

Wrist Ultrasound: Ganglion Cysts and Ligament Evaluation

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Syllabus PDF

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Disclosures

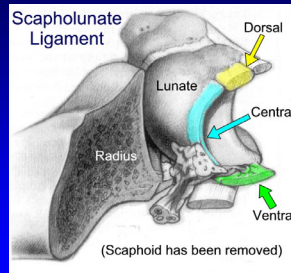
- Consultant: Bioclinica
- Book Royalties: Elsevier
- Not relevant to this lecture

*Note: all images from the textbook
Fundamentals of Musculoskeletal Ultrasound are
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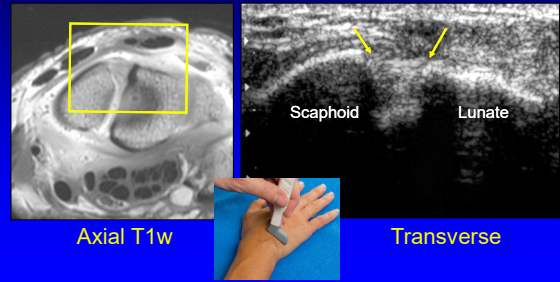
Scapholunate Ligament



From: Linkous MD, et al. Radiology 2000; 216:846

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Dorsal Wrist: scapholunate ligament



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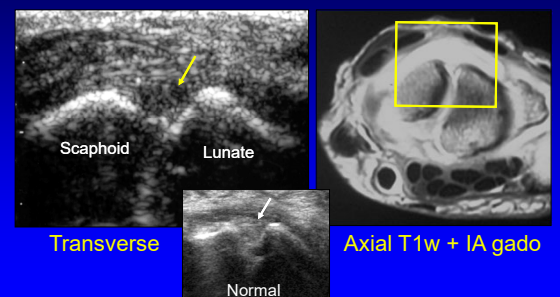
Scapholunate Ligament Tear

- Normal hyperechoic ligament not seen
- Abnormal hypoechogenicity
- Wide scapholunate space
- Dynamic imaging: fist clench

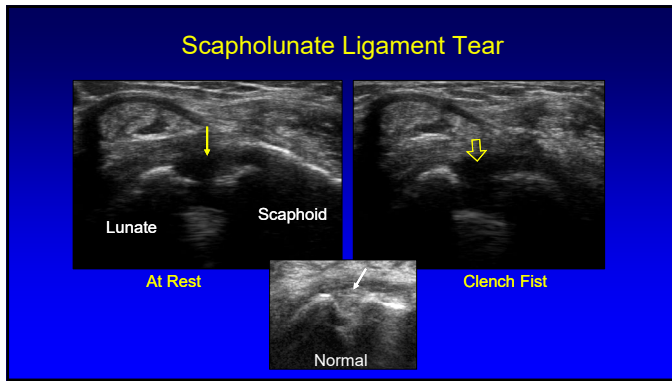
AJR 2002; 179:523

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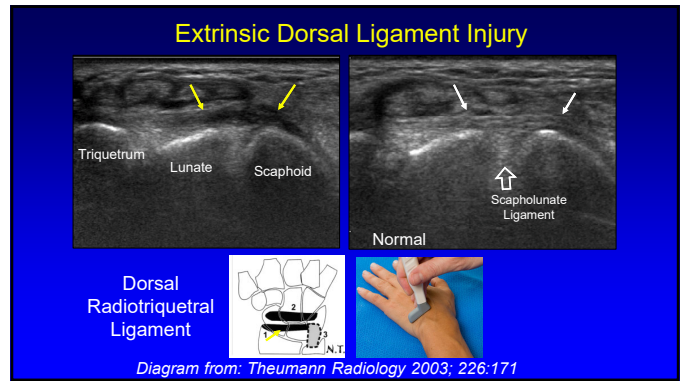
Scapholunate Ligament: tear



