

# Ultrasound-Guided Distal Sciatic Nerve Block

*Highland General Hospital  
Division of Emergency Ultrasound*

## Step 1

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Linear Transducer  
(high frequency)

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)

A

B

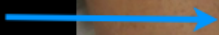
# Step 2

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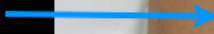
-Basic anatomy

## Anatomy and Innervation (posterior leg)

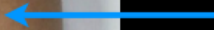
Sciatic Nerve



Tibial Nerve

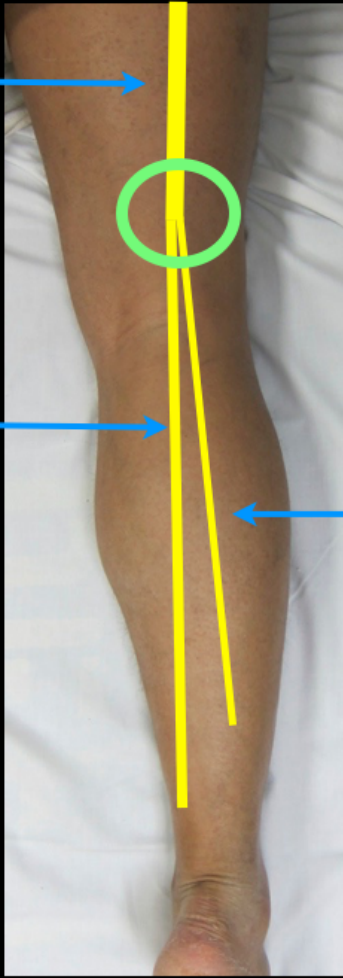


Common Peroneal Nerve



Medial

Lateral



## Step 3

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-Innervation and indications

### Innervation



A

### Common ED Indications

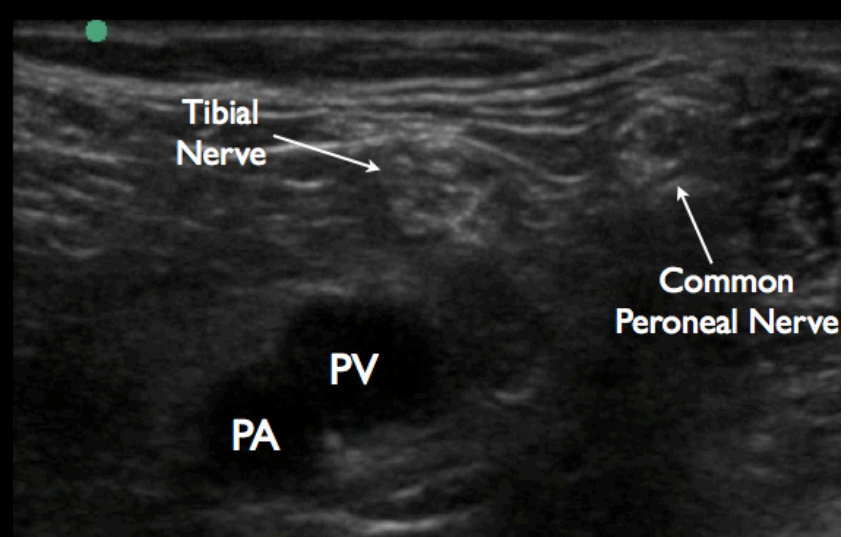
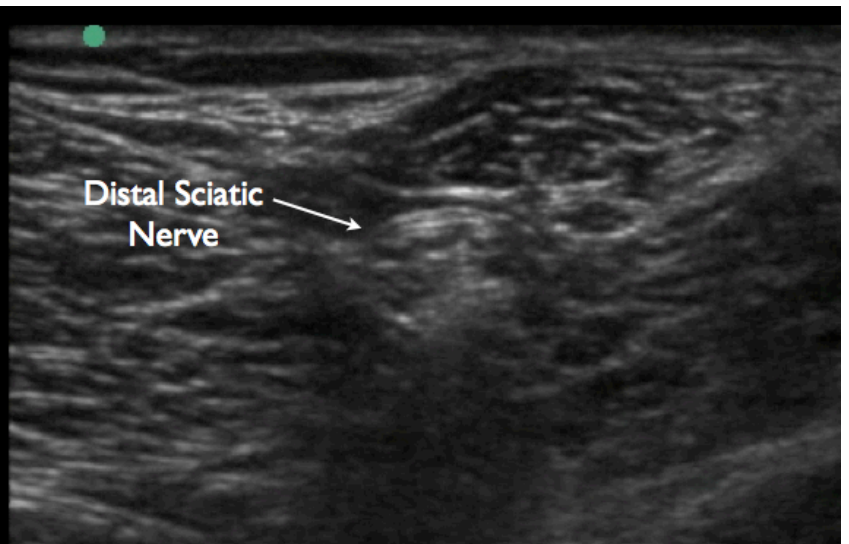
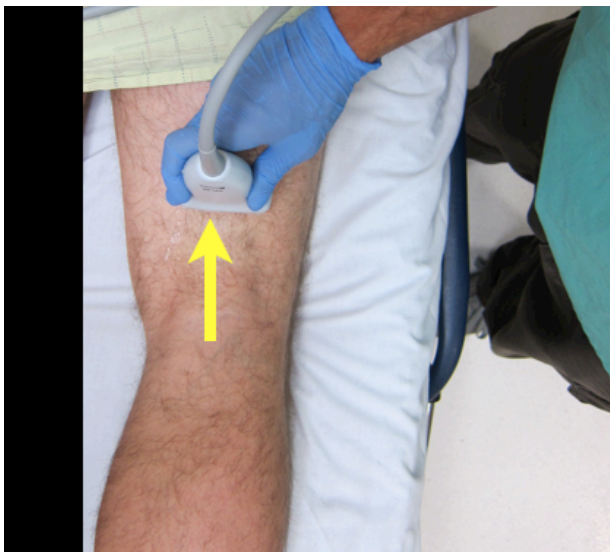
- 1) Analgesia for distal tibia/fibula fractures
- 2) Analgesia for achilles tendon rupture
- 3) Analgesia for lower extremity burns
- 4) Analgesia for foot injuries

B

## Step 4

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- 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

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- 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

