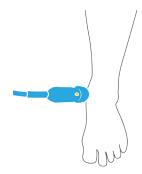


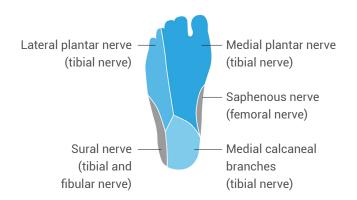
Mastering lower extremity nerve blocks

PERFORMING AN ULTRASOUND-GUIDED POSTERIOR TIBIAL NERVE BLOCK

Probe position



Distribution



Perform this block with 5–10 mL of anesthetic. Find the posterior tibial nerve posterior to the medial malleolus, typically behind or next to the artery (see below). Slide your probe up and down quickly, while looking for the nerve, as it will remain hyperechoic and static in size and shape. Find a good spot to access the nerve so that you will not have to pierce through the vessel. Given how shallow this nerve is and the location of the achilles tendon, this block is best performed out-of-plane (see below). Usually

a short-acting anesthetic is sufficient. Aim to hydrodissect the posterior tibial nerve to ensure an adequate block.

The posterior tibial nerve block is quite effective for the following circumstances:

- laceration repair
- foreign body removal

