Occipital and Suprascapular blocks

Saba Javed, MD
Associate Professor
MD Anderson Cancer Center

Disclosures

- **Funded Research**
  - SPR
  - Averitas
- **Fellowship Grants**
  - Abbott
  - Medtronic

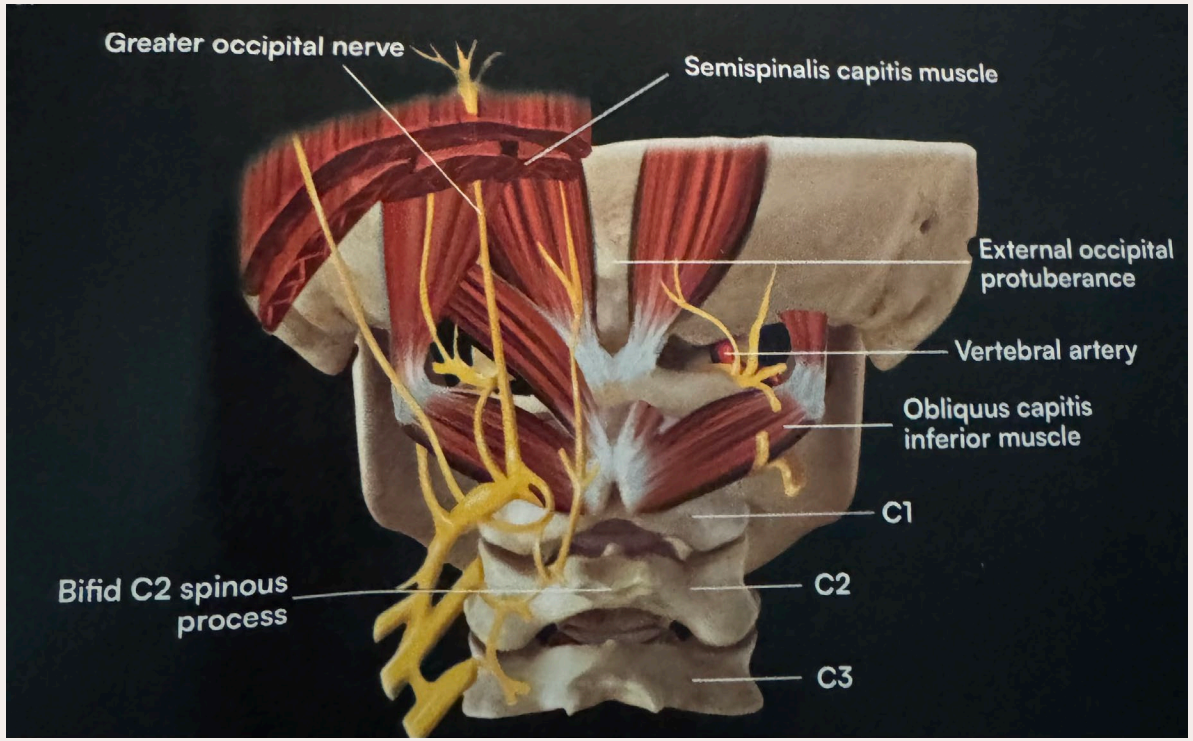
Occipital block

- **Indications**
  - Cervicogenic headaches
  - Occipital neuralgia
  - Migraines
  - Cluster headaches
  - PDPH
- **Anatomy**
  - GON – dorsal ramus of C2 and part of C3 spinal nerve
  - LON – ventral rami of C2 and C3

GON

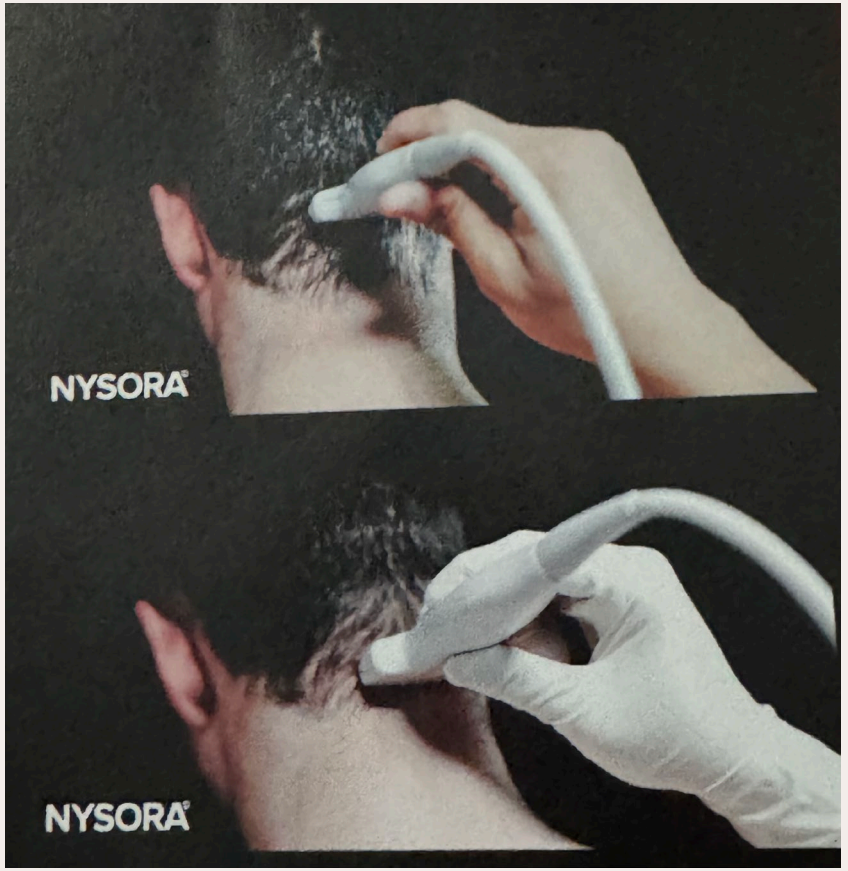
Anatomy

- From atlantoaxial joint → inferior border of Obliquus capitis inferior muscle (OCIM) -> travel up between OCIM and Semispinalis capitis muscle



