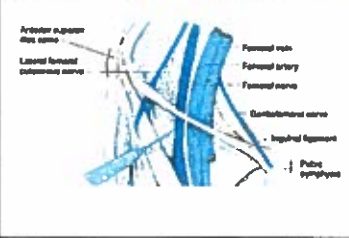
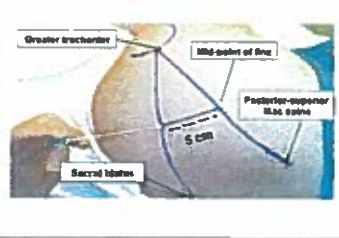

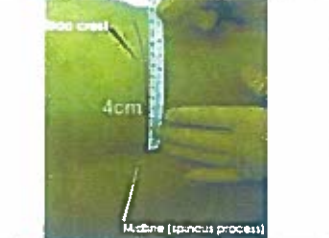


**Lower Extremity Nerve Blocks**

	<b>Femoral Nerve Block (L2-L4)</b>	<b>Sciatic Nerve Block (L4-S3)</b>	<b>Popliteal Fossa Block (L4-S3)</b>	<b>Lumbar Plexus Block (T12-L4)</b>
<b>Picture</b>				
<b>Technique</b>	Along femoral crease, go 1 cm lateral to FA.	Infragluteal parabiceps: Palpate groove between vastus lateralis and biceps femorus below gluteal fold.	7 cm above popliteal crease, bisect line between semitendonosis and biceps femoris tendon.	1) 4 cm lateral off midline 2) Trisect line between PSIS and midline; go 2/3 lateral.
<b>Depth</b>	2-4 cm	4-6 cm	2-4 cm	Men: 8.5 cm Women: 7.0 cm
<b>Twitch</b>	Quad twitch, patellar snap	Any twitch below knee	Inversion, plantar flexion, dorsiflexion. NO: eversion	Quad or groin
<b>Redirection Cues</b>	If medial twitch, go lateral, deep. If nothing, go medial.	If femur, go midline. If hamstring, go lateral.	If nothing, go lateral. If eversion, go medial.	If nothing, go medial. If bone: Go 1.8 cm past transverse process Go lateral (on lamina) Go supine (on pelvis)
<b>Local</b>	0.375 – 0.5% bupiv	1.5% mepiv or 0.5% bupiv	1.5% mepiv or 0.5% bupiv	0.5% bupiv
<b>Volume</b>	20-30 cc's	20-30 cc's	20-30 cc's	30 cc's
<b>Ultrasound</b>	Yes	No	Yes	Rarely
<b>Catheter</b>	Yes	No	Yes	No
<b>Risks</b>	WNL	Prolonged blockade, neuropraxia	WNL	Epidural spread (8-10%) Retroperitoneal bleed Bowel/bladder puncture
<b>Numbness</b>	Anterior, lateral, medial thigh, knee cap	All LE except saphenous, posterior thigh	All LE except saphenous	T12 – L4 (Thigh, hip, knee)
<b>Duration</b>	18-24h	12-48h	12-30h	12-24h