

Contents

Upper Limb

1	General Overview	4
1.1	Anatomy	4
1.2	Important Topographical Anatomical Relations in the Region of the Brachial Plexus	7
1.3	Motor and Sensory Supply of the Upper Limb	9
2	Interscalene Techniques of Brachial Plexus Block	10
2.1	Anatomy	10
2.2	General Overview	12
2.3	Meier Technique	14
2.4	Dorsal Technique (Pippa Technique)	21
2.5	Sensory and Motor Effects of the Interscalene Block	23
2.6	Indications and Contraindications for the Interscalene Block	24
2.7	Supraclavicular Nerve Block (Cervical Plexus)	24
2.8	Complications, Side Effects, Method-Specific Problems	26
3	Infraclavicular Techniques of Brachial Plexus Block	30
3.1	Anatomical Basis	30
3.2	Vertical Infraclavicular Block (VIB) according to Kilka, Geiger, and Mehrkens (Kilka et al. 1995)	33
3.3	Raj Technique, Modified by Borgeat	42
3.4	Sensory and Motor Effects	46
3.5	Indications and Contraindications	46
3.6	Complications, Side Effects, Method-Specific Problems	47
4	Suprascapular Nerve Block	48
4.1	Anatomical Basis	48
4.2	Meier Technique	50
4.3	Sensory and Motor Effects	53
4.4	Indications and Contraindications	53
4.5	Complications, Side Effects, Method-Specific Problems	54
5	Axillary Block	55
5.1	Anatomical Basis	55
5.2	Perivascular "Single-Injection" Technique	58
5.3	Sensory and Motor Effects	62
5.4	Indications and Contraindications	64
5.5	Complications, Side Effects, Method-Specific Problems	64
5.6	Multistimulation Technique, "Mid-Humeral Approach" According to Dupré (Dupré 1994)	65
6	Selective Block of Individual Nerves in the Upper Arm, at the Elbow and Wrist	71
6.1	Radial Nerve Block (Middle of Upper Arm)	71
6.2	Blocks at the Elbow	73
6.3	Blocks at the Wrist (Hand Block)	80

Lower Limb

7 General Overview 88

- 7.1 Lumbosacral Plexus 88
- 7.2 Sensory Innervation of the Leg 92

8 Psoas Compartment Block 94

- 8.1 Anatomical Overview 94
- 8.2 Technique of Psoas Compartment Block 96
- 8.3 Sensory and Motor Effects 104
- 8.4 Indications and Contraindications 104
- 8.5 Complications, Side Effects, Method-Specific Problems 104
- 8.6 Remarks on the Technique 108
- 8.7 Summary 110

9 Inguinal Paravascular Lumbar Plexus Anesthesia (“3-in-1 Technique” according to Winnie, Femoral Nerve Block) 111

- 9.1 Anatomical Overview 111
- 9.2 Femoral Nerve Block (“3-in-1 Technique”) 114
- 9.3 Sensory and Motor Effects 121
- 9.4 Indications and Contraindications 121
- 9.5 Complications, Side Effects, Method-Specific Problems 121
- 9.6 Remarks on the Technique 122

10 Proximal Sciatic Nerve Block 126

- 10.1 Anatomical Overview 126
- 10.2 Anterior Proximal Sciatic Nerve Block (with Patient in Supine Position) 129
- 10.3 Dorso-Dorsal (Proximal) Sciatic Nerve Block (according to Raj) (in supine position) 142
- 10.4 Proximal Lateral Sciatic Nerve Block (with Patient in Supine Position) 145
- 10.5 Proximal Sciatic Nerve Block (with Patient Lying on Side) 147
- 10.6 Parasacral Sciatic Nerve Block (Mansour Technique) 156

11 Blocks at the Knee 159

- 11.1 Anatomical Overview 159
- 11.2 Classical Popliteal Block, Dorsal Approach 159
- 11.3 Distal Block of the Sciatic Nerve 160

12 Peripheral Block (Conduction Block) of Individual Nerves of the Lower Limb 175

- 12.1 Lateral Cutaneous Nerve of the Thigh 175
- 12.2 Infiltration of the Iliac Crest 180
- 12.3 Obturator Nerve Block 182
- 12.4 Saphenous Nerve Block 190
- 12.5 Fibular Nerve Block 198

13	Peripheral Nerve Blocks at the Ankle	203
13.1	Anatomical Overview	203
13.2	Saphenous Nerve, Sural Nerve and Superficial Fibular Nerve Block	208
13.3	Deep Fibular Nerve Block	210
13.4	Tibial Nerve Block	210
13.5	Ankle Block	212
13.6	Indications, Contraindications, Complications, Side Effects	212
13.7	Remarks on Ankle Block	212
13.8	Summary	213
13.9	Blocks at the Toes	213

General Considerations for Peripheral Nerve Blocks of the Limbs

14	Special Features of Peripheral Nerve Blocks	218
14.1	Advantages of Peripheral Nerve Blocks	218
14.2	Problems of Peripheral Nerve Blocks	218
15	Complications and General Contraindications of Peripheral Blocks	220
15.1	Complications of Peripheral Nerve Blocks	220
15.2	General Contraindications to Peripheral Nerve Blocks (Table 15.1)	222
16	General Principles for Performing Peripheral Blocks	224
16.1	Hygiene Requirements for Performing Peripheral Nerve Blocks	224
16.2	General Principles of Informed Consent, Positioning and Monitoring	224
16.3	Technical Aids for Performing Peripheral Nerve Blocks	226
16.4	General Principles for Placement of Regional Anesthesia	235
16.5	Analgesia/Sedation for Regional Anesthesia/Peripheral Nerve Block	236
16.6	General Principles for Administration of Local Anesthetics in Peripheral Nerve Block	237
17	Continuous Peripheral Nerve Blocks	239
	Index	247