Step 1

Identify anatomic landmarks and sensory Innervation:

1) Medial Malleolus
2) Tibial Artery
3) Posterior Tibial Nerve
Step 2

Position patient accordingly:

1) Hip externally rotated and knee flexed

OR

2) Lateral decubitus with affected side down, exposing medial aspect of the ankle
Step 3

- Linear Probe
- Transverse distal leg
- Slide up the leg to separate nerve from artery (if needed)
- Identify:
  1) Medial Malleolus
  2) Tibial Artery
  3) Posterior Tibial Nerve
Step 4a Out-of-Plane Technique

21-25g needle just in the middle of the probe
Steep angle of entry
Step 4b  In-Plane Technique

21-25g needle entering near the achilles tendon (posterior to probe)
Visualize needle tip
Look for anesthetic spread