**Step 1**

- Curvilinear transducer pointing cephalad
- Slide transducer just off midline
- Visualize articular processes or “humps”
Step 2

-Slide transducer caudal until the **sacrum** is visualized
-Note the L5/S1, L4/L5 and L3/L4 interspaces
Step 3

- Mark the L3/L4 and L4/L5 interspace
Step 4

- Rotate probe marker to patient’s left
- Locate bony midline