



# BLOCK GuRU - Ankle



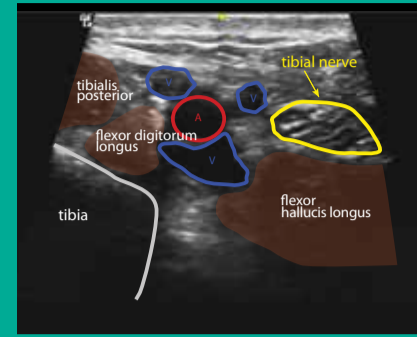
**Tibial**

**Identify:** From anterior to posterior: medial malleolus, tibiocalcaneal ligament, flexor digitorum longus, artery, nerve, flexor hallucis longus

**Target:** Surround the nerve with local anaesthetic, using an in-plane or out-of-plane approach depending on patient morphology

**Tips:** The nerve usually lies posterior to the artery and 2 veins. A small ultrasound probe is useful

**Avoid:** Confusion with tendons which also exhibit anisotropy on ultrasound (flex the ankle or scan proximally to distinguish between them). Excessive probe pressure, intravascular injection



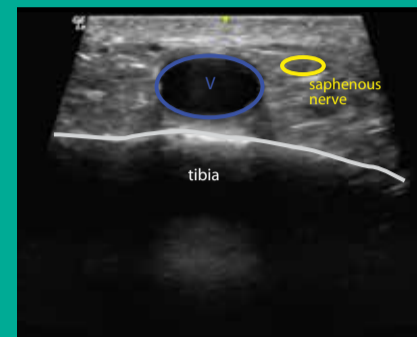
**Saphenous**

**Identify:** The long saphenous vein which lies very superficially, anterior to the medial malleolus; the nerve accompanies the vein

**Target:** In the fascial plane around the vein if the nerve is not directly visible

**Tips:** A venous tourniquet can be used to help identify the vein; use minimal probe pressure and minimal depth setting to avoid compressing the vessel

**Avoid:** Excessive probe pressure, intravascular injection



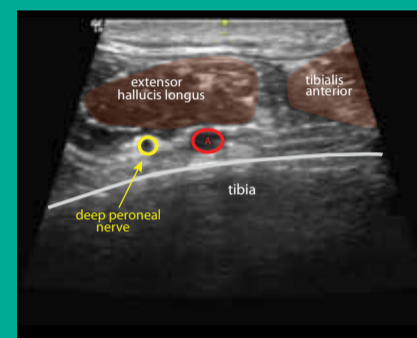
**Deep peroneal**

**Identify:** The small dorsalis pedis artery lies directly on the subcutaneous surface of the tibia. The nerve crosses over the artery from medial to lateral and this is a reliable sign

**Target:** The nerve as it lies alongside the artery either on its lateral or medial side

**Tips:** Use minimal probe pressure, minimal depth setting and scan up and down above the ankle to see the nerve crossing the artery

**Avoid:** Excessive probe pressure, intravascular injection



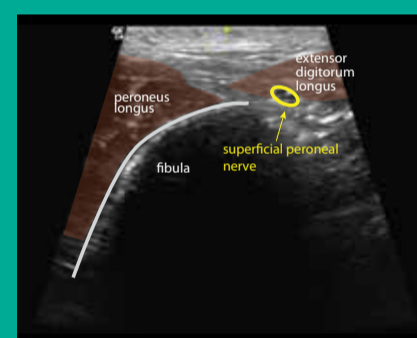
**Superficial peroneal**

**Identify:** The anterior border of the fibula in the lower third of the leg has a characteristic sickle shape on ultrasound. The superficial peroneal nerve lies superficially and the sharp anterior border of the bone points to the intermuscular septum and the nerve

