
Preparation of Patient . . . . .	382
Block Performance . . . . .	382
Landmark-Guided Continuous Nerve Block Technique . . . . .	384
Technique: Ultrasound-Guided Approach, Single-Shot . . . . .	385
Required Supplies and Equipment . . . . .	385
Preparation of Patient . . . . .	385

Block Performance . . . . .	385
Ultrasound-Guided Continuous Nerve Block Technique . . . . .	386
Local Anesthetic Dosages . . . . .	388
Complications and Adverse Effects . . . . .	388
References . . . . .	391
<b>32 Axillary Brachial Plexus Block . . . . .</b>	<b>393</b>
Introduction . . . . .	394
Indications . . . . .	394
Contraindications . . . . .	395
Advantages Compared to Other Brachial Plexus Block Techniques . . . . .	395
Disadvantages Compared to Other Brachial Plexus Block Techniques . . . . .	395
Functional Anatomy . . . . .	396
Technique: Surface Landmark-Guided Approach, Single-Shot . . . . .	397
Required Supplies and Equipment . . . . .	397
Preparation of Patient . . . . .	397
Block Performance . . . . .	398
Landmark-Guided Continuous Nerve Block Technique . . . . .	400
Technique: Ultrasound-Guided Approach, Single-Shot . . . . .	401
Required Supplies and Equipment . . . . .	401
Preparation of Patient . . . . .	401
Block Performance . . . . .	401
Ultrasound-Guided Continuous Nerve Block Technique . . . . .	407
Local Anesthetic Dosages . . . . .	407
Complications and Adverse Effects . . . . .	407
References . . . . .	410
<b>33 Intravenous Regional Anesthesia (IVRA) . . . . .</b>	<b>411</b>
Indications . . . . .	412
Specific Contraindications . . . . .	413
Procedure . . . . .	413
Preparations . . . . .	413
Materials . . . . .	413
Patient Positioning . . . . .	414
Technical Procedure . . . . .	414
Dosage . . . . .	416
Complications . . . . .	416
Advantages . . . . .	416
Disadvantages . . . . .	416
Suggested Reading . . . . .	418
<b>Part VI Elbow and Wrist</b>	
<b>34 Peripheral Nerve Blocks in the Elbow Region . . . . .</b>	<b>421</b>
Anatomy and Sonoanatomy . . . . .	422
Ulnar Nerve . . . . .	422
Median Nerve . . . . .	424
Radial Nerve . . . . .	424
Lateral Cutaneous Nerve of the Forearm . . . . .	424
Indications . . . . .	426
Procedure . . . . .	426
Ulnar Nerve . . . . .	426
Median Nerve . . . . .	426
Radial Nerve . . . . .	426
Lateral Cutaneous Nerve of the Forearm . . . . .	426
Suggested Reading . . . . .	427

<b>35</b>	<b>Peripheral Nerve Blocks in the Wrist Region</b> . . . . .	429
	Anatomy . . . . .	430
	Ulnar Nerve . . . . .	430
	Median Nerve . . . . .	430
	Radial Nerve . . . . .	431
	Indications . . . . .	432
	Surgical . . . . .	432
	Diagnostic . . . . .	432
	Therapeutic . . . . .	432
	Ultrasound-Guided Technique . . . . .	432
	Ulnar Nerve . . . . .	432
	Median Nerve . . . . .	433
	Radial Nerve: Superficial Branch . . . . .	433
	Suggested Reading . . . . .	434
<b>36</b>	<b>Elbow Joint and Tennis Elbow Injection</b> . . . . .	435
	Tennis Elbow or Lateral Epicondylitis . . . . .	436
	Symptoms . . . . .	436
	Procedure . . . . .	436
	Intra-articular Injection of the Elbow Joint . . . . .	438
	Indications . . . . .	438
	Ultrasound-Guided Posterior Approach . . . . .	438
	Suggested Reading . . . . .	440
<b>37</b>	<b>Carpal Tunnel Injection</b> . . . . .	441
	Ultrasound-Guided Carpal Tunnel Injection . . . . .	442
	Suggested Reading . . . . .	444
<b>Part VII Thoracic Region</b>		
<b>38</b>	<b>Thoracic Paravertebral Block</b> . . . . .	447
	Introduction . . . . .	448
	Indications . . . . .	448
	Contraindications . . . . .	448
	Anatomy . . . . .	448
	Technique . . . . .	450
	Classic Landmark-Based Thoracic Paravertebral Block . . . . .	450
	Ultrasound-Guided Thoracic Paravertebral Block . . . . .	451
	Continuous Infusion of Local Anesthetic . . . . .	453
	Success Rate and Quality of Analgesia . . . . .	453
	Complications and Side Effects . . . . .	453
	Bilateral Thoracic Paravertebral Blockade . . . . .	453
	Chest Radiography . . . . .	454
	References . . . . .	456
<b>39</b>	<b>Intercostal Nerve Block</b> . . . . .	457
	Anatomy . . . . .	458
	Sonoanatomy . . . . .	460
	Indications . . . . .	461
	Contraindications . . . . .	461
	Procedure . . . . .	461
	Preparations . . . . .	461
	Procedure . . . . .	461
	Effects of the Block . . . . .	464
	Complications . . . . .	464
	Suggested Reading . . . . .	464

