

## Indications

All the indications described are based on case descriptions and personal communications. Midline incision requires bilateral blocks for adequate coverage.

1. Exploratory laparotomy, large bowel resection, ileostomy, open/laparoscopic appendectomy, and cholecystectomy
2. Cesarean section, total abdominal hysterectomy
3. Open prostatectomy, renal transplant surgery, and nephrectomy
4. Abdominoplasty and iliac crest bone graft
5. Femoral head fracture (Trans muscular approach)

## Acknowledgements

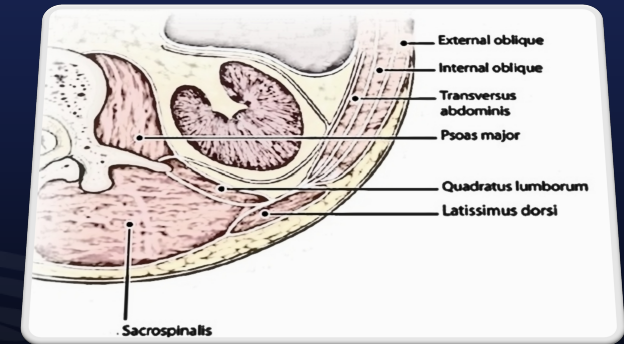
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Elshrkawy H, Ultrasound-Guided Quadratus Lumborum Block. Regional Anesthesia and Pain Medicine. ASRA website

Borglum J: QLB. USRA website

Blanco, Rafael: QLB vs TAP block. Regional Anesthesia and Pain Medicine. Nov/Dec 2016 Volume 41- Issue 6- p757-762

Madan Narayadan: Ultrasound guided QLB. You tube. Dec 13<sup>th</sup>, 2015



# QUADRATUS LUMBORUM BLOCK

A new evolving Regional technique

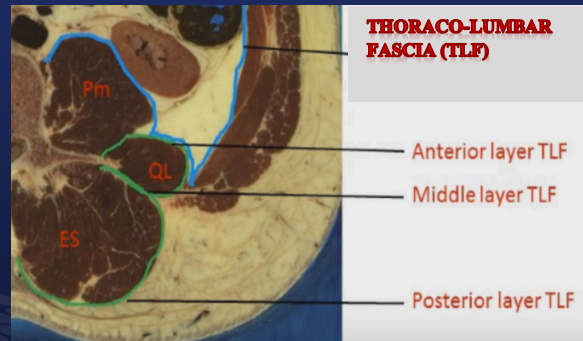
Minnesota society of Anesthesiologist

## MSA

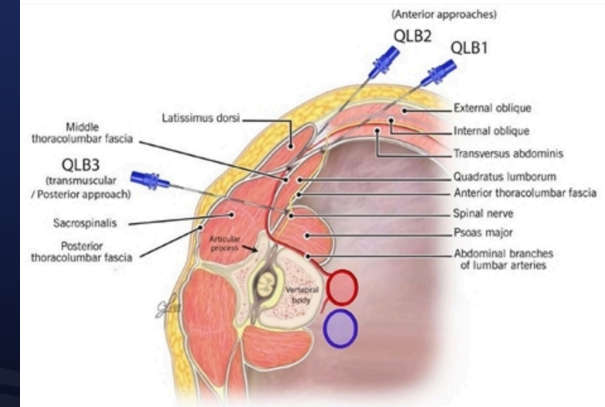
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# Quadratus Lumborum Block (QLB)

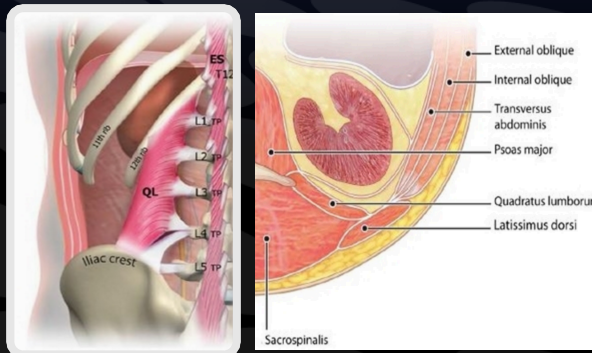
The QLB is a posterior abdominal wall block that allows local anesthetic to spread, depending on the approach, somewhere around the quadratus lumborum muscle (QLM)



## QLB 1, QLB 2, and QLB 3 (Transmuscular)



## Anatomy



## Approaches

There has been different approaches described:

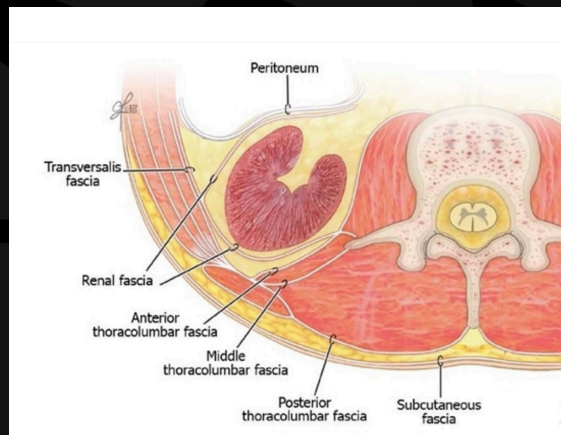
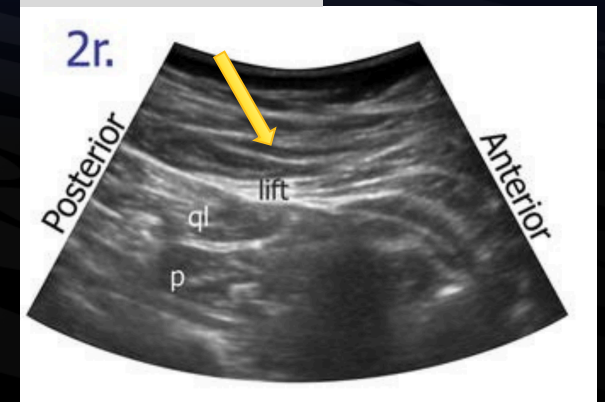
**QLB 1**: Injection at the anterolateral border of the QL muscle

**QLB 2**: Injection is Posterior to the muscle (Middle TLF layer)

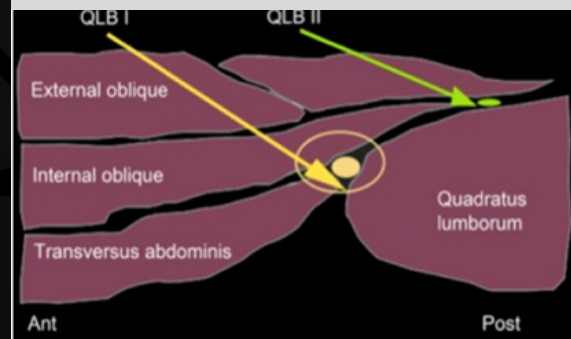
**QLB 3**: Transmuscular: Posterior approach, through QL muscle, medial part of Middle TLF layer

**QLB INTERFASCIAL**: Infiltration at the Lumbar interfascial triangle (posterolateral border of QLM where transversalis thoraco lumbar fascia meet)

## QLB INTERFASCIAL



## Quadratus Lumborum block (QLB) 1 and QLB 2



In this newer “Interfascial” approach, Dr. Blanco has observed adequate diffusion of local anesthetic ( Similar to trans muscular QLB, with a higher margin of safety (The target is a fascial triangle)