

Torso nerve blocks

TARGETING THE TORSO

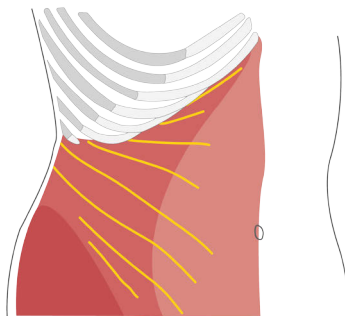
Torso blocks are likely underutilized. They offer a terrific alternative to systemic opioids, especially in elderly patients who may experience significant respiratory and renal side effects from intravenous narcotics or sedatives. These blocks often require a larger amount of anesthetic, as they rely on the diffusion of anesthetic along fascial planes, to achieve their desired effects.

Fascial plane blocks: 20–30 mL of anesthetic

Individual nerve blocks: 5–10 mL of anesthetic

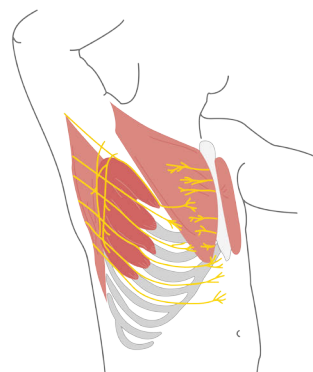
Transversus abdominis plane block

Fascial plane block



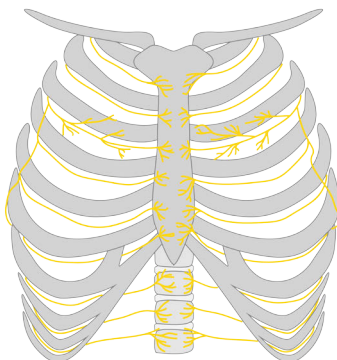
Serratus anterior plane block

Fascial plane block



Intercostal nerve block

Nerve block



Torso blocks require a bit more precision and skill than singular, peripheral nerve blocks. Each lesson will go over simple, ultrasound-guided anatomic landmarks that will make performing them easy!