

PLAN A BLOCKS Adductor Canal (Distal Femoral Triangle)

INDICATIONS: Medial Knee/leg analgesia (motor sparing, often used with sciatic nerve block)

TARGET: Saphenous nerve (SaN)

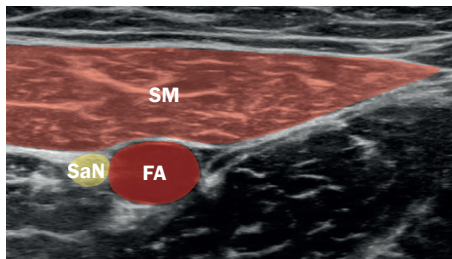
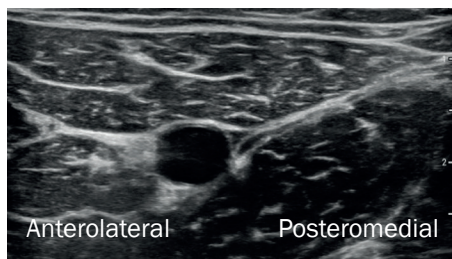
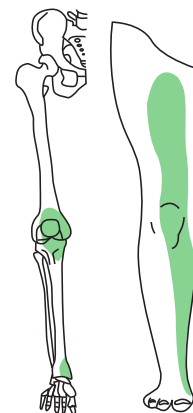
LOCAL: 10 ml plus local for skin

KIT

- PPE (droplet precautions)
- Sterile gloves
- Linear US probe + cover
- Sterile gel
- 0.5% chlorhexidine
- LA for skin (+ syringe/needle)
- 80 mm 22G NR fit block needle
- 10 ml syringe for LA

PRE-PROCEDURE

- Assitant, monitoring (ECG, SpO₂, BP) & IV access
- Operator on side of block, patient supine, leg slightly abducted & externally rotated
- US machine on contralateral side
- Aseptic skin prep (allow to dry)



SCANNING

- US probe transverse on anteromedial mid-thigh
- Identify femoral artery (FA), overlying sartorius muscle (SM) & underlying vastus medialis
- Ideally perform at point medial border of SM aligns with medial border of adductor longus
- SaN on lateral side of FA

STOP BEFORE YOU BLOCK

(Follow Prep, Stop, Block)

- Apply pressure with probe to compress femoral vein (deep to FA) before insertion of needle
- LA to skin
- Block needle in plane (lateral to medial) through single skin puncture
- Withdraw & reposition needle if paraesthesia
- Low-pressure injection (<15 cmH₂O) in perivascular location, deep to SM, around SaN (stop if LA spread not seen)
- Aspirate every 5 ml & every needle reposition

EXAMPLE TIMINGS

0.5% levobupivacaine (toxic dose 2 mg/Kg)

- Block achieved in 15 min
- Analgesia 12+ hr post block

POST-PROCEDURE

- Monitor for minimum 30 min (as per AoA Standards of Monitoring)
- Test block after 10 min (sensation)
- Document procedure, extent of block & post-block care

TESTING THE BLOCK

NERVE	SENSORY	MOTOR
SaN	Medial leg & foot (from knee to 1st MTPJ)	N/A

REFERENCES

Barron et al (2020) RA-UK Plan A Blocks Poster – Lower Limb
 Bowness et al (2021) International consensus on anatomical structures to identify on ultrasound for the performance of basic blocks in ultrasound-guided regional anaesthesia
<http://dx.doi.org/10.1136/rapm-2021-103004>
 Haslam et al (2021) Prep, stop, block: refreshing 'stop before you block' with new national guidance.
<https://www.ra-uk.org/index.php/prep-stop-block>

Created by

Nick Record, James Lloyd, Owen Lewis, James Bowness, Alasdair Taylor

Contact

✉ james.bowness@jesus.ox.ac.uk & alasdair.taylor2@nhs.scot 📧 bowness_james



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