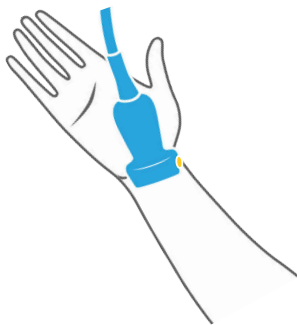


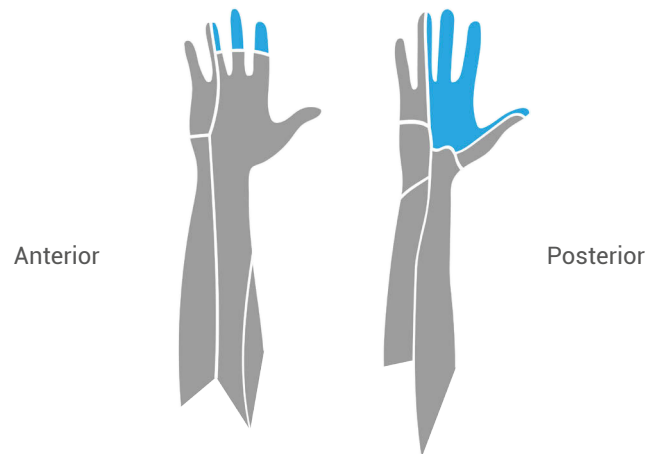
## Mastering upper extremity nerve blocks

# PERFORMING AN ULTRASOUND- GUIDED MEDIAN NERVE BLOCK

### Probe position



### Distribution



Perform this block with 5–10 mL of anesthetic and choose a short- or long-acting agent depending on how long you want your block to last. After placing your probe along the carpal tunnel, simply slide your probe proximally up the volar surface of the forearm. The median nerve will quickly become apparent, as it is the only structure on the screen that does not dynamically change (see below). It remains static and hyperechoic, a great target.

The ulnar nerve block is quite effective for the following circumstances:

- foreign body removal from palm (i.e., fish hooks)
- laceration repair