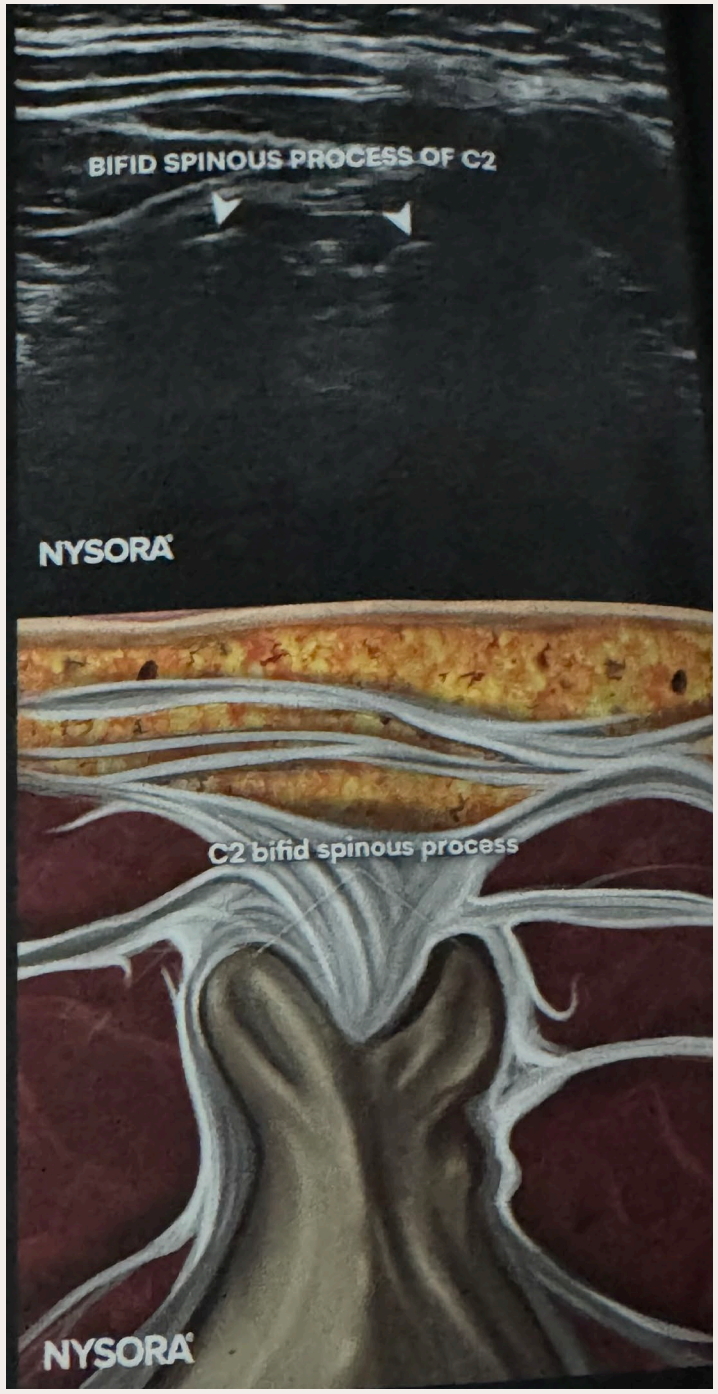
GON

- Place the transducer transversely on the external occipital protuberance and slide caudally along the midline



