

10 Lomber Pleksusun Alt Ekstremitte Blokları ve Periferik Sinirleri

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I. Anatomi

A. Lomber pleksus

B. Femoral sinir

C. Obturator sinir

D. Lateral femoral kutanöz sinir

A. Lomber pleksus (psoas kompartman yaklaşımı) bloğu

B. Ultrason eşliğinde femoral sinir bloğu

C. Ultrason eşliğinde subsartorial femoral üçgen bloğu

D. Ultrason eşliğinde obturator sinir bloğu

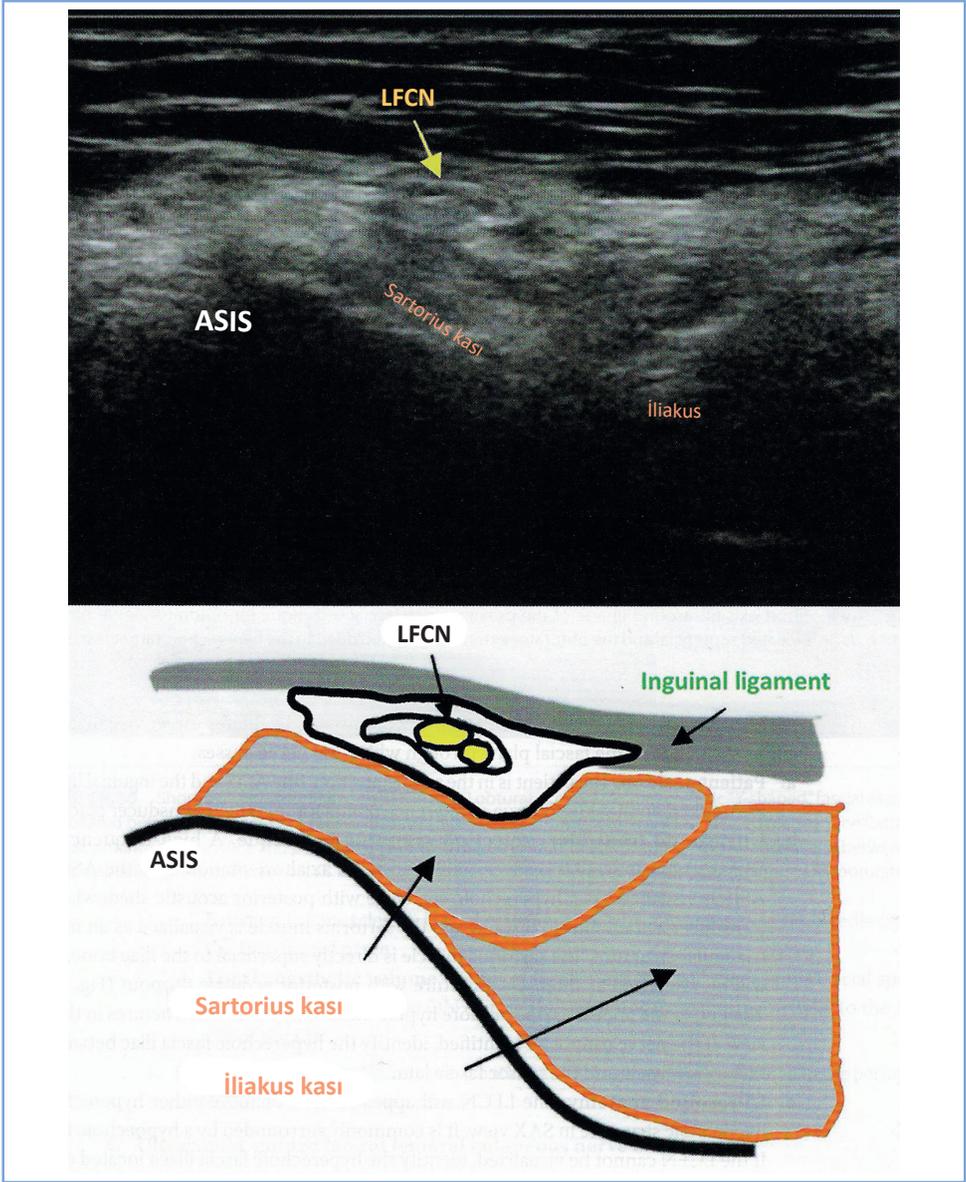
E. Ultrason eşliğinde lateral femoral kutanöz sinir bloğu

II. İlaçlar

III. Yaklaşımlar ve teknikler

ANAHTAR NOKTALAR

1. Lomber pleksus, kemikler ve alt ekstremitte eklemlerinin artiküler innervasyonunun ayrıntılı bilinmesi uygulayıcının cerrahi prosedür için en uygun yaklaşımı seçmesine izin verir.
2. Ultrasonografi lomber pleksusun ve periferik sinir dallarının lokalizasyonunda yaygın bir teknik haline gelmiştir.
3. Lomber pleksusun ve alt ekstremitte periferik sinirlerinin başarılı ultrason kılavuzlu sinir bloğu, hem sinir yapılarının hem de hedef sinirleri içeren fasiyal kompartmanların görselleştirilmesine ve tanımlanmasına dayanır.
4. Lomber pleksus yaklaşımı (psoas kompartman), psoas kası içindeki üç periferik sinir dalının tümünü (femoral, obturator ve lateral femoral kutanöz) bloke eder.
5. Başarılı femoral sinir bloğu, lokal anesteziğin fasya iliakanın derinine yapılmasına bağlıdır. Femoral sinir bloğu majör diz ameliyatından sonra postoperatif analjezi sağlar ve kalça kırığı için preoperatif analjezi sağlar.
6. Ultrason eşliğinde subsartorial femoral üçgen bloğu nispeten yeni bir tekniktir, ancak analjezik etkinliği ve kuadriseps motor fonksiyonu üzerindeki minimum etkisi nedeniyle total diz artroplastisi için yaygın olarak benimsenmiştir. Bu addüktör kanal bloğu olarak adlandırılmıştır, ancak blok yerleşimi için doğru anatomik lokalizasyon femoral üçgenin alt subsartorial apeksidir.



ŞEKİL 10.22 Anterior superior iliak spine'nin (ASİS) kaudalinde bulunan lateral femoral kutanöz sinirin (LFKS) kısa aks görünümü. LFKS doğrudan sartorius kasının yüzeyinde ve fasya iliakanın altında bulunur.

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