**Target:** The nerve in the superficial tissues at any point in the leg

**Tips:** Scan up and down at a reasonable speed to identify the nerve above the bone and intermuscular septum

**Avoid:** Deep injection



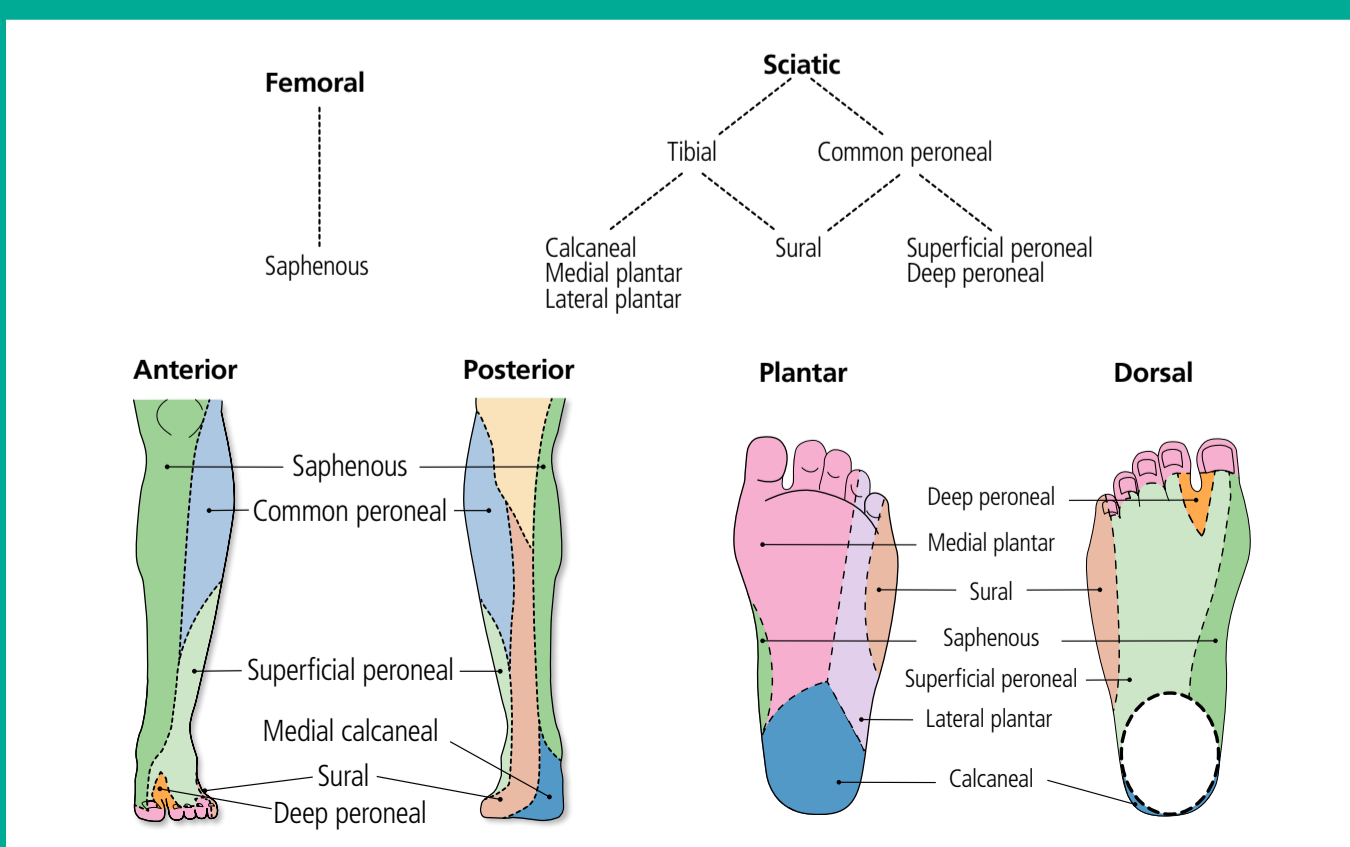
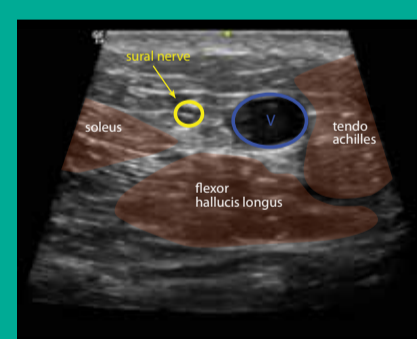
**Sural**

**Identify:** The short saphenous vein runs vertically down the back of the calf; the sural nerve accompanies the vein

**Target:** The nerve directly if it is visible, otherwise the fascial plane surrounding the vein(s)

**Tips:** Use a venous tourniquet to help identify the short saphenous vein; flex the knee to leave room for access with the ultrasound probe

**Avoid:** Excessive probe pressure, intravascular injection



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