

Common Musculoskeletal Ultrasound Procedures

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Disclosures:

- Consultant: Bioclinica
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- Not relevant to this talk

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Fundamentals of Musculoskeletal Ultrasound are copyrighted
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Outline:

- Joint
- Tendon sheath
- Bursa
- Cyst
- Miscellaneous

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Joint Aspiration and Injection

- Aspiration:
 - Infection, crystal disease
- Injection:
 - Anesthetic: Lidocaine, Ropivacaine
 - Steroids
 - Therapeutic or diagnostic

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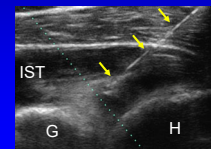
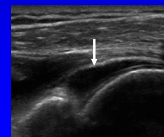
Joint Aspiration and Injection

- Know which joint recesses become distended and which are accessible
- For joint access:
 - Aim for joint fluid seen at ultrasound
 - Aim for specific joint recess
 - If no recess, aim for joint space

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Glenohumeral Joint

- Posterior joint recess
 - In plane
 - Transducer: axial
 - Lateral to medial
 - Most reliable site*


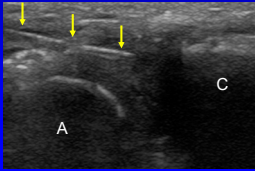


Eur Radiol 2011; 21:1858

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Acromioclavicular Joint


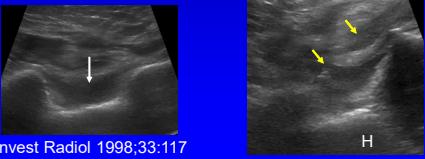
- In plane
- Transducer: coronal
- Lateral to medial

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Elbow Joint

- Olecranon recess
- Elbow flexed
- In plane
- Lateral to medial


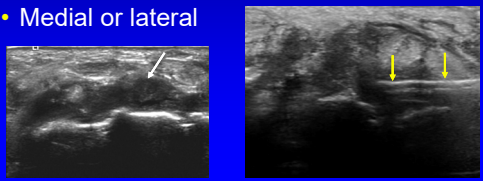



Invest Radiol 1998;33:117

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Wrist Joints

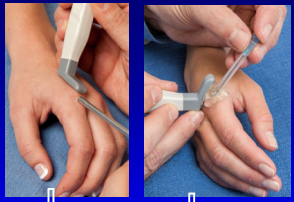