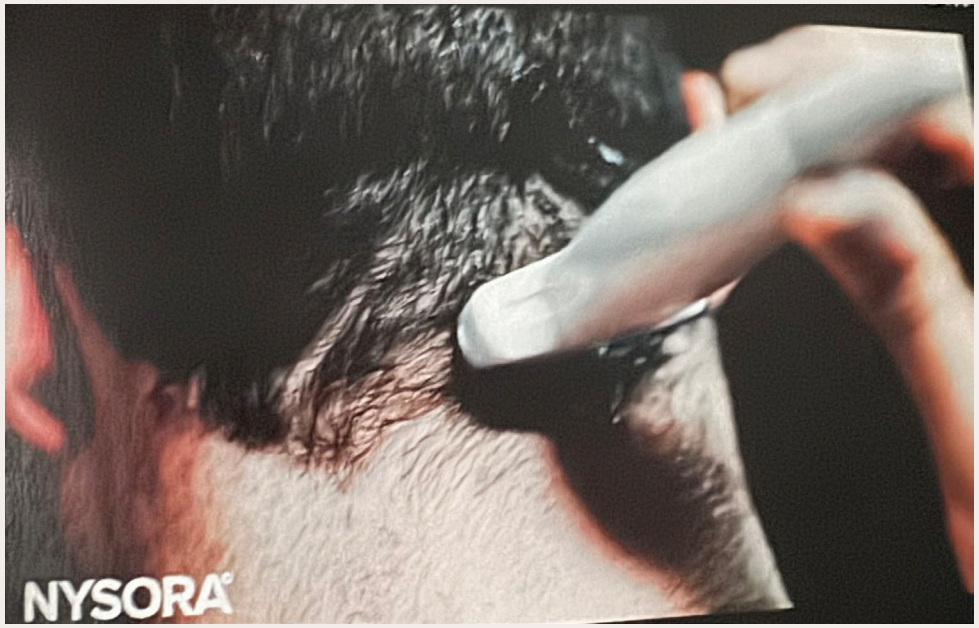
GON

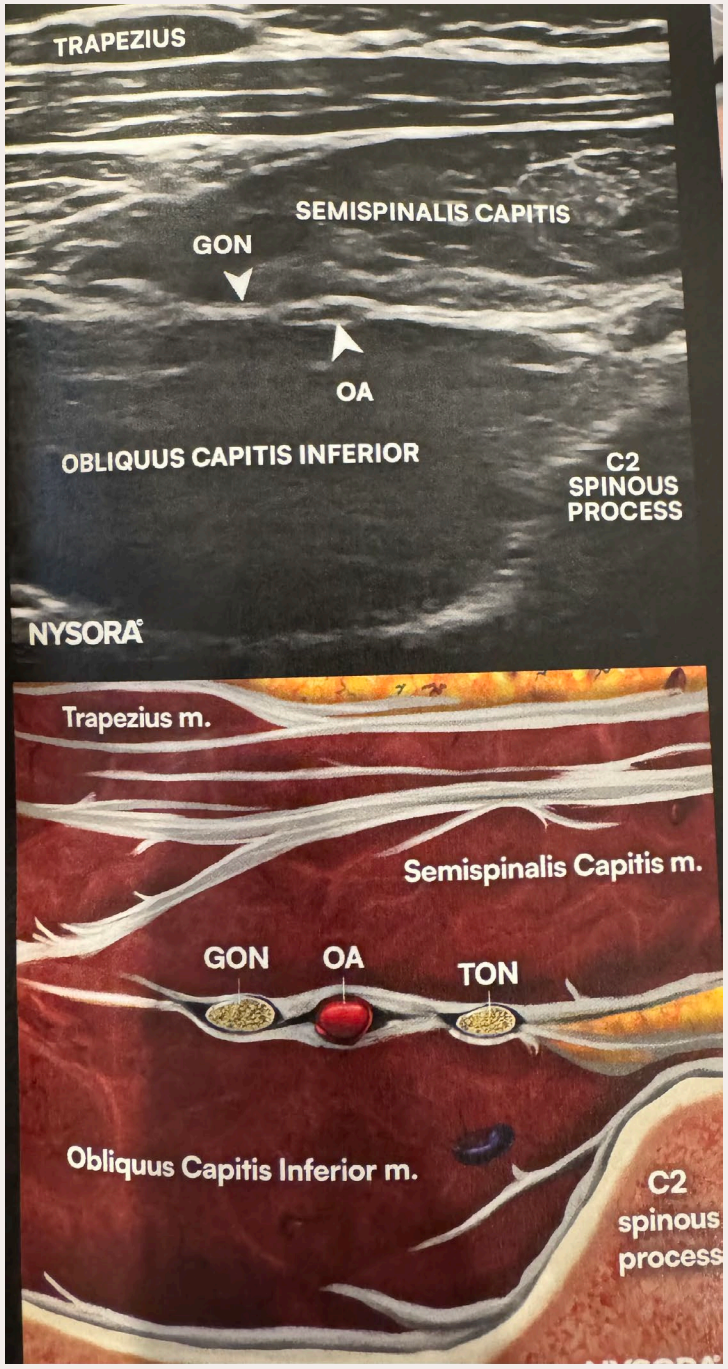
Locate the C1 posterior arch and the bifid spinous process of C2



GON

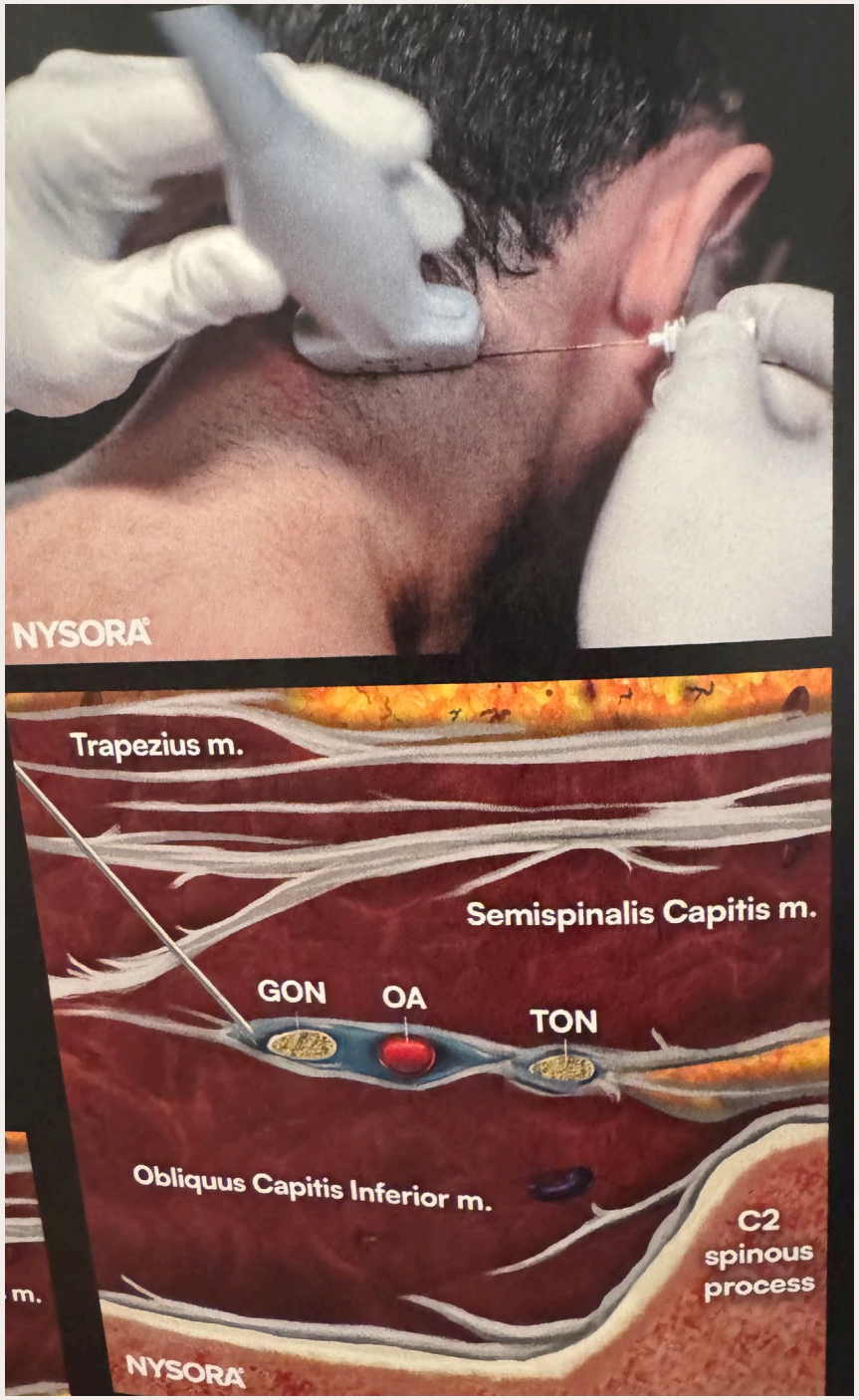
Move the transducer laterally to position the medial end on the C2 spinous process and slightly rotate it to align with the OCIM