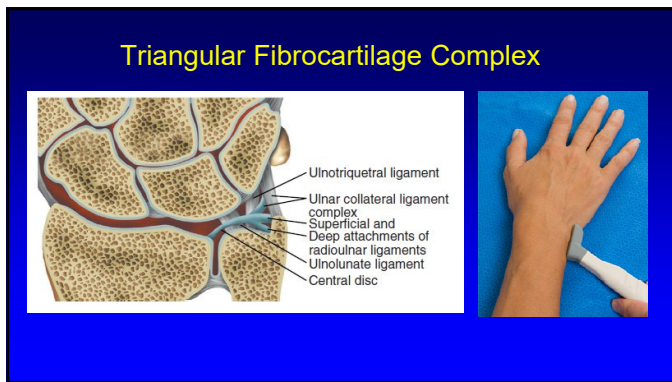
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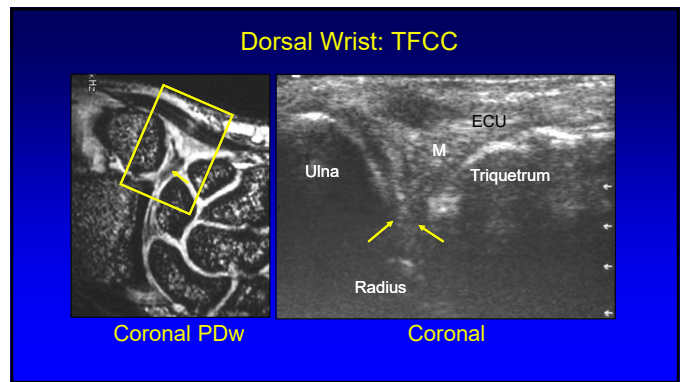
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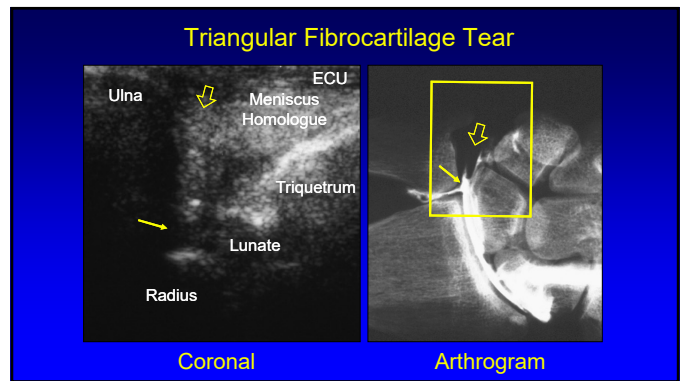
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Triangular Fibrocartilage:

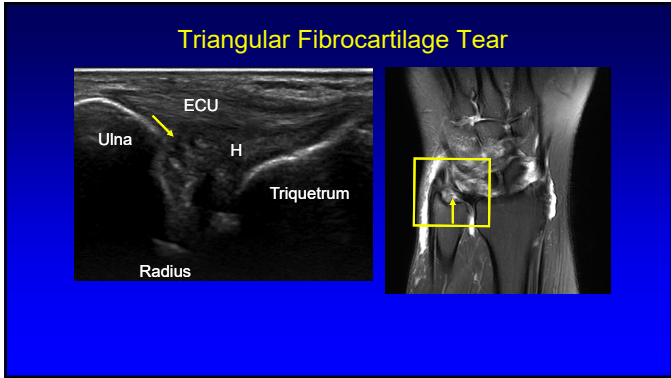
- Normal: hyperechoic, difficult to see
- Abnormal:
 - Abnormal thinning <2.5 mm*
 - Complete absence
 - 68% sensitivity, 85% accuracy

*J Ultrasound Med 1998; 17:41

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Soft Tissue Mass: wrist ganglia

- Most wrist masses are ganglion cysts
- Volar (69%): radial artery & flexor carpi radialis
 - Proximal from radioscapoid joint capsule
- Dorsal: scapholunate ligament
 - Not compressible (unlike joint recess)

Zhang A et al. J Ultrasound Med 2019; 38:2155

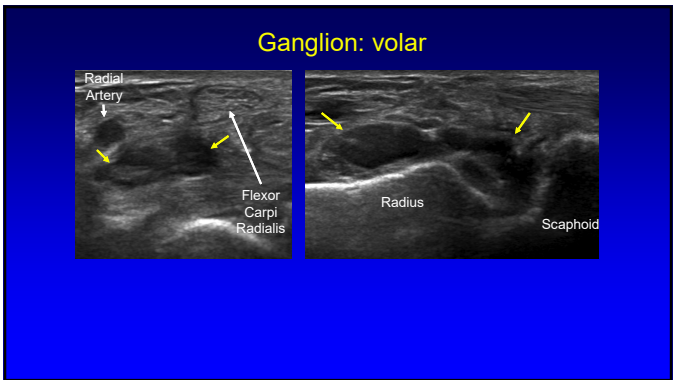
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Soft Tissue Mass: wrist ganglia

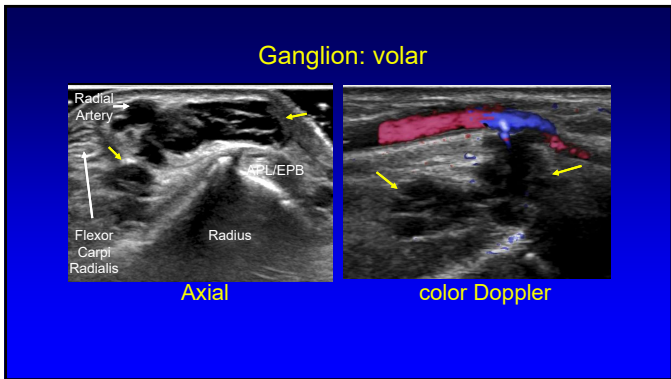
- Anechoic or hypoechoic
- Multilocular (except digits)
- Non-compressible
- Joint or tendon sheath communication
- <10 mm: hypoechoic without posterior acoustic enhancement