**Part VIII Lumbosacral Spine**

<b>40 Neuraxial Anatomy and Sonoanatomy</b> . . . . .	467
Spine and Sacrum Spine . . . . .	468
Sacrum . . . . .	470
Spinal Ligaments . . . . .	471
Iliolumbosacral Ligaments (Sacroiliac Joints). . . . .	473
Spinal Cord . . . . .	474
Rootlets: Cauda Equina . . . . .	475
Meninges . . . . .	475
Dura Mater of the Spinal Cord. . . . .	476
Spinal Nerves . . . . .	479
Spinal Dermatomes . . . . .	481
Arteries of the Spinal Cord . . . . .	481
Veins of the Spinal Cord and Vertebrae . . . . .	481
Cerebrospinal Fluid . . . . .	485
Ultrasound Imaging for Central Neuraxial Blockade . . . . .	485
Introduction . . . . .	485
Anatomy and Sonoanatomy of the Lumbar Spine . . . . .	486
Recommended Pre-procedural Scanning Technique in the Lumbar Spine . . . . .	492
Strategies in Subjects with Poor-Quality Views . . . . .	494
Anatomy and Sonoanatomy of the Thoracic Spine. . . . .	495
Recommended Pre-procedural Scanning Technique in the Mid-thoracic Spine . . . . .	496
Learning Strategies in Neuraxial Ultrasound . . . . .	497
References . . . . .	498
<b>41 Neuraxial Blocks: Spinal and Epidural Anesthesia</b> . . . . .	499
Introduction . . . . .	500
Applied Anatomy. . . . .	500
Surface Anatomy. . . . .	500
Physiological Effects of Neuraxial Block . . . . .	508
Neurological Blockade . . . . .	508
Cardiovascular Effects . . . . .	508
Respiratory Effects . . . . .	508
Gastrointestinal Function . . . . .	508
Genitourinary . . . . .	509
Thermoregulation . . . . .	509
Neuroendocrinal Effects . . . . .	509
Indications . . . . .	509
Spinal Versus Epidural Anesthetic . . . . .	509
Comparison to General Anesthesia. . . . .	510
Indications. . . . .	510
Contraindications. . . . .	512
Performing a Spinal Anesthetic . . . . .	513
Preparation and Materials . . . . .	513
Patient Positioning . . . . .	514
Injection Technique. . . . .	517
Unilateral Spinal Anesthesia. . . . .	524
Continuous Spinal Anesthesia. . . . .	524
Management of the Patient After Intrathecal Injection. . . . .	525
Performing an Epidural Anesthetic . . . . .	526
Preparation and Materials . . . . .	526
Positioning of the Patient . . . . .	526

Performing a Lumbar Epidural . . . . .	527
Performance of a Thoracic Epidural . . . . .	536
Management of the Patient After an Epidural Block . . . . .	539
Considerations in Patients with Challenging Anatomy . . . . .	540
Patients with High Body Mass Index . . . . .	540
Patients with Scoliosis . . . . .	540
Patients with Previous Spine Surgery . . . . .	540
Pharmacology of Neuraxial Drugs . . . . .	540
Pharmacokinetics of Intrathecal Local Anesthetics . . . . .	540
Intrathecal Local Anesthetics . . . . .	541
Intrathecal Adjuvants . . . . .	543
Pharmacology of Epidurally Administered Drugs . . . . .	543
Epidurally Used Local Anesthetics . . . . .	543
Epidurally Administered Adjuvants . . . . .	545
Complications of Neuraxial Blocks . . . . .	545
Early Complications . . . . .	545
Delayed Complications . . . . .	546
References . . . . .	556
<b>42 Neuraxial Analgesia in Obstetrics . . . . .</b>	<b>561</b>
Introduction . . . . .	562
Anatomy of the Lumbar Epidural Space . . . . .	562
Local Anesthetic Pharmacology . . . . .	563
Pain Pathways . . . . .	564
Goals of Therapy . . . . .	565
Effective Pain Relief . . . . .	566
Maternal Safety . . . . .	566
Fetal and Neonatal Safety . . . . .	566
Progress of Labor . . . . .	567
Maternal Side Effects . . . . .	567
Pharmacology . . . . .	567
Local Anesthetics . . . . .	567
Opioids . . . . .	567
Epinephrine . . . . .	568
Initiation of Analgesia . . . . .	568
Maintenance of Analgesia . . . . .	569
Side Effects and Treatment . . . . .	570
Direct Complications . . . . .	570
Minor Complications . . . . .	571
Summary . . . . .	572
References . . . . .	572
<b>43 Combined Spinal and Epidural Anesthesia (CSE) . . . . .</b>	<b>575</b>
Introduction . . . . .	576
Brief History . . . . .	576
Indications . . . . .	576
Contraindications . . . . .	576
Procedure . . . . .	576
Preparation and Materials . . . . .	576
Patient Positioning . . . . .	576
Injection Technique . . . . .	577
“Needle Through Needle” . . . . .	577
Two-Segment Technique . . . . .	580
Dosages in the “Needle-Through-Needle” and Two-Segment Techniques . . . . .	580
Subarachnoid . . . . .	580
Epidural . . . . .	581