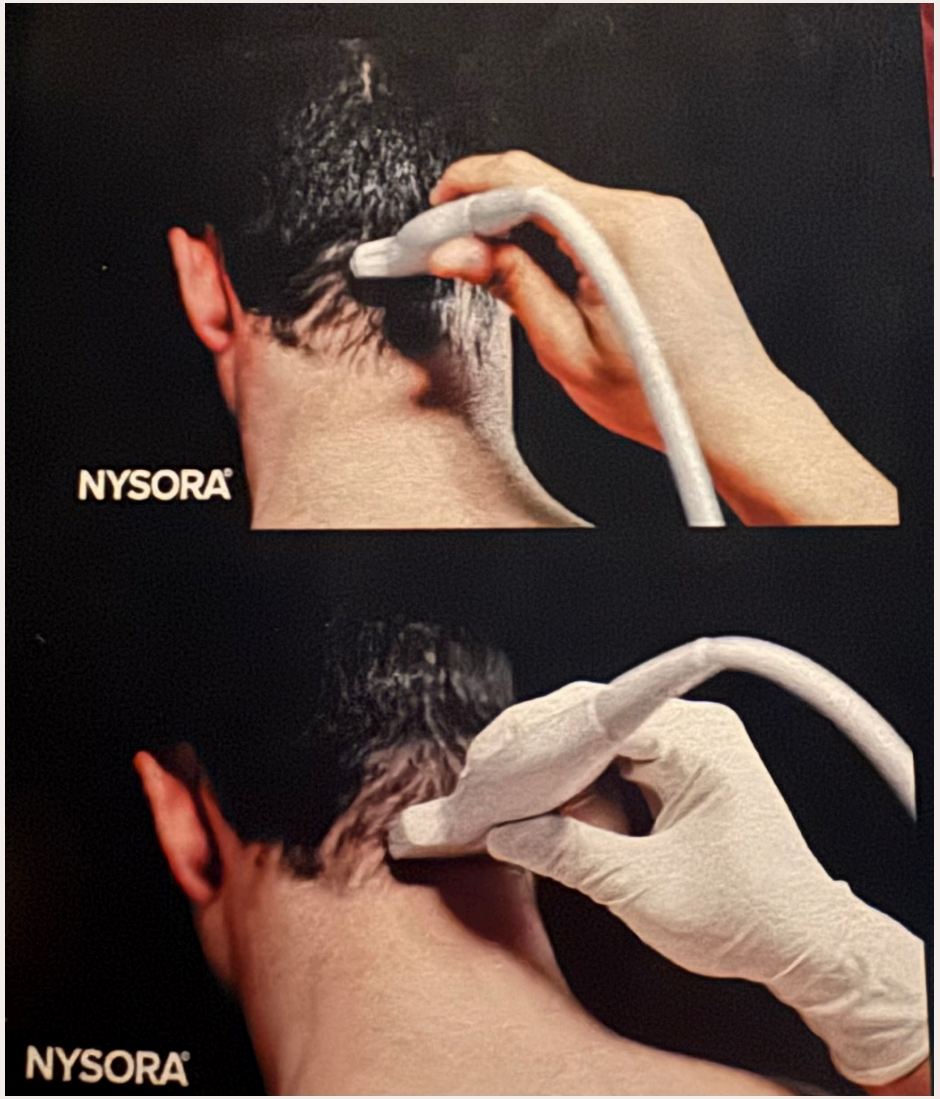
GON

Lateral to medial in-plane trajectory for a greater occipital nerve block



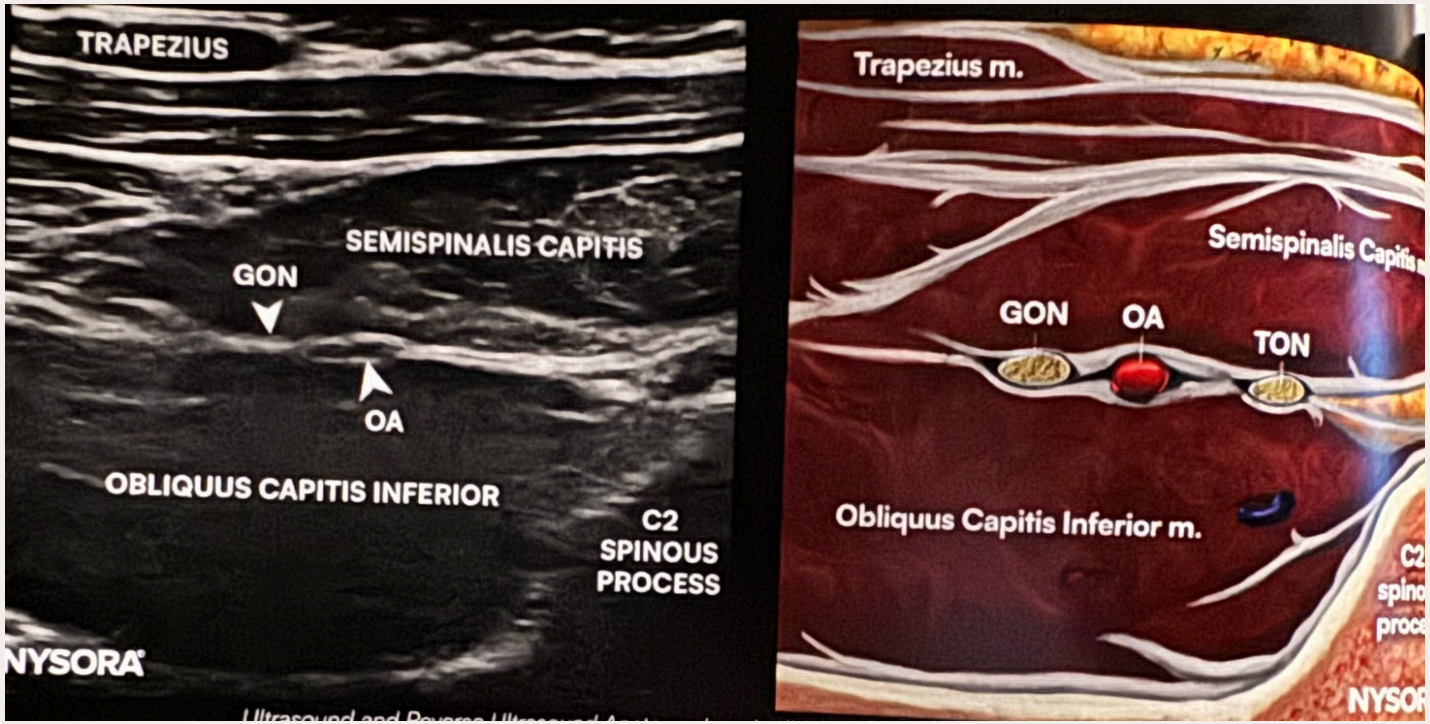
LON

Place the transducer transversely on the external occipital protuberance