

## Station 4: Subsartorius/Adductor Canal Block Workshop

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### Goals:

- 1) To review pertinent sonoanatomy for the adductor canal block
- 2) To distinguish a “distal femoral triangle” from an adductor canal block

### Indications:

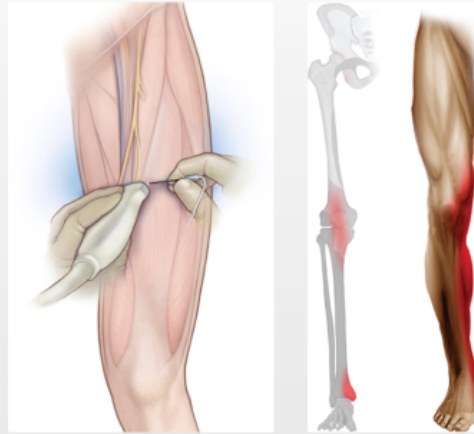
- Knee Surgeries
- Below Knee Amputations
- Ankle Surgery (medial aspect of ankle)

### Tips/Tricks

- 10-15 mL of local anesthetic
- Superficial Femoral Artery (SFA) is easier to visualize proximally

### Position and Block Location

- Supine Position
- Start  $\frac{1}{2}$  way between anterior superior iliac spine & patella
- Linear Probe



Brown et al. Brown's Atlas of Regional Anesthesia, 2017 (Picture)  
Hadzic A. Hadzic's Textbook of Regional Anesthesia and Acute Pain Management, 2e, 2017 (Picture)

### Adductor Canal Anatomy

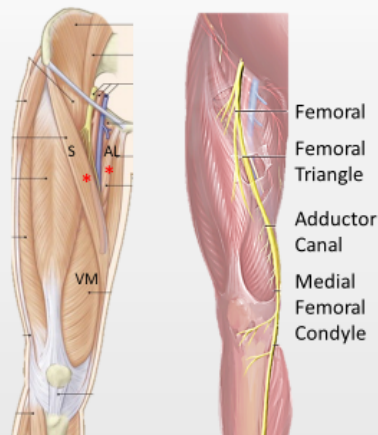
Start  $\frac{1}{2}$  way between ASIS & patella  
(*Distal Femoral Triangle*)

U/S: medial border of Sartorius muscle  
*intersects* medial border Adductor  
Longus muscle

Roof: Sartorius and **Vastoadductor  
Membrane (VAM)**

Lateral: Vastus Medialis

Medial: Adductor Longus & Magnus



Anteromedial Thigh, Moses Atlas of Clinical Gross Anatomy, 2e  
Adductor Canal Block, Hadzic's Textbook of Regional Anesthesia and Acute Pain Management, 2e

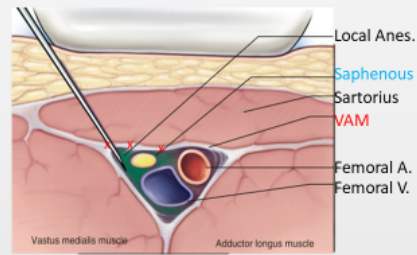
## Adductor Canal Anatomy

### Nerves in Canal:

- Saphenous Nerve
- Vastus Medialis Nerve\*
- Medial Femoral Cutaneous Nerve\*

### Vessels in Canal:

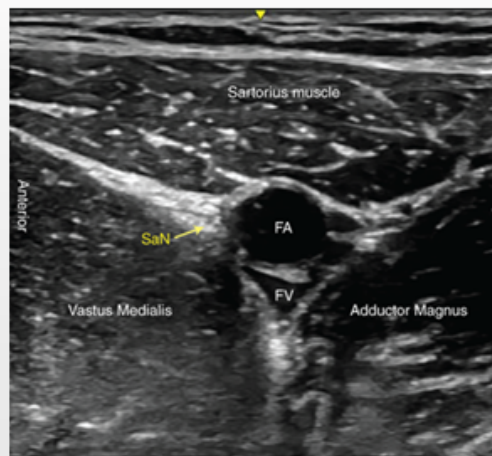
- Superficial Femoral Artery
- Superficial Femoral Vein



\* Nerves reliably found in Femoral Triangle

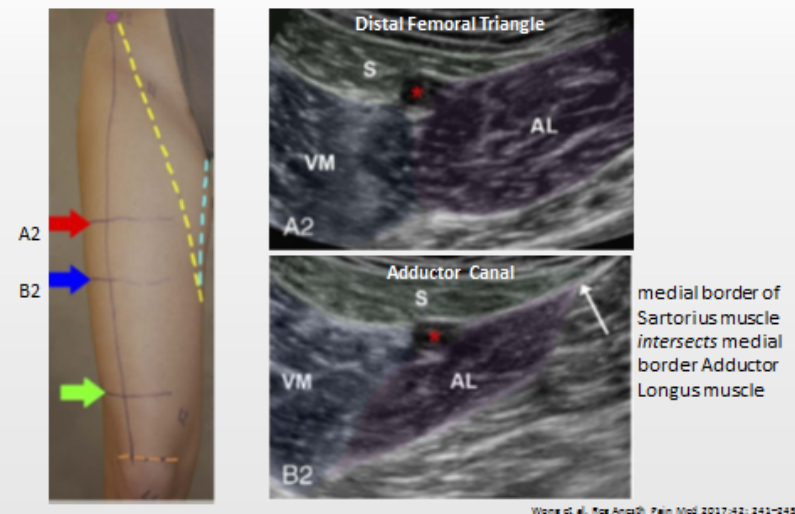
Adductor Canal Block, *Brown's Atlas of Regional Anesthesia*, 5e

## Adductor Canal Sonoanatomy



Adductor Canal Block, *Hadzić's Textbook of Regional Anesthesia and Acute Pain Management*, 2e

## Distal Femoral Triangle vs. Adductor Canal



Wong et al. *Reg Anesth Pain Med* 2017;42: 241-245