

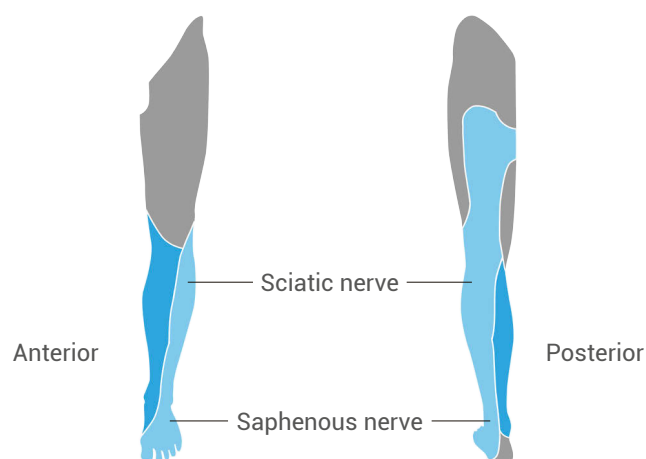
## Mastering lower extremity nerve blocks

# PERFORMING AN ULTRASOUND- GUIDED ADDUCTOR CANAL BLOCK

### Probe position



### Distribution



Perform this block with 10–15 mL of anesthetic. Find the adductor tibial nerve by moving your probe proximal to the kneecap a few centimeters, then just medial. Here you will identify the three muscular borders of the adductor canal (vastus medialis, adductor longus, and sartorius). Between these muscles you will see the vascular bundle. The saphenous nerve is triangular in appearance and can be found just superficial to the artery (see below). Perform this block in-plane and aim to

hydrodissect the hyperechoic nerve bundle. Usually a short-acting anesthetic is sufficient.

The adductor canal block is quite effective for the following circumstances:

- laceration repair to medial portion of lower leg
- leg abscess drainage