and slide caudally along the midline until the bifid spinous process of C2 is observed



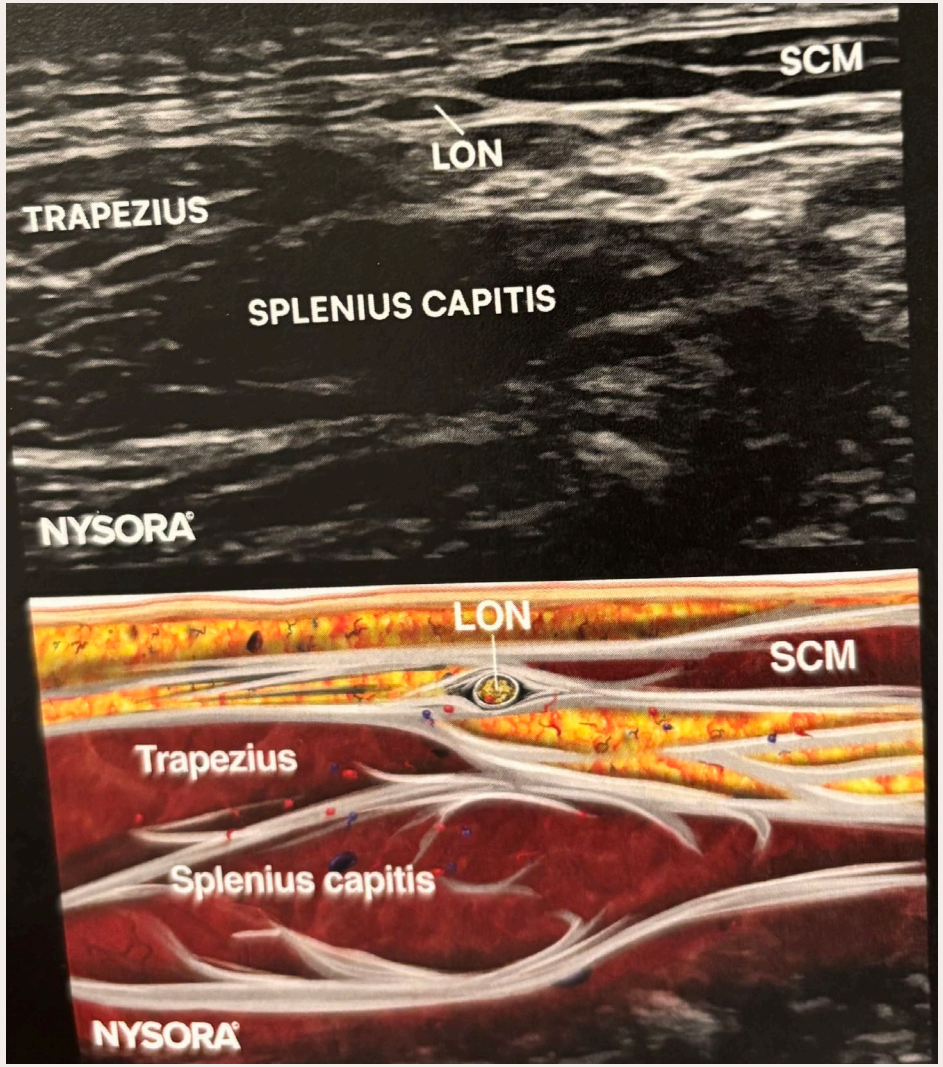
LON

At the level of C2, rotate the lateral end of the transducer to obtain a longitudinal view of OCIM



