

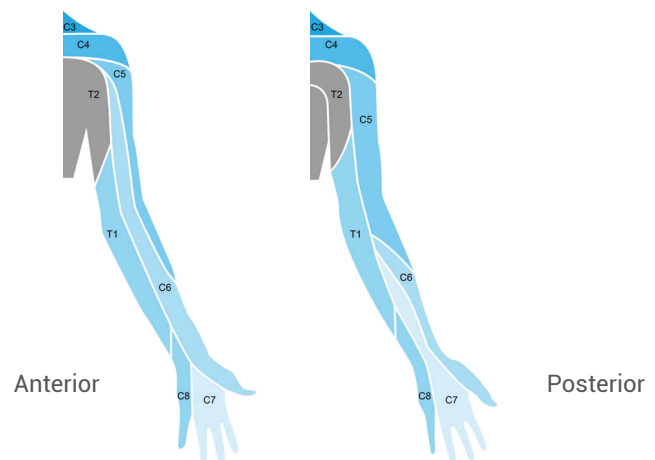
## Pain in the neck

# PERFORMING AN ULTRASOUND-GUIDED INTERSCALENE BRACHIAL PLEXUS BLOCK

### Probe position



### Distribution



### Tips for success

- Use a linear ultrasound probe.
- Landmarks:
  - Find the sharp, superficial tip of the sternocleidomastoid (SCM) muscle.
  - Deep to the SCM, find the anterior and middle scalene muscles.
  - Between these two, you will find the brachial plexus.
- \*Unlike other nerves in the body, the nerve roots above the clavicle appear darker and

more hypoechoic (notice this when you see the nerves in the arms and legs, which are much more hyperechoic).

- Place color Doppler on this target area to ensure there are no vessels in your expected needle path.
- Perform the procedure from the posterior of the patient with the ultrasound machine in front of the patient, facing you.
- Do the procedure in-plane.
- Use 10–15 mL of anesthetic.

### Indications

- Will anesthetize nerve roots C5–T1:
  - arm procedures (laceration repairs, abscess drainage)
  - shoulder dislocations
  - elbow dislocations
- Occasionally, this block will miss C8–T1 (ulnar distribution).
- Expect it to affect the ipsilateral phrenic nerve and cause temporary hemidiaphragm paralysis. \*Thus, do not perform in patients with baseline lung dysfunction.