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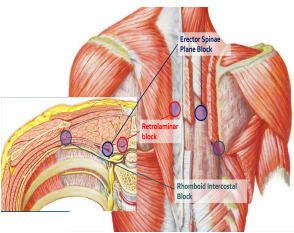
Erector Spinae Plane (ESP) Blocks

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Paraspinal Blocks:



The diagram illustrates three types of paraspinal blocks: the Erector Spinae Plane Block, the Neuroforaminal Block, and the Rhomboid Intercostal Block. The Erector Spinae Plane Block is shown as a line of injection along the erector spinae muscles. The Neuroforaminal Block is shown as an injection into the neural foramen. The Rhomboid Intercostal Block is shown as an injection into the intercostal space between the rhomboid muscles.

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Why?

- Neuraxial & Nerve blocks issues
- Coagulation issues
- ERAS pathways
- Opioid Crisis
- Ambulatory Surgeries

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When?

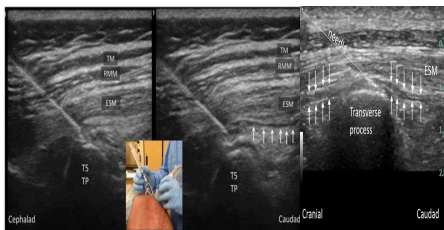
- Rib #
- Abdominal surgeries
- Spine surgeries
- Cardio Thoracic surgeries
- Breast surgeries
- Chronic & Cancer pain
- Pediatric surgeries

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How I Do It?

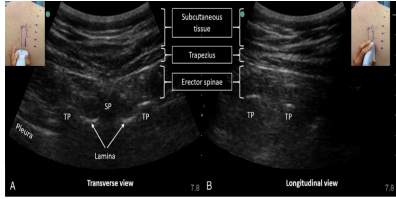
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ESP Block: Upper



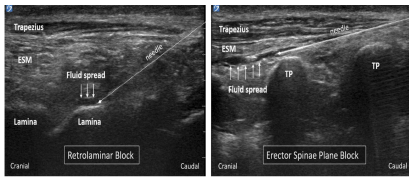
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ESP: (Lower)



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RLB & ESP: Lower



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Tips & Tricks:

- Prone or lateral position (Novice)
- Curvilinear probe (Obese)
- Identify Transverse Process (TP)
- In Plane Technique
- Use Saline for Hydro dissection
- Identify ESP separation from TP

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