

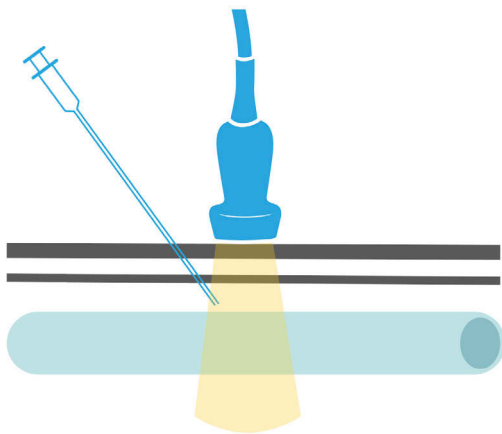
Introducing nerve blocks

CHOOSING BETWEEN IN-PLANE AND OUT-OF-PLANE

The basics

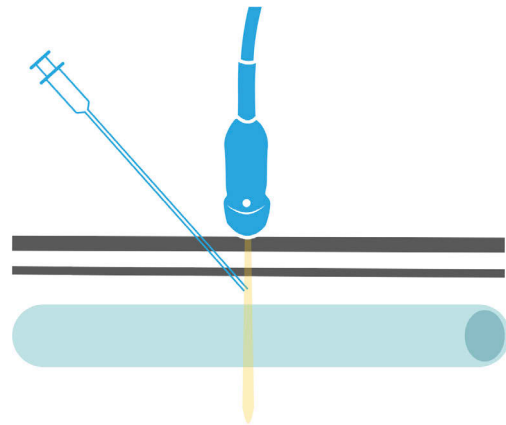
In-plane technique

Follow the probe with the needle. If done correctly, this technique allows you to visualize the needle during the entirety of the procedure. This is the recommended technique for most regional anesthesia.



Out-of-plane technique

Place the needle in the center of the probe. This allows you to center the needle on your target. This technique is best used for very superficial structures. It has the disadvantage of increasing the chance you will lose your needle tip, especially if you are a novice user. If you use this technique, you need to ensure that your needle tip remains between you and the probe.



Other tips to consider

Move the target close to the side of the probe where you will enter with your needle. This creates less travel distance to get to the probe and makes the procedure easier.

Move the probe to determine the spot in which your target is at its shallowest. This will also make the procedure easier.