

Rectus Sheath Block Quick Guide

Any patient. Anywhere. Anytime.

Information contained in this document is meant for quick reference and a supplement to formal ultrasound experience, education or training.



Rectus Sheath Block

Objective

Injection of local anesthetic deep to the Rectus Muscle and superficial to the Transversalis Fascia. The Rectus Block targets the 9th, 10th and 11th intercostal nerves traversing the anterior abdominal wall.

Technique:

- Begin by placing the transducer immediately subcostal, transverse and midline on the abdominal wall to identify the Linea Alba and the Rectus Muscles bilaterally.
- Move the transducer lateral to the center of a Rectus Muscle.
- The Anterior Rectus Sheath, Rectus Muscle, Transversalis Fascia and Peritoneum are easily identified by ultrasound.
- Use an in-plane medial to lateral approach. The block needle is inserted until it rests just superficial to the Transversalis Fascia and deep to the Rectus Muscle.
- The injection should spread medial and lateral, deep to the Rectus Muscle and superficial to the Transversalis Fascia.

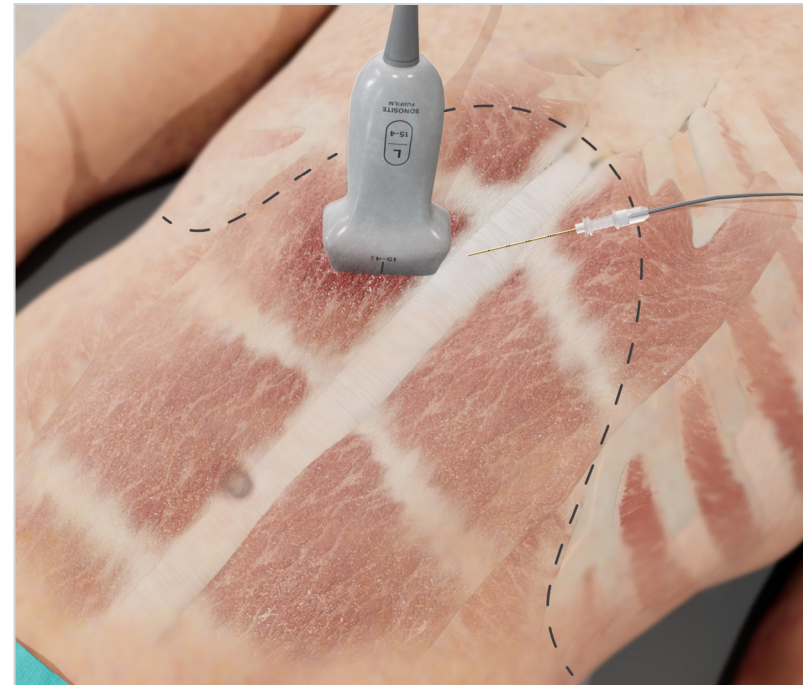


FIG. 1: Linea Alba and the Rectus Muscles and Transducer Location

Clinical Pearls

Patient Positioning:

Supine

Transducer:

L12-3, L15-4

Teaching Points:

- The Rectus Block provides analgesia to the anterior abdominal wall.
- The Rectus Block provides only somatic analgesia. It does not provide visceral analgesia.
- The Rectus Block will provide analgesia for umbilical hernia repair and or open midline abdominal wall incisions.
- The Rectus Block may be performed with the TAP Block to maximize coverage of the abdominal wall.

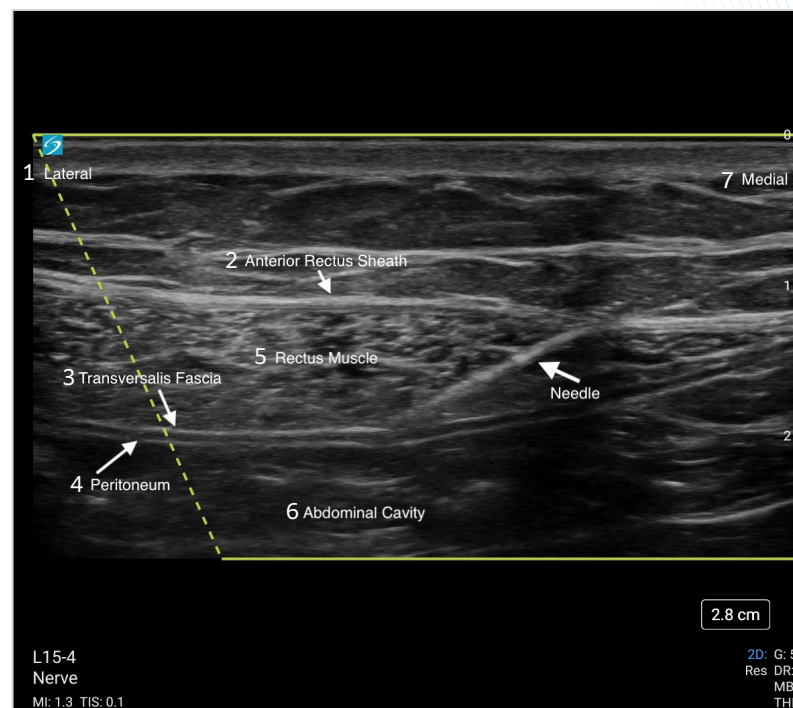


FIG. 2

- | | |
|---------------------------|---------------------|
| 1. Lateral | 5. Rectus Muscle |
| 2. Anterior Rectus Sheath | 6. Abdominal Cavity |
| 3. Transversalis Fascia | 7. Medial |
| 4. Peritoneum | |

Any patient. Anywhere. Anytime.

FUJIFILM Sonosite, Inc.

Worldwide Headquarters

21919 30th Drive SE, Bothell, WA 98021-3904

Tel: +1 (425) 951 1200 or +1 (877) 657 8050

Fax: +1 (425) 951 6800

sonosite.com

This material is intended for healthcare professionals and not for patients or consumers. The information in this material is provided for general educational purposes, as a convenient quick reference and a supplement to professional experience, education and training, and should not be considered the exclusive source for this type of information. This material does not replace or supersede device labeling, including instructions for use, which accompanies any FUJIFILM Sonosite product. At all times, it is the professional responsibility of the practitioner to exercise independent clinical judgment in each particular situation. FUJIFILM assumes no responsibility or liability for any misuse of this material. FUJIFILM Sonosite would like to thank Dr. Daniel G. Malone, MD, RMSK, FACR for his contributions to this program.

SONOSITE and the SONOSITE logo are registered and unregistered trademarks of FUJIFILM Sonosite, Inc. in various jurisdictions. FUJIFILM is a registered trademark of FUJIFILM Corporation in various jurisdictions. All other trademarks are the property of their respective owners.

Copyright © 2025 FUJIFILM Sonosite, Inc. All rights reserved. Subject to change.