

New Edition Preface

In 2009, Jack Vander Beek self-published the 1st edition of *The Neuraxiom Playbook of Essential Nerve Blocks* by observing regionalists both succeed and struggle using ultrasound-guidance as a tool in performing regional blocks. Using this empirical approach and innate artistic talents, Jack remarkably began documenting and illustrating a compendium of Ultrasound-Guided Regional Anesthesia (USGRA) techniques that have been successfully adopted by a countless number of regionalists over the years. Fast forward a decade, the technological advances and body of knowledge in the field of USGRA have expanded exponentially, necessitating an updated edition to this *Neuraxiom* series of textbooks. With this latest edition, we offer an updated catalog of illustrations done by Jack and a group of new authors possessing an abundance of clinical and academic experience in regional anesthesia. This latest edition was largely written as a clinical reference handbook of USGRA techniques, applying a “best” evidence-based approach in updating the vast amount of knowledge that has been published in USGRA in the last decade.

Without question, almost all regionalists would agree today that ultrasound guidance is an essential tool in the practice of regional anesthesia. Even with some minor contrasting opinions in the literature, the practice of USGRA has led to fewer block complications, quicker procedural times with fewer needle sticks, fewer block failures, and reduced local anesthetics volume requirements used in regional anesthesia. The ability to drive a needle in a 3-dimensional plane in “real” time under ultrasound guidance through readily identifiable sonographic anatomy has been a “game” changer in the field of regional anesthesia. These visual acuity improvements combined with increased access to ultrasound equipment and education has opened the field of USGRA to more regionalists wanting to provide this invaluable service to both their acute and chronic pain population of patients.

Regional anesthesia has been integrated and adapted into many of the enhanced recovery after surgery (ERAS) protocols and is an essential ingredient in lowering postoperative opioids consumption and persistent opioid use, resulting in quicker hospital discharges times and improved rehabilitation recovery for patients undergoing a wide array of surgical procedures. Learning USGRA techniques has been an essential component in meeting many of these ERAS protocols, and this newest *Neuraxiom* edition educates regionalists not only on indications for doing various blocks but how these techniques are integrated into current ERAS protocols

When I first began practicing USGRA techniques nearly a decade ago, I can distinctly remember the personal challenges in transitioning to this new ultrasound technology from a firmly grounded nerve stimulator-based practice. At the time, little information had been published or was even available on the subject of USGRA, which added another layer of difficulty and frustration to this learning endeavor. During this early, formative learning period, I can distinctly remember acquiring a wealth of memorable knowledge from Jack Vander Beek’s *Neuraxiom* website. This website had unique set of teaching tools that included practice examples of anatomically labeled sonographic overlays, exercises on targeting specific local anesthetic distribution points, and detailed artistic anatomic illustrations that vastly reduced the steepness in the learning curve for USGRA. In keeping these “axioms” alive while maintaining the historic *Neuraxiom* tradition, we push forward in writing an updated edition, with the learner in mind, in

putting forth content that is easily digested through the delivery of clear, clinical and practically focused teaching content in USGRA techniques.

This book could not have been written without the tireless efforts of my two co-authors, Jamie Furstein and Christian Falyar. Without their tireless pursuits in this endeavor, attention to detail, and more importantly their substantial experience and knowledge in the field of USGRA, completion of this *Neuraxiom* 3rd edition would have not been possible. We are in fact writing this book in appreciation of Jack's attention to detail on the subject, his valued historical contribution to the field of USGRA, and to update a body of work that has stood the test of time with many of Jack's followers.