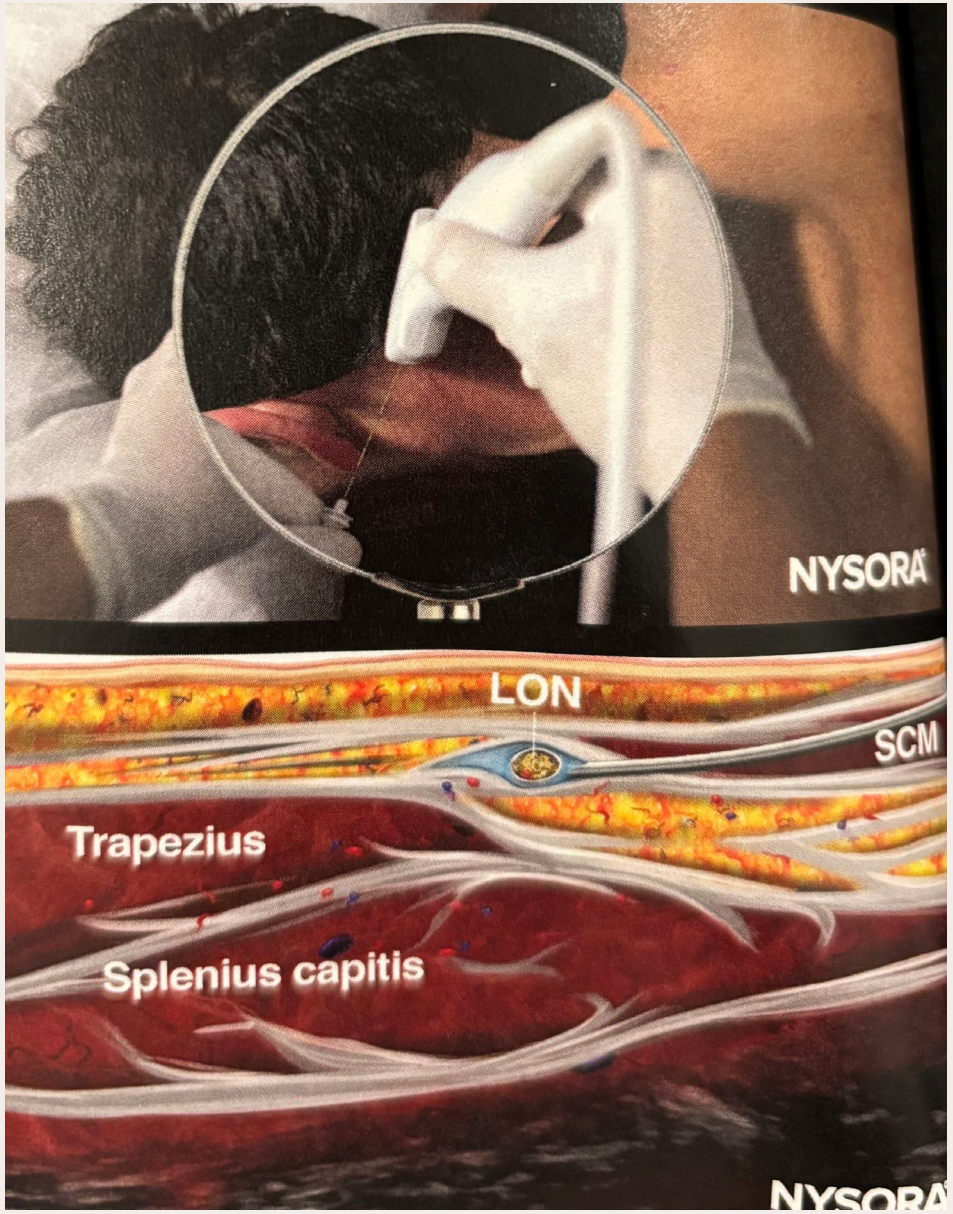
LON

Slide the transducer superiorly and laterally until SCM is visualized.



LON

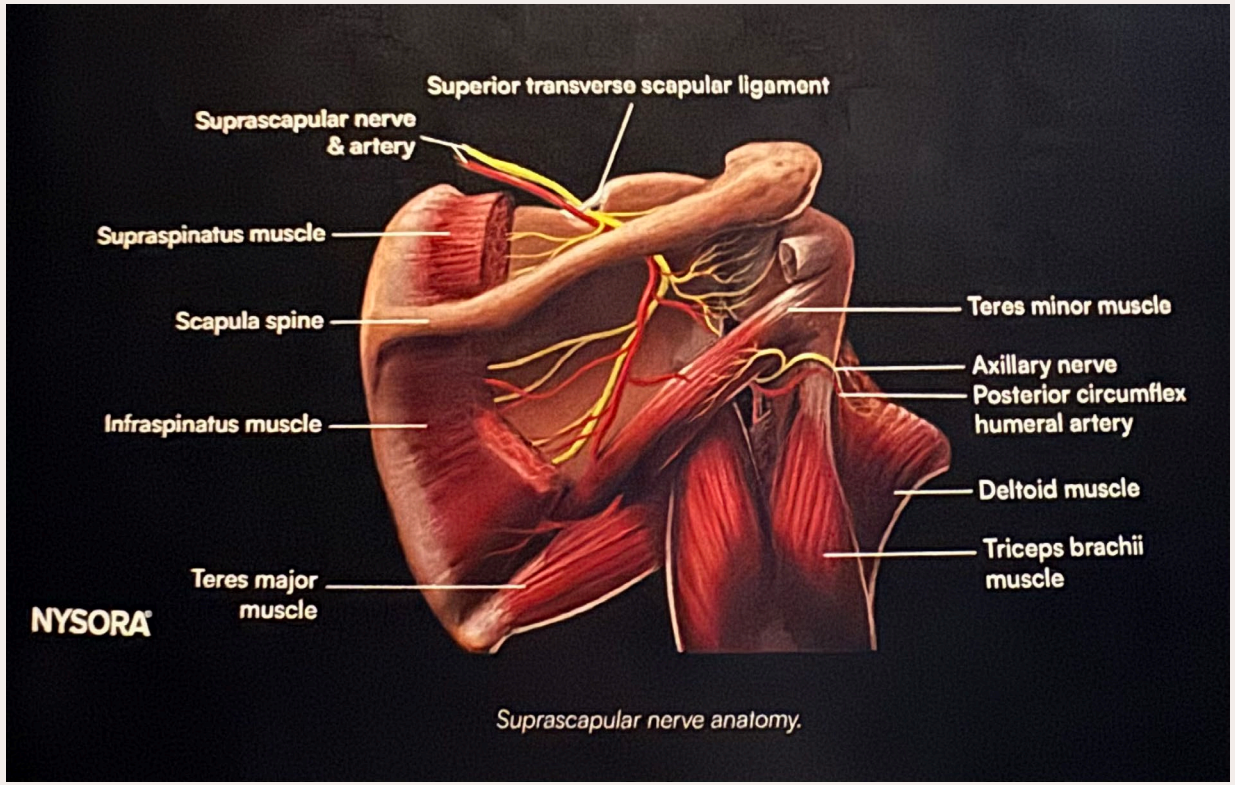
In place injection (as shown)



