

# Less pain post TKA with addition of peripheral nerve blocks

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(HealthDay)—Addition of an interspace between the popliteal artery and

capsule of the posterior knee (IPACK) block and adductor canal block (ACB) to periarticular injection (PAI) is associated with less pain after total knee arthroplasty (TKA), according to a study presented at the 2018 World Congress on Regional Anesthesia and Pain Medicine, held from April 19 to 21 in New York City.

David Kim, M.D., from the Hospital for Special Surgery in New York City, and colleagues conducted a double-blind trial involving patients undergoing TKA who were randomized to either a PAI (control; 43 patients) or an IPACK with an ACB and modified PAI injection (intervention; 43 patients).

The researchers found that intervention patients reported lower numeric rating scale [pain scores](#) on ambulation than the control group on postoperative day (POD) one (1.7 versus 5.0; P

"This study strongly supports addition of IPACK block and ACB to a multimodal analgesic pathway," the authors write.

**More information:** [More Information](#)

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