

Femoral Nerve Block

Equipment:

Nerve stimulator

Stimulation needle 50 mm or 90 mm

20-40 mL local anesthetic

Local for skin

+/- Ultrasound machine

Probe cover or large tegaderm

Skin marker for OTO as well as landmark technique

Landmarks

Femoral crease

Femoral pulse

Quadriceps muscle

Sartorius muscle

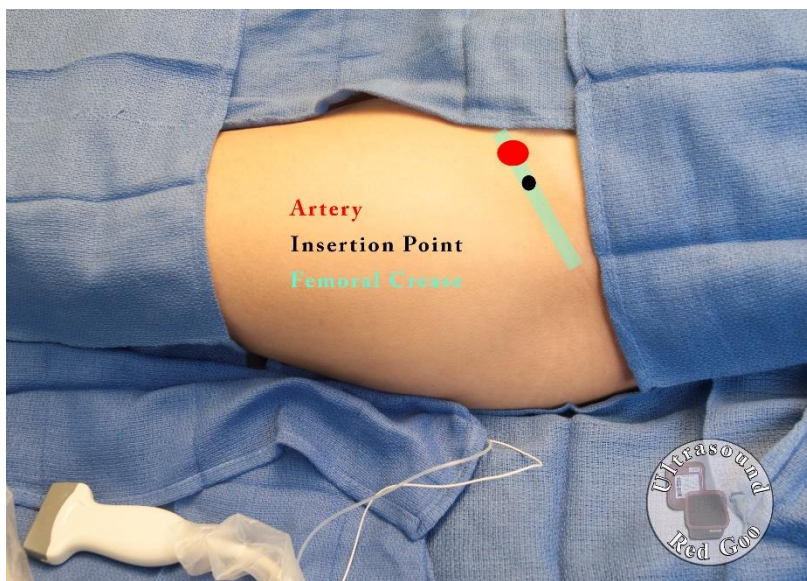
Landmark technique

Locate the femoral crease

Locate the femoral pulse

Insert needle posterior and slightly cephalad 1 cm lateral to pulse to elicit a patellar snap two pops should be felt

If unable to elicit a twitch or a Sartorius twitch is elicited redirect in a more lateral fashion



Femoral Nerve Block ultrasound guidance

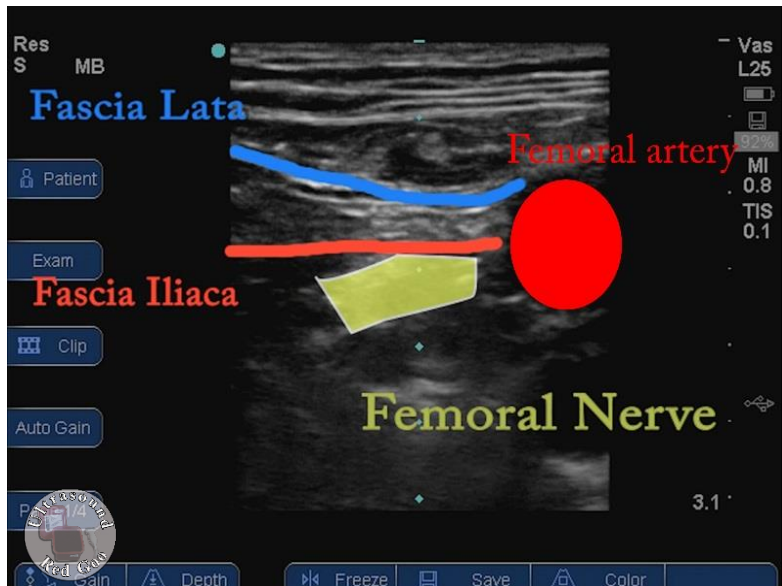
Place the probe in the femoral crease

Locate the femoral artery fascia lata and fascia iliaca

Insert the needle lateral to the plexus in-plane two pops should be felt

Insert until a patellar snap is elicited

One injection may be adequate although additional injection sites are acceptable



Notes:

1. When using a nerve stimulator (twitch) do not inject if current is below 0.2mA with a noticeable twitch
2. Do not inject if the patient complains of sharp pain, pressure is typically OK
3. Do not inject if high resistance is noted on syringe
4. Maintain meaningful contact with patient and avoid over sedation
5. Maintain fall precautions for patient and instruct the patient to get assistance prior to getting out of bed