Suprascapular nerve block

Indications:

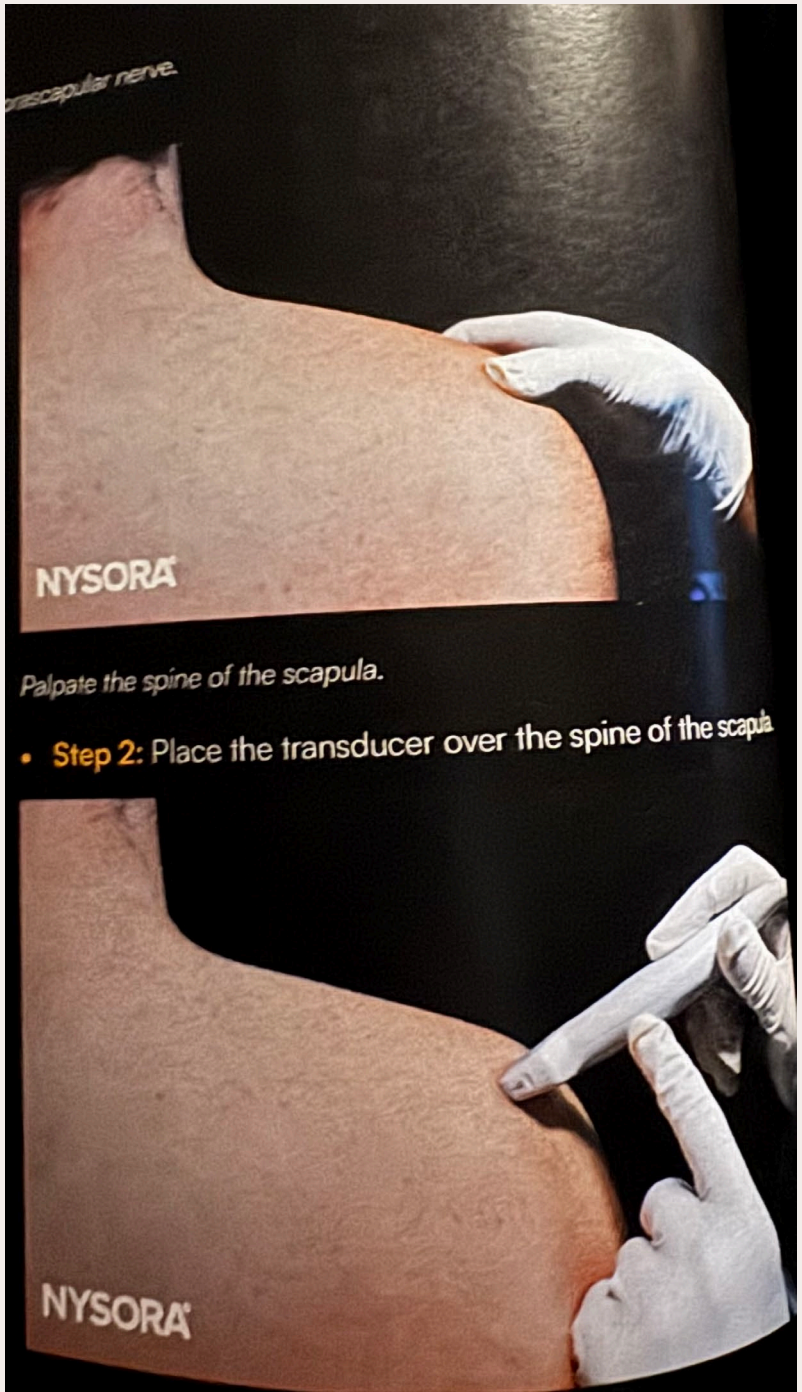
- Adhesive capsulitis
- Rotator cuff tear
- Degenerative or inflammatory arthritis
- Chronic post surgical pain
- Postoperative analgesia



