

Interscalene block

Equipment:

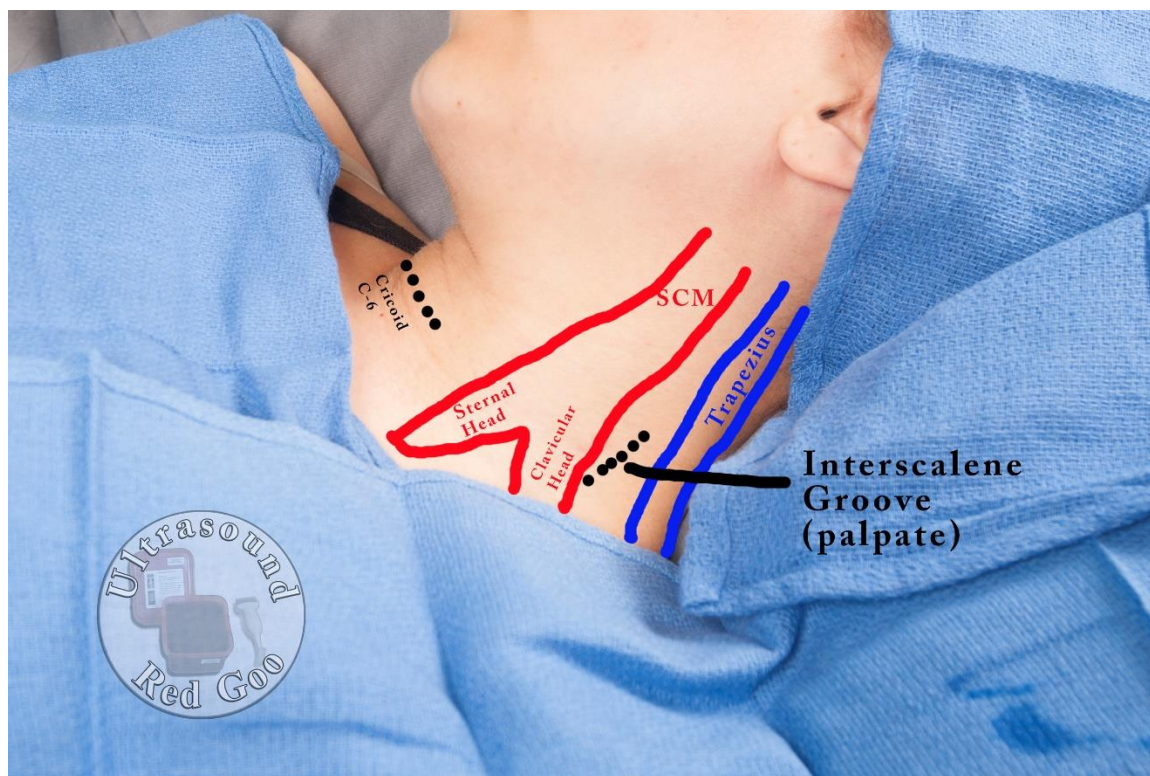
Nerve stimulator
Stimulation needle 50 mm
20-40 mL local anesthetic
Local for skin
+/- Ultrasound machine
Probe cover or large tegaderm
Skin marker for OTO as well as landmark technique

Landmarks

Chassaignac's tubercle C-6
The two sternocleidomastoid heads
The interscalene groove
The external jugular

Landmark technique

Locate the two sternocleidomastoid heads
Locate Chassaignac's tubercle C-6
Locate the external jugular
Locate the interscalene groove roll fingers posterior to SCM
Ensure 45° caudad angle of needle to elicit a twitch in the lower arm



Interscalene block ultrasound guidance

Place the probe in the clavicular fossa

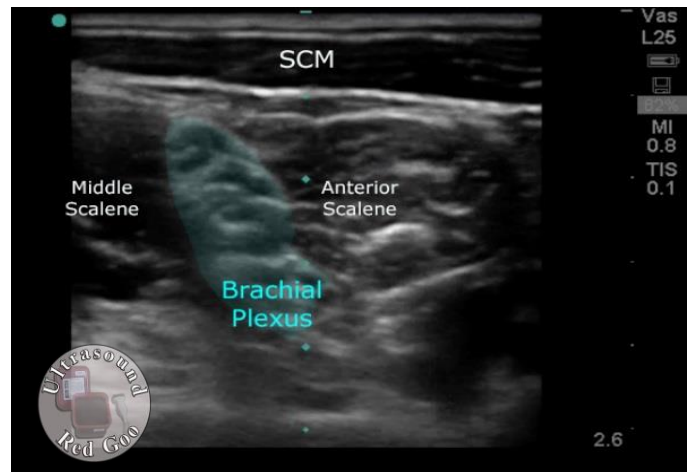
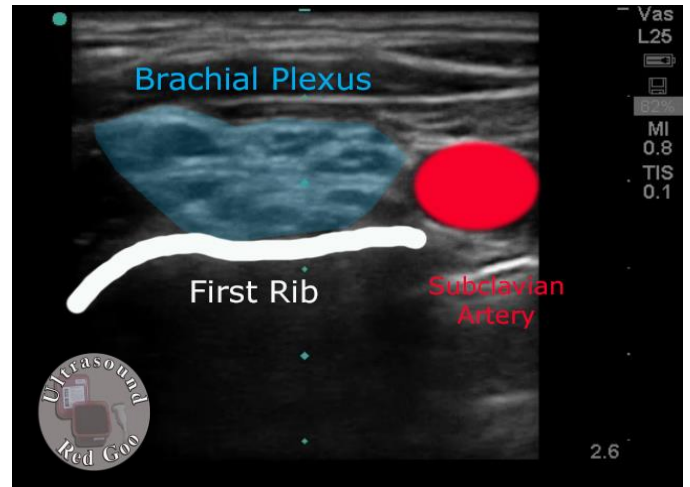
Locate the brachial plexus lateral to the subclavian artery

Follow the brachial plexus cephalad until the nerves are “framed” by the anterior and medial scalene muscles

Localize the skin with 1% lidocaine

Insert the needle at a 45° caudad angle in-plane until the brachial plexus is encountered. Twitch may be useful.

Enter with the needle lateral to the probe in-plane



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 resistance is noted on syringe
4. Maintain meaningful contact with patient and avoid over sedation
5. Utilize a 45° caudad angle to avoid intrathecal injection or absorption