

Introducing nerve blocks

LEAVING BLIND BLOCKS BEHIND

Ultrasound-guided nerve blocks are superior to blind blocks:

- **leave less to chance**—often blind blocks will not hit their target. Better aim = better success.
- **more confidence**—ultrasound guidance will provide you with the confidence to do blocks that don't have anatomical landmarks.
- **less complications**—ultrasound guidance will allow you to see where you are going. You will be less apt to hit structures (vessels, tendons, bones) you do not intend to strike with your needle. You are also less likely to inject directly into nerves, which can be dangerous.



More efficient



Less sticks

A good example of this is the posterior tibial nerve block. For years this was routinely done in a blind fashion by piercing the posterior tibial artery with the needle and going slightly deeper. The nerve was

thought to be directly behind the vessel when in fact, it is there only about 50% of the time. This is a great example of how ultrasound guidance will increase success AND decrease complications.