*Wang et al. J Ultrasound Med 2007; 26:1323

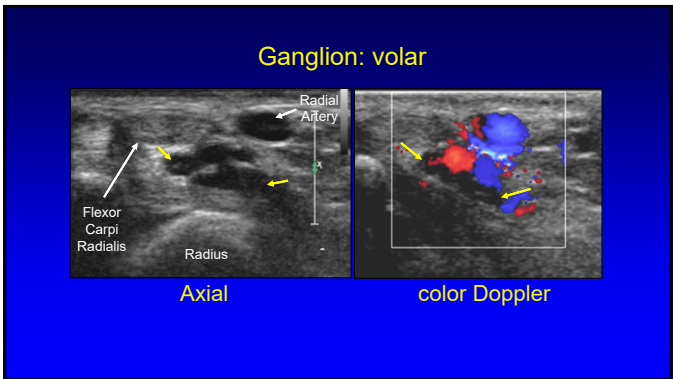
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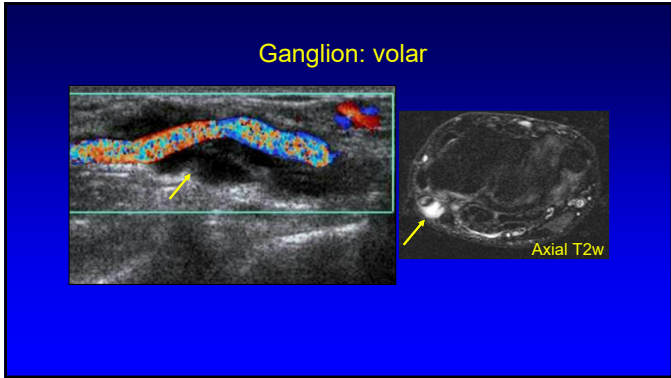
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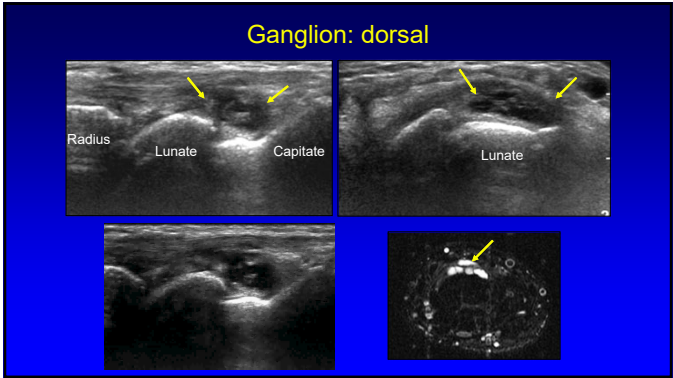
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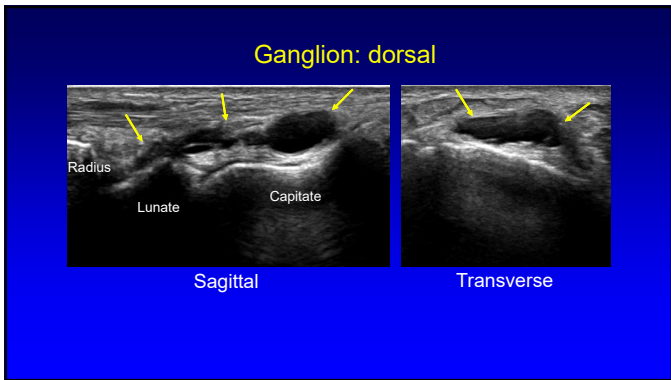
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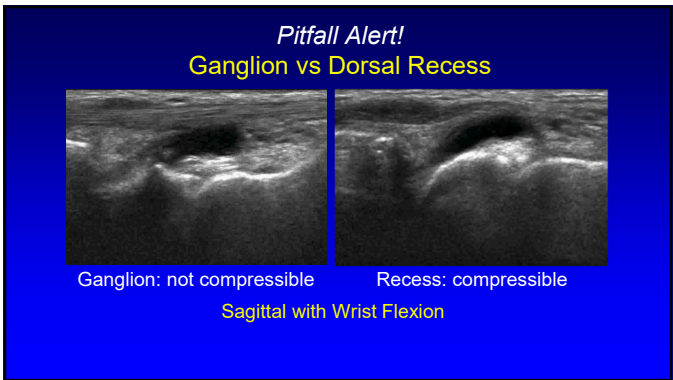
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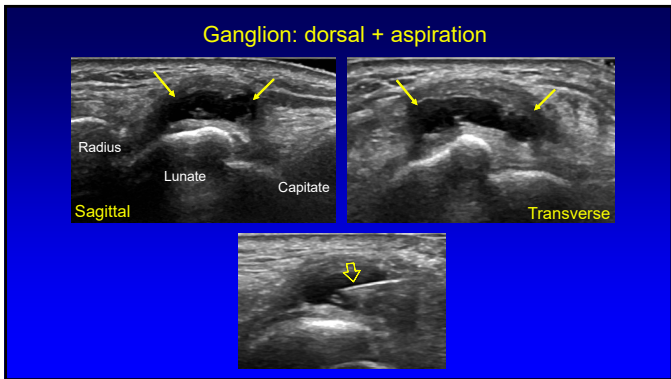
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Thank you!

Syllabus on line and other educational material:
www.jacobsonmskus.com

Twitter handle: @jjacobsn



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