Sequential (Two-Stage) CSE in Cesarean Section . . . . .	581
Dosage in Cesarean Section . . . . .	581
Subarachnoid . . . . .	581
Epidural . . . . .	581
Dosage in Outpatient Obstetrics . . . . .	581
Subarachnoid (Single-Shot) . . . . .	581
Epidural Top-up Dose (Continuous Infusion 10 mL/h) . . . . .	581
Complications . . . . .	581
References . . . . .	583
<b>44 Caudal Epidural Injections in Adult Patients . . . . .</b>	<b>585</b>
History and Background . . . . .	586
Anatomy . . . . .	586
Indications and Contraindications . . . . .	588
Technique: General Considerations . . . . .	588
X-Ray-Guided Technique . . . . .	589
Ultrasound-Guided Technique . . . . .	591
Post-procedure Care . . . . .	593
Complications . . . . .	593
References . . . . .	596
<b>45 Lumbar Sympathetic Block . . . . .</b>	<b>597</b>
Definition . . . . .	598
Anatomy . . . . .	598
Indications . . . . .	600
Diagnostic and Prognostic . . . . .	600
Therapeutic . . . . .	600
Block Series . . . . .	600
Contraindications . . . . .	600
Procedure . . . . .	600
Preparations . . . . .	600
Materials . . . . .	600
Patient Positioning . . . . .	600
Landmarks . . . . .	601
Injection Technique . . . . .	602
Confirming the Correct Needle Position . . . . .	605
Neurolytic Block . . . . .	605
Effects of the Block . . . . .	605
Dosage . . . . .	605
Diagnostic . . . . .	605
Therapeutic . . . . .	605
Neurolytics . . . . .	605
Side Effects . . . . .	605
Complications . . . . .	605
Severe . . . . .	605
Potential . . . . .	605
Complications of Neurolytic Block . . . . .	605
References . . . . .	607
<b>46 Lumbar Facet Joint and Nerve Injection . . . . .</b>	<b>609</b>
Anatomy . . . . .	610
Technique . . . . .	611
Fluoroscopic Guided Facet Nerve Block . . . . .	611
Fluoroscopic Guided Facet Joint Injection . . . . .	613
Ultrasound-Guided Facet Medial Branch Injection . . . . .	613
Ultrasound-Guided Facet Joint Block . . . . .	613



Use of Facet Block in Clinical Practice . . . . .	615
References . . . . .	615
<b>47 Lumbar Percutaneous Facet Denervation . . . . .</b>	<b>617</b>
Anatomy . . . . .	618
Introduction: Technique . . . . .	619
Indications . . . . .	619
Results . . . . .	621
Complications and Side Effects . . . . .	621
Instructions to Patients . . . . .	621
Conclusions . . . . .	621
References . . . . .	621
<b>48 Sacroiliac Joint . . . . .</b>	<b>623</b>
Anatomy . . . . .	624
Clinical Features . . . . .	626
Intervention . . . . .	626
Technique . . . . .	627
Fluoroscopy-Guided Technique . . . . .	627
Ultrasound-Guided Technique . . . . .	629
References . . . . .	630
<b>49 Sacral Nerve Root Block . . . . .</b>	<b>631</b>
Definition . . . . .	632
Anatomy . . . . .	632
Indications . . . . .	634
Surgical . . . . .	634
Diagnostic . . . . .	634
Therapeutic . . . . .	634
Contraindications . . . . .	635
Absolute . . . . .	635
Relative . . . . .	635
Procedure . . . . .	635
Preparations . . . . .	635
Transformal S1 Nerve Root Block . . . . .	635
Materials . . . . .	635
Patient Position . . . . .	635
Technique . . . . .	636
S2 to S4 Nerve Root Block . . . . .	637
Materials . . . . .	637
Patient Position . . . . .	637
Puncture-Relevant Anatomy . . . . .	637
Localization . . . . .	638
Injection . . . . .	639
Electrostimulation . . . . .	639
Dosage . . . . .	639
Therapeutic . . . . .	639
Important Notes for Outpatients . . . . .	639
Complications . . . . .	639
Suggested Reading . . . . .	639
<b>50 Lumbosacral Epiduroscopy . . . . .</b>	<b>641</b>
Fiberoptic Images of the Epidural Space . . . . .	643
Fat Tissue . . . . .	644
Vasculature . . . . .	645

