

LEVEL II MUSCLE CHART

HIP REGION II: NB: Needle length varies with tissue depth, this chart acts as a guide only.

Muscle/ Innervation	Positioning	Needle Size Gauge(width) Length (mm)	Angle of Needle	Comments	Signed Off
Obturator Internus	Prone/ side lying	.25-.30mm 25-60mm			
Piriformis (sacral plexus,L5 S1,S2, S3)	Prone/ side lying	.25-.35mm 40-110mm		Sciatic nerve runs 1/3 way between the ischial tuberosity and the greater trochanter	
Pectineus	Prone/ side lying	.25-.35mm 40-110mm			
Iliopsoas	Prone/ side lying	.25-.35mm 40-75mm			
Psoas (optional)	Supine Side lying	.25-.30mm 30-60mm			

CERVICAL SPINE II

Muscle/ Innervation	Positioning	Needle Size Gauge(width) Length (mm)	Angle of Needle	Comments	Signed Off
Sternocleidomastoid					
Inferior Obliquus Capitus					
Scalenes Ant/Middle/Post					

FACE / TMJ

Muscle/ Innervation	Positioning	Needle Size Gauge(width) Length (mm)	Angle of Needle	Comments	Signed Off
Temporalis					
Masseter					
Medial Pterygoid					
Lateral Pterygoid					

UPPER EXTREMITY II

Muscle/ Innervation	Positioning	Needle Size Gauge(width) Length (mm)	Angle of Needle	Comments	Signed Off
Pectoralis Minor					
Subclavius					
Subscapularis					
Coracobrachialis					

LOWER EXTREMITY II

Muscle/ Innervation	Positioning	Needle Size Gauge(width) Length (mm)	Angle of Needle	Comments	Signed Off
Popliteous					
Plantaris					
Flexor Digitorum					
Tibialis Posterior					

HAND

Muscle/ Innervation	Positioning	Needle Size Gauge(width) Length (mm)	Angle of Needle	Comments	Signed Off
First Dorsal Interosseous					
2-4 Dorsal Interosseous					
Adductor Pollicis					
Opponens Pollicis					
Abductor Digiti Minimi					
Flexor Digiti Minimi Brevis					
Opponens Digiti Minimi Brevis					

FOOT

Muscle/ Innervation	Positioning	Needle Size Gauge(width) Length (mm)	Angle of Needle	Comments	Signed Off
Extensor Digitorum Brevis					
Extensor Hallucis Brevis					
Dorsal Interosseous					
Abductor Hallucis					
Flexor Digitorum Brevis					
Abductor Digiti Minimi					
Flexor Digiti Minimi					
Quadratus Plantae					
Adductor Hallucis					
Flexor Hallucis Brevis					

THORACIC SPINE

Muscle/ Innervation	Positioning	Needle Size Gauge(width) Length (mm)	Angle of Needle	Comments	Signed Off
Multifidus					
Spinalis					
Longissimus					
Iliocostalis					
Serratus Posterior Superior					
Middle Trapezius					
Lower Trapezius					
Rhomboids					

TRUNK

Muscle/ Innervation	Positioning	Needle Size Gauge(width) Length (mm)	Angle of Needle	Comments	Signed Off
Rectus Abdominus					
Internal Oblique					
External Oblique					

The course of the Vertebral Artery:

After a relatively linear ascent of the vertebral artery in the foramen transversarium of C6-to C3, the artery makes a loop medially towards an anteriorly placed superior articular facet of the C2 vertebra, making a deep groove on its inferior surface. The distance of the artery from the midline of the vertebral body of C2 is approximately 10-15mm. The Vertebral artery loops away from the midline underneath the superior articular facet of the C2.

The vertebral artery takes a loop after its exit from the foramen transversarium of C1 vertebra. It then occupies a vertebral artery groove over the superior surface of the posterior arch of the Atlas. The Vertebral artery remains vulnerable in its location over the lateral aspect of the posterior arch of the Atlas.

