

Ultrasound-Guided Regional Anesthesia Boutique Workshop

31st October–01st November 2026. NYSORA Academy. New York, USA

All modules include demonstrations and scanning practice on live models

Upper Extremity & Truncal Blocks: Indications and Decision-Making

Day 1

07:30–08:00 Registration & Light Breakfast

08:00–08:45 Introduction: How to Make the Most of This Course

- ▶ What We Will Teach
- ▶ Practice on Simulators During Breaks
- ▶ How to Transpose Techniques into Your Daily Practice: High Yield/Periop Management

08:45–10:00 **MODULE 1: Shoulder & Proximal Humerus**

- ▶ Interscalene Block: When and How
- ▶ Patient Selection Pearls (OSA, COPD, Outpatient Shoulder Surgery)
- ▶ Diaphragm-Sparing Strategies To Reduce Phrenic Nerve Involvement:
 - ▶ Selective Shoulder Strategies
 - ▶ Superior Trunk Block: Current Trends in Shoulder Analgesia
 - ▶ Suprascapular and Axillary Nerve Blocks

10:00–10:15 Coffee Break & Simulation Training

10:15–11:15 **MODULE 2: Clavicle & Upper Arm**

- ▶ Understanding “Clavicle Coverage” Concepts
- ▶ Cervical Plexus Block and PEC I (Interpectoral) Block for Clavicle Analgesia
- ▶ Clavipectoral Fascial Plane Block
- ▶ Supraclavicular Block
- ▶ Infraclavicular Block
- ▶ Decision-Making: Supraclavicular Vs Infraclavicular—When and Why

11:15–12:15 **MODULE 3: Upper Extremity (Elbow, Forearm & Hand)**

- ▶ Axillary Brachial Plexus Block: A High-Yield Workhorse
- ▶ Three Essential Distal Forearm Blocks (Median, Ulnar, Radial)
 - ▶ When: Clinical Indications
 - ▶ Where: Optimal Forearm Block Levels

12:15–13:00 Lunch Break & Simulation Training

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- 13:00-14:00 **MODULE 4: Truncal Fascial Plane Blocks**
Core Set Every Clinician Should Know
- ▶ PECS Blocks (Interpectoral and Pecto-Serratus)
 - ▶ Serratus Anterior Plane (SAP) Block
 - ▶ TAP Block: Lateral Vs Subcostal vs Posterior Approaches
 - ▶ Quadratus Lumborum (QL) Block — Type I

- 14:00-14:45 **LECTURE**
- ▶ Preventing Complications of Nerve Blocks
 - ▶ Adjuvants: Controversies and Practical Tips
 - ▶ Infectious Precautions: Sterility and Probe Covers

14:45-15:15 **Q&A Panel Discussion**

15:15-15:30 **Coffee Break & Simulation Training**

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- 15:30-16:00 **Scanning Practice: Consolidation and Repetition**
- ▶ Recap: What We Have Learned and Take-Home Messages
 - ▶ What We Will Learn Tomorrow (Program For The Next Day)

All modules include demonstrations and scanning practice on live models

Lower Extremity, Neuraxial, Paraspinal Blocks, & Complications Prevention

Day 2

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- 07:30-08:00 **Registration & Light Breakfast (Simulation Training)**
- 08:00-08:30 **Review of Day 1: What We Learned — TIPS & Q&A**
- 08:30-09:30 **MODULE 5: Lumbar Paraspinal & Posterior Wall Blocks**
- ▶ Neuraxial Ultrasound Scanning: Landmarks and Why It Matters
 - ▶ Four Critical Ultrasound Findings:
 - ▶ Midline Identification
 - ▶ Spinal Level Determination
 - ▶ Estimated Depth To Epidural/Intrathecal Space
 - ▶ Best Interspace For Access
 - ▶ Erector Spinae Plane (ESP) Block

09:30-09:45 **Coffee Break & Simulation Training**

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09:45-10:30	LECTURE ▶ Perioperative Management of Nerve Blocks for Success: Premeds/Intraop/Multimodal ▶ When Not To Perform Nerve Blocks ▶ Prevention and Management of Local Anesthetic Systemic Toxicity (LAST)
10:30-12:00	MODULE 6: Lower Extremity — Hip & Knee Pathways ▶ Femoral Nerve Block ▶ Fascia Iliaca Block: Infrainguinal vs Suprainguinal ▶ PENG Block: When, Why, And How ▶ When And Why: Femoral vs Fascia Iliaca vs PENG Blocks For Hip
12:00-12:30	Lunch Break & Simulation Training
12:30-13:15	Lower Extremity: Knee, Foot & Ankle ▶ Femoral Triangle vs Adductor Canal Block: The Truth Is In The Middle ▶ IPACK and Genicular Nerve Concepts for Knee Analgesia ▶ Ankle Block: ▶ Tibial ▶ Deep And Superficial Peroneal ▶ Saphenous ▶ Sural Nerves
13:15-14:30	MODULE 7 REVIEW: More Scanning Top-Down
14:30-14:45	Final Review & Q&A ▶ What We Have Learned ▶ Key Take-Home Messages ▶ Must-Have Equipment, Documentation, and Sterility Principles ▶ How to Safely Implement and Continue Developing These Techniques in Your Practice