References:

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<https://www.ncbi.nlm.nih.gov/books/NBK547730/>

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<https://www.wfsahq.org/components/com_virtual_library/media/af1feee1842cacd2a2713b997013c22f-7ba7b6b528c36495806bfc3928f8ab53-Ultrasound-Guided-Rectus-Sheath-Block--Update-26-2010-.pdf>

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<https://nysoralms.com/courses/erector-spinae-plane-block/lessons/anatomy-20/>

<https://www.asra.com/asra-news/article/39/how-i-do-it-erector-spinae-block-for-rib>

Images:



**TAP block: Shows three layers of the abdomen and where the local anesthetic is deposited**

<https://www.blockjocks.com/tap-quadratus-lumborum-rectus-sheath/videos/1-14-12-ultrasound-guided-tap-block>



**Rectus Sheath transition to the three main abdominal muscles where you perform a TAP**

<https://www.exparel.com/hcp/tap>



Rectus Sheath Anatomy

<https://www.wfsahq.org/components/com_virtual_library/media/af1feee1842cacd2a2713b997013c22f-7ba7b6b528c36495806bfc3928f8ab53-Ultrasound-Guided-Rectus-Sheath-Block--Update-26-2010-.pdf>



Rectus Sheath Block showing were the needle is placed to deposit the local anesthetic

<https://aneskey.com/ultrasound-guided-rectus-sheath-block/>



**Local anesthetic injected between the QL and Psoas muscles**

<http://www.usra.ca/regional-anesthesia/specific-blocks/trunk/tqlblock.php>





<https://nysoralms.com/courses/erector-spinae-plane-block/lessons/technique-17/>