Inflammation . . . . .	646
Fibrosis. . . . .	648
Nerve Roots . . . . .	649
Discs, Dura, and Ligaments . . . . .	649
Peridural Membrane. . . . .	649
Technical Aspects of Epiduroscopy . . . . .	650
The Scope . . . . .	650
The Procedure . . . . .	651
Treatment of Radicular Pain Using Epiduroscopy. . . . .	652
Targeted Drug Delivery . . . . .	652
Mechanical Adhesiolysis . . . . .	652
Combined Adhesiolysis and Targeted Drug Delivery. . . . .	652
Indications and Contraindications. . . . .	652
Complications . . . . .	653
References . . . . .	653
<b>51 Percutaneous Epidural Neuroplasty . . . . .</b>	<b>655</b>
Introduction . . . . .	656
The Origins of Back Pain and Sciatica . . . . .	657
Lower Level for Pressure. . . . .	658
Chemical Irritation . . . . .	659
Structural Changes . . . . .	659
Theoretical Considerations . . . . .	660
Techniques of Cervical Epidural Neuroplasty . . . . .	661
Caudal Access Route. . . . .	661
Percutaneous Epidural Neuroplasty in the Cervical, Thoracic, and Lumbar Regions . . . . .	665
Technique of Cervical Epidural Neuroplasty. . . . .	666
Cervical Placement of the Epidural Catheter Using the 3D Technique . . . . .	666
Percutaneous Thoracic Epidural Neuroplasty . . . . .	667
Placement of the Catheter in the Anterior Epidural Space or in an Intervertebral Foramen. . . . .	667
Complications . . . . .	667
Undiagnosed Neurogenic Bladder and Rectal Disturbances . . . . .	667
Spinal Cord Compression . . . . .	667
Infection . . . . .	668
Hyaluronidase Hypersensitivity . . . . .	668
Experience at the Texas Tech University Health Sciences Center (TTUHSC). . . . .	668
Additional Aspects. . . . .	669
Summary . . . . .	669
References . . . . .	670
 <b>Part IX Abdominal and Pelvic Region</b>	
<b>52 Celiac Plexus Block . . . . .</b>	<b>673</b>
Definition . . . . .	674
Anatomy. . . . .	674
Indications . . . . .	676
Diagnostic . . . . .	676
Prognostic . . . . .	676
Therapeutic . . . . .	676
Contraindications. . . . .	676
Fluoroscopic Guided Procedure. . . . .	676
Preparations. . . . .	676

Materials . . . . .	676
Patient Positioning . . . . .	676
Location . . . . .	676
Injection Technique (Dorsal, Retrocrural) . . . . .	677
Ultrasound-Guided Procedure . . . . .	679
Preparations . . . . .	679
Materials . . . . .	679
Patient Positioning . . . . .	679
Scout Scan . . . . .	679
Neurolytic Block . . . . .	681
Effects of the Block . . . . .	682
Dosage . . . . .	682
Side Effects . . . . .	682
Complications . . . . .	682
Complications of Neurolytic Block . . . . .	682
Suggested Reading . . . . .	684
<b>53 Nerve Blocks of the Abdominal Wall . . . . .</b>	<b>685</b>
Transversus Abdominis Plane Block . . . . .	686
Definition . . . . .	686
Background . . . . .	686
Anatomy . . . . .	687
Indications . . . . .	690
Contraindications . . . . .	692
Advantages/Disadvantages . . . . .	692
Procedure . . . . .	692
Specific Approaches . . . . .	694
Local Anesthetic Dosage, Volume, and Spread . . . . .	695
Side Effects and Complications . . . . .	696
Rectus Sheath Block . . . . .	697
Materials and Disposables . . . . .	697
Patient Positioning . . . . .	697
Ultrasound-Guided Technique . . . . .	697
Side Effects and Complications . . . . .	697
Ilioinguinal–Iliohypogastric Nerve Block . . . . .	697
Materials and Disposables . . . . .	697
Patient Positioning . . . . .	697
Ultrasound-Guided Technique . . . . .	697
Side Effects and Complications . . . . .	697
Quadratus Lumborum Block . . . . .	698
Definition . . . . .	698
Background . . . . .	698
Anatomy . . . . .	698
Indications . . . . .	699
Contraindications . . . . .	699
Advantages/Disadvantages . . . . .	699
Procedure . . . . .	699
Side Effects . . . . .	701
Transversalis Fascia Block . . . . .	701
Definition . . . . .	701
Background . . . . .	701
Anatomy . . . . .	701
Indications . . . . .	701
Contraindications . . . . .	701

Advantages/Disadvantages . . . . .	702
Procedure. . . . .	702
References . . . . .	704
<b>54 Ilioinguinal, Iliohypogastric, and Genitofemoral Nerve Blocks . . . . .</b>	<b>707</b>
Anatomy. . . . .	708
Existing Technique for Neural Blockade. . . . .	709
Ultrasound-Guided Injection Technique . . . . .	710
Clinical Application. . . . .	714
References . . . . .	714
<b>55 Injection for Piriformis Syndrome . . . . .</b>	<b>717</b>
Introduction . . . . .	718
Background and Epidemiology . . . . .	718
Anatomy. . . . .	719
Pathophysiology and Etiology. . . . .	722
Differential Diagnosis . . . . .	724
Clinical Evaluation. . . . .	725
Clinical Presentation . . . . .	725
Electrophysiological Tests . . . . .	726
Imaging Modalities . . . . .	726
Diagnostic Injection with Local Anesthetics and Steroids . . . . .	727
Management of Piriformis Syndrome . . . . .	727
General . . . . .	727
Noninvasive Techniques . . . . .	727
Piriformis Muscle Injection. . . . .	727
Transgluteal Techniques . . . . .	728
Ultrasound-Guided Injection. . . . .	729
Limitations of the Various Injection Techniques . . . . .	731
Injection Solution . . . . .	731
Response to Injections. . . . .	731
Botulinum Toxin Injections in PS . . . . .	732
Surgical Treatment . . . . .	732
Conclusion . . . . .	732
References . . . . .	733
<b>56 Pudendal Nerve Blockade . . . . .</b>	<b>737</b>
Introduction . . . . .	738
Pudendal Nerve Anatomy . . . . .	738
Nerve Roots. . . . .	739
Nerve Trunks. . . . .	740
Morphology and Anatomical Relationships at the Ischial Spine . . . . .	740
Nerve Branches . . . . .	740
Alcock's Canal . . . . .	741
Urogenital Diaphragm. . . . .	742
Indications . . . . .	742
Surgical Anesthesia and Analgesia . . . . .	742
Obstetrical Anesthesia and Analgesia. . . . .	742
Pudendal Neuralgia. . . . .	742
Block Techniques. . . . .	743
Transvaginal Technique . . . . .	743
Transperineal Technique . . . . .	743
Transgluteal Approach . . . . .	744
Complications . . . . .	749
References . . . . .	750

<b>57 Superior Hypogastric Plexus and Ganglion Impar Block</b> . . . . .	753
Anatomy . . . . .	754
Superior Hypogastric Plexus Block . . . . .	756
Indications . . . . .	756
Contraindications . . . . .	756
Procedure . . . . .	756
Preparations . . . . .	756
Materials . . . . .	757
Patient Positioning . . . . .	757
Landmarks . . . . .	757
Injection Technique . . . . .	757
Confirming the Correct Needle Position . . . . .	759
Alternative Modified Approaches . . . . .	759
Dosage . . . . .	759
Complications . . . . .	759
Complications of Neurolytic Block . . . . .	759
Ganglion Impar (Walther Ganglion) Block . . . . .	761
Indications . . . . .	761
Contraindications . . . . .	761
Procedure . . . . .	761
Preparations . . . . .	761
Materials . . . . .	761
Patient Positioning . . . . .	762
Localization . . . . .	762
Injection Technique . . . . .	762
Dosage . . . . .	764
Complications . . . . .	764
References . . . . .	766
<b>58 Paracervical (Uterosacral) Block</b> . . . . .	767
Anatomy . . . . .	768
Indications . . . . .	769
Surgical . . . . .	769
Vaginal Delivery . . . . .	769
Therapeutic . . . . .	769
Diagnostic . . . . .	769
Materials . . . . .	769
Technique . . . . .	769
Position and Landmarks . . . . .	769
Procedure . . . . .	770
Dosage . . . . .	771
Complications . . . . .	771
Suggested Reading . . . . .	771
<b>Part X Lower Extremity Block</b>	
<b>59 Lumbar Plexus and Femoral Nerve Block. Traditional and Ultrasound Guided Techniques</b> . . . . .	775
Anatomy of the Lumbar Plexus, Sacral Plexus, and Coccygeal Plexus . . . . .	776
Lumbar Plexus Blocks . . . . .	778
Inguinal Femoral Nerve Block (“Three-in-One” Block) . . . . .	779
Introduction . . . . .	779
Functional Anatomy . . . . .	781
Advantages . . . . .	781
Disadvantages . . . . .	781
Indications . . . . .	781

Contraindications . . . . .	782
Procedure. . . . .	782
Preparations. . . . .	782
Materials . . . . .	782
Patient Positioning . . . . .	782
Landmarks. . . . .	782
Injection Technique. . . . .	783
Distribution of Anesthesia. . . . .	784
Dosage. . . . .	785
Important Notes for Outpatients . . . . .	785
Complications . . . . .	785
Psoas Compartment Block (Cheyen Approach) . . . . .	787
Advantages . . . . .	788
Disadvantages . . . . .	788
Indications. . . . .	788
Contraindications . . . . .	789
Procedure. . . . .	789
Preparations. . . . .	789
Materials . . . . .	789
Patient Positioning . . . . .	789
Landmarks. . . . .	790
Injection Technique. . . . .	790
Dosage. . . . .	792
Continuous Technique. . . . .	792
Complications . . . . .	792
Ultrasound-Guided Femoral Nerve Block. . . . .	793
Ultrasound Imaging for Lumbar Plexus Blocks . . . . .	795
Background and Methods . . . . .	795
Level of the Block Procedure . . . . .	795
Depth. . . . .	796
Ultrasound Imaging of Paravertebral Anatomy . . . . .	796
Anatomic Variation and Limitations. . . . .	798
Block Assessment . . . . .	798
Risks . . . . .	798
Alternatives . . . . .	798
Conclusion. . . . .	798
References . . . . .	799
<b>60 Proximal Sciatic Nerve Block-Ultrasound Guided . . . . .</b>	<b>801</b>
Anatomy. . . . .	802
Ultrasound-Guided Block Techniques. . . . .	803
Gluteal Approach . . . . .	803
Patient Positioning . . . . .	803
Sonographic Imaging . . . . .	803
Needling . . . . .	804
Subgluteal Approach. . . . .	804
Patient Positioning . . . . .	804
Sonographic Imaging . . . . .	805
Needling . . . . .	805
Proximal Thigh (Anterior) Approach . . . . .	806
Patient Positioning . . . . .	806
Sonographic Imaging . . . . .	806
Needling . . . . .	807
Clinical Utility . . . . .	807
References . . . . .	809

<b>61 Proximal Sciatic Nerve Block-Traditional Technique</b> . . . . .	811
Traditional Techniques . . . . .	812
Definition . . . . .	812
Anatomy . . . . .	812
Indications . . . . .	813
Contraindications . . . . .	813
Procedure . . . . .	814
Preparations . . . . .	814
Materials . . . . .	814
Classic Dorsal Transgluteal Technique (Labat Technique) . . . . .	814
Patient Positioning . . . . .	814
Landmarks . . . . .	814
Injection Technique . . . . .	816
Problem Situations . . . . .	817
Anterior Approach . . . . .	817
Patient Positioning . . . . .	817
Landmarks . . . . .	818
Injection Technique . . . . .	819
Subgluteal Access Route (Di Benedetto–Borghi Approach) . . . . .	819
Procedure . . . . .	819
Patient Positioning . . . . .	819
Landmarks . . . . .	820
Preparations . . . . .	820
Injection . . . . .	820
Injection . . . . .	822
Dosage . . . . .	822
Complications . . . . .	822
Suggested Reading . . . . .	824
<b>62 Popliteal Sciatic Nerve Block</b> . . . . .	825
Introduction . . . . .	826
Indications . . . . .	826
Contraindications . . . . .	826
Clinical Anatomy of the Sciatic Nerve in the Popliteal Fossa . . . . .	827
Tibial Nerve . . . . .	828
Common Peroneal (Fibular) Nerve . . . . .	828
Sonoanatomy of the Sciatic Nerve in the Popliteal Fossa . . . . .	829
Clinical Pearls for Optimal Imaging of the Popliteal Sciatic Nerve . . . . .	832
Technique: Landmark-Guided Approach (Single Shot) . . . . .	832
Required Supplies and Equipment . . . . .	832
Preparation of Patient . . . . .	832
Block Performance . . . . .	832
Continuous Nerve Block Technique . . . . .	837
Technique: Ultrasound-Guided Approach (Single Shot) . . . . .	837
Required Supplies and Equipment . . . . .	837
Preparation of Patient . . . . .	837
Block Performance . . . . .	837
Local Anesthetic Dosages . . . . .	842
Complications and Adverse Effects . . . . .	842
References . . . . .	842

<b>63 The Adductor Canal Block</b> . . . . .	843
Introduction . . . . .	844
Indications . . . . .	844
Contraindications . . . . .	844
Anatomy . . . . .	844
Landmarks . . . . .	846
Equipment . . . . .	847
Suggested Block Technique . . . . .	847
Single Injection . . . . .	848
Continuous Technique . . . . .	849
Block Assessment . . . . .	849
Patient Disposition . . . . .	850
Choice of Local Anesthetic . . . . .	850
Single Injection . . . . .	850
Continuous Technique . . . . .	850
Complications . . . . .	850
Considerations . . . . .	850
Summary . . . . .	851
References . . . . .	851
<b>64 Lateral Femoral Cutaneous Nerve Block</b> . . . . .	853
Anatomy . . . . .	855
Sonoanatomy . . . . .	856
Ultrasound-Guided Block Technique . . . . .	857
References . . . . .	858
<b>65 Obturator Nerve</b> . . . . .	859
References . . . . .	861
<b>66 Peripheral Nerve Block in the Ankle Joint Region</b> . . . . .	863
Anatomy . . . . .	864
Tibial Nerve . . . . .	864
Superficial Peroneal (Fibular) Nerve . . . . .	865
Deep Peroneal (Fibular) Nerve . . . . .	866
Sural Nerve . . . . .	866
Saphenous Nerve . . . . .	866
Sonoanatomy . . . . .	867
Tibial Nerve . . . . .	867
Superficial Peroneal (Fibular) Nerve . . . . .	868
Deep Peroneal (Fibular) Nerve . . . . .	869
Sural Nerve . . . . .	869
Saphenous Nerve . . . . .	870
Preparation for the Block . . . . .	870
Landmark-Guided Technique . . . . .	870
Dosage and Local Anesthetic for Landmark Technique . . . . .	873
Ultrasound-Guided Technique . . . . .	873
Suggested Reading . . . . .	874
 <b>Part XI Lower Extremity Musculoskeletal Injection</b>	
<b>67 Hip: Intra-articular and Trochanteric Bursitis Injections</b> . . . . .	877
Anatomy . . . . .	879
Sonoanatomy . . . . .	887
Injection Technique . . . . .	890



Intra-articular Injection . . . . .	890
GTPS Injection . . . . .	890
Complication . . . . .	890
Suggested Reading . . . . .	891
<b>68 Knee Joint: Intra-articular Injection . . . . .</b>	<b>893</b>
Clinical Relevant Anatomy . . . . .	894
Knee Joint . . . . .	894
Ligaments in the Knee Joint . . . . .	894
Vascular Supply and Innervation of the Knee Joint . . . . .	895
Sonoanatomy . . . . .	898
Indications and Contraindications . . . . .	901
Procedure . . . . .	901
Landmark-Based Technique . . . . .	901
Ultrasound-Guided Approach . . . . .	903
Dosage . . . . .	905
Side Effects and Complications . . . . .	905
References . . . . .	905
<b>69 Talotibial (Talocrural) and Subtalar Intra-articular Injection . . . . .</b>	<b>907</b>
Anatomy . . . . .	908
Sonoanatomy . . . . .	912
Indications and Contraindications . . . . .	914
Procedure . . . . .	914
Side Effects and Complications . . . . .	917
References . . . . .	917
<b>70 Metatarsophalangeal Joints and Morton's Neuroma Injections . . . . .</b>	<b>919</b>
Intra-articular Injection into the Hallux Metatarsophalangeal Joint . . . . .	920
Anatomy . . . . .	920
Indications . . . . .	920
Procedure . . . . .	920
Injection Techniques . . . . .	921
Dosage . . . . .	922
Side Effects and Complications . . . . .	922
Injections of the Morton's Neuroma . . . . .	922
Procedure . . . . .	923
Injection Technique . . . . .	924
Dosage . . . . .	924
Complications . . . . .	924
References . . . . .	925
<b>Part XII Regional Block for Children</b>	
<b>71 Pediatric Peripheral Nerve Block: Upper Limb . . . . .</b>	<b>929</b>
Background . . . . .	930
Interscalene Block . . . . .	931
Introduction, Indications, and Complications . . . . .	931
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	931
Nerve Stimulation Technique . . . . .	931
Ultrasound-Guided Technique . . . . .	932
Supraclavicular Block . . . . .	934
Introduction, Indications, and Complications . . . . .	934
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	934
Nerve Stimulation Technique . . . . .	934
Ultrasound-Guided Technique . . . . .	935
Infraclavicular Block . . . . .	936

Introduction, Indications, and Complications . . . . .	936
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	936
Nerve Stimulation Technique . . . . .	936
Ultrasound-Guided Technique . . . . .	937
Axillary Block . . . . .	939
Introduction, Indications, and Complications . . . . .	939
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	939
Nerve Stimulation Technique . . . . .	939
Ultrasound-Guided Technique . . . . .	940
Distal Nerve Block of the Upper Extremity . . . . .	941
Median Nerve . . . . .	941
Ulnar Nerve . . . . .	943
Radial Nerve . . . . .	944
References . . . . .	946
Suggested Reading . . . . .	946
<b>72 Pediatric Peripheral Nerve Block: Lower Limb . . . . .</b>	<b>947</b>
Femoral Nerve Block . . . . .	948
Introduction, Indications, and Complications . . . . .	948
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	948
Nerve Stimulation Technique . . . . .	948
Ultrasound-Guided Technique . . . . .	949
Lateral Cutaneous Nerve Block . . . . .	949
Introduction, Indications, and Complications . . . . .	949
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	950
Landmark Technique . . . . .	950
Ultrasound-Guided Technique . . . . .	950
Obturator Nerve Block . . . . .	951
Introduction, Indications, and Complications . . . . .	951
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	951
Nerve Stimulation Technique . . . . .	951
Ultrasound-Guided Technique . . . . .	952
Saphenous Nerve Block . . . . .	952
Introduction, Indications, and Complications . . . . .	952
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	952
Landmark Technique . . . . .	953
Ultrasound-Guided Technique . . . . .	954
Sciatic Nerve Block . . . . .	955
Introduction, Indications, and Complications . . . . .	955
Posterior Gluteal (LABAT) Approach . . . . .	955
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	955
Nerve Stimulation Technique . . . . .	955
Ultrasound-Guided Technique . . . . .	956
Infragluteal/Subgluteal Approach . . . . .	957
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	957
Nerve Stimulation Technique . . . . .	957
Ultrasound-Guided Technique . . . . .	958
Anterior Approach . . . . .	958
Popliteal Approach . . . . .	959
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	959
Nerve Stimulation Technique . . . . .	959
Ultrasound-Guided Technique . . . . .	960
Ankle Blocks . . . . .	960
Introduction, Indications, and Complications . . . . .	960
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	961
Nerve Stimulation Technique . . . . .	961

Ultrasound-Guided Technique . . . . .	961
References . . . . .	963
Suggested Reading . . . . .	963
<b>73 Pediatric Nerve Blockade: Trunk and Neuraxial . . . . .</b>	<b>965</b>
Lumbar Plexus Block . . . . .	966
Introduction, Indications, and Complications . . . . .	966
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	966
Nerve Stimulation Technique . . . . .	966
Ultrasound-Guided Technique . . . . .	967
Paravertebral Block . . . . .	968
Introduction, Indications, and Complications . . . . .	968
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	968
Landmark Technique . . . . .	968
Nerve Stimulation Technique . . . . .	969
Ultrasound-Guided Technique . . . . .	969
Intercostal Block . . . . .	971
Introduction, Indications, and Complications . . . . .	971
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	971
Landmark Technique . . . . .	971
Nerve Stimulation Technique . . . . .	971
Ultrasound-Guided Technique . . . . .	972
Rectus Sheath Block . . . . .	972
Introduction, Indications, and Complications . . . . .	972
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	973
Landmark Technique . . . . .	973
Nerve Stimulation Technique . . . . .	974
Ultrasound-Guided Technique . . . . .	974
Transversus Abdominis Plane (TAP) Block . . . . .	975
Introduction, Indications, and Complications . . . . .	975
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	975
Landmark Technique . . . . .	975
Nerve Stimulation Technique . . . . .	976
Ultrasound-Guided Technique . . . . .	976
Ilioinguinal and Iliohypogastric Nerve Blocks . . . . .	977
Introduction, Indications, and Complications . . . . .	977
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	977
Landmark Technique . . . . .	977
Nerve Stimulation Technique . . . . .	978
Ultrasound-Guided Technique . . . . .	978
Epidural Anesthesia . . . . .	979
Lumbar and Thoracic Epidural Anesthesia . . . . .	979
Caudal Epidural Anesthesia . . . . .	982
Spinal Anesthesia . . . . .	984
Introduction, Indications, and Complications . . . . .	984
Patient Positioning, Preparation, Equipment, and Dosage . . . . .	984
Landmark Technique . . . . .	986
Ultrasound-Guided Technique . . . . .	986
References . . . . .	987
Suggested Reading . . . . .	987
<b>Index . . . . .</b>	<b>989</b>