Ultrasound-Guided Distal Sciatic Nerve Block

Highland General Hospital
Division of Emergency Ultrasound

Step 1

Supplies for Distal Sciatic Nerve in the Popliteal Fossa

1) 20cc lidocaine 1-2% with epi or 0.5% bupivacaine
2) Chlorhexidine scrub
3) 20-22g 9cm spinal needle
4) Transparent transducer cover (optional)

Linear Transducer (high frequency)
Step 2

- Basic anatomy

Anatomy and Innervation (posterior leg)

- Sciatic Nerve
- Tibial Nerve
- Common Peroneal Nerve

Medial  
Lateral
Step 3

-Innervation and indications

A. Innervation

B. Common ED Indications

1) Analgesia for distal tibia/fibula fractures
2) Analgesia for achilles tendon rupture
3) Analgesia for lower extremity burns
4) Analgesia for foot injuries
Step 4

- Locate the Distal Sciatic Nerve in the Popliteal Fossa
- Scan cephalic from the popliteal fossa to ensure that the **Tibial** and **Common Peroneal Nerves** join to form the **Distal Sciatic Nerve**
Step 5

- Lateral to medial approach
- Ensure a flat angle of entry for clear needle visualization
- Gently inject NS and anesthetic around the nerve bundle
- Ideal location for Distal Sciatic Nerve block = junction of Tibial and Common Peroneal Nerves