**INVERTED L BLOCK**

***Either inject at intervals of about 1-1.5 cm, with lateral diffusion taking the local anaesthetic between the injection sites, or insert a long needle to its full depth and inject the solution steadily as the needle is withdrawn.***

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| Advantages of this Method | Disadvantages of this Method |
| * Easy & effective * The incidence of oedema and haemorrhage is reduced (vs. the Line block) * May be used for recumbent individuals to provide analgesia for a paramedian incision | * Analgesia and muscle relaxation may not be complete * Requires large amounts of anaesthetic * Less efficient as it takes a while to perform |