Suprascapular nerve block

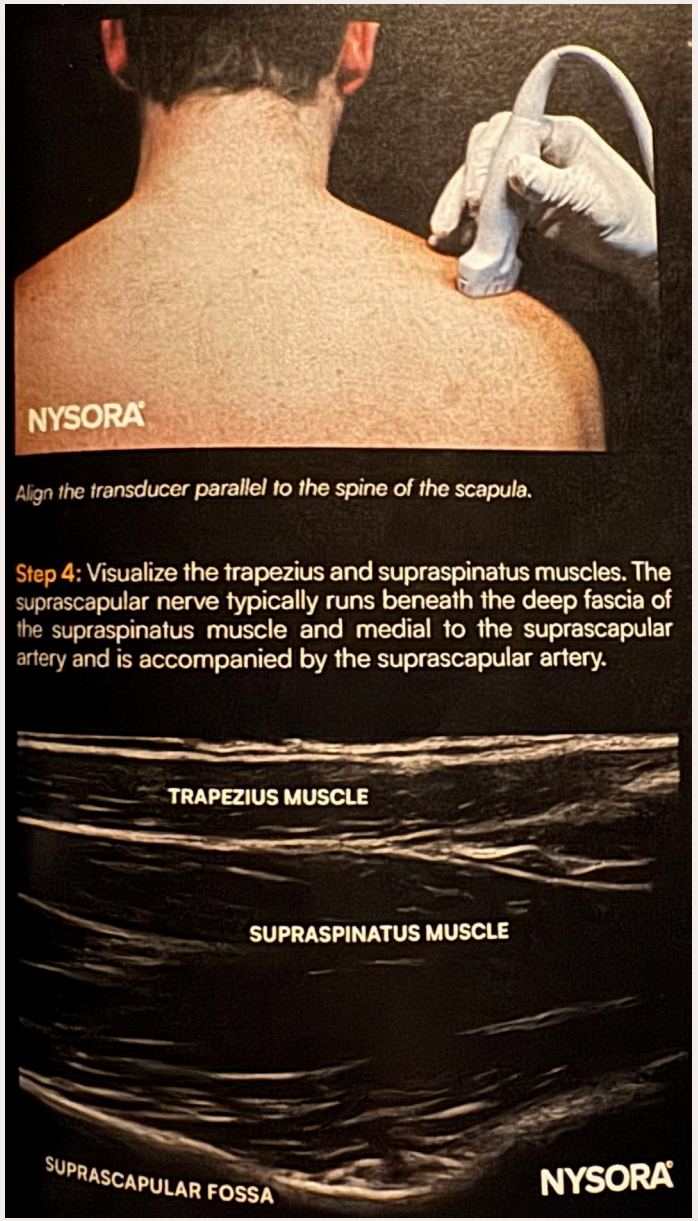
Palpate the spine of the scapula

Place the transducer over the spine of the scapula



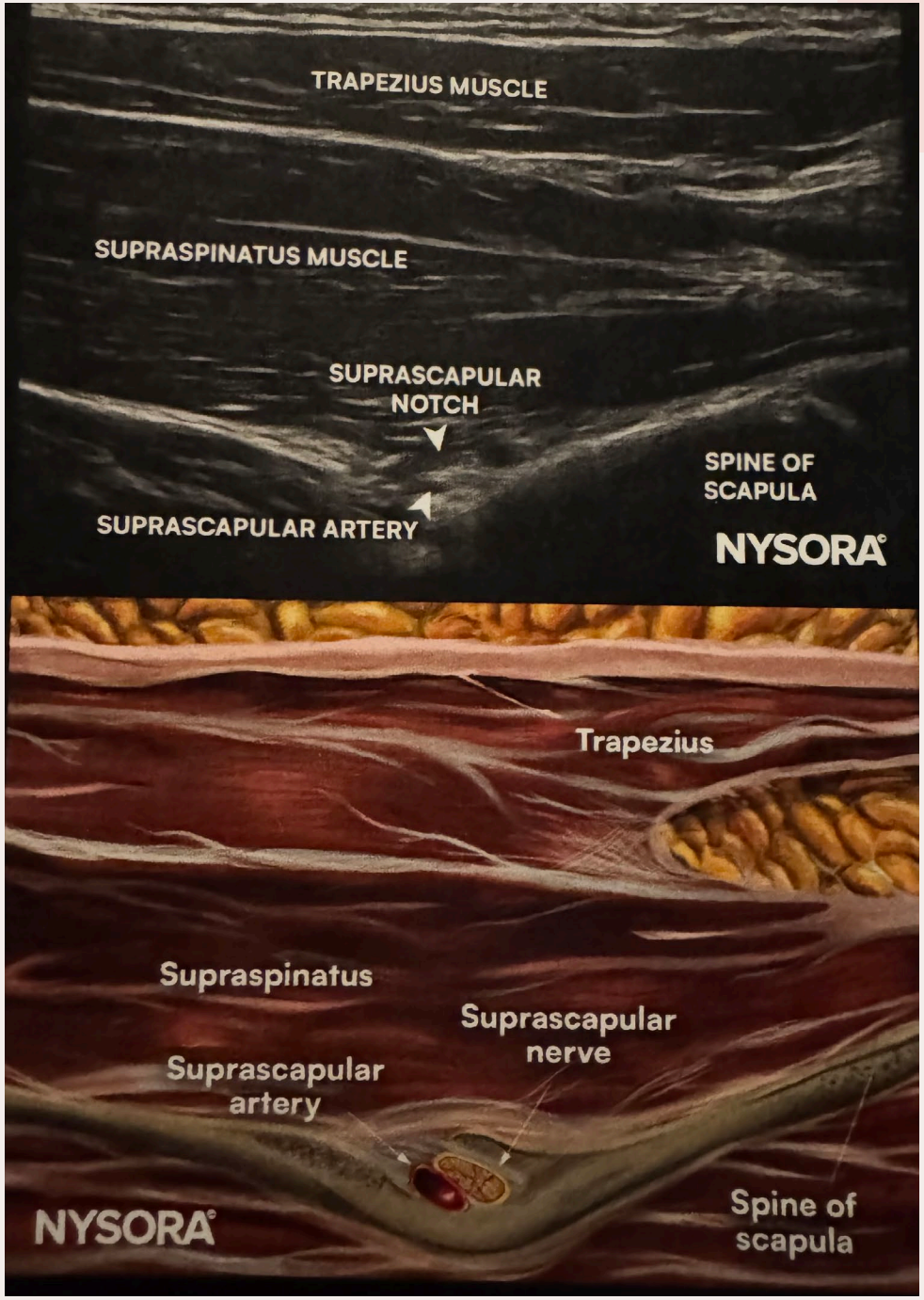
Suprascapular nerve block

Move the transducer cephalad to align it parallel to the spine of the scapula for optimal identification of the suprascapular fossa



Suprascapular nerve block

The suprascapular nerve typically runs beneath the deep fascia of the supraspinatus muscle and medial to the suprascapular artery



Complications

Infection

Bleeding

Allergic reaction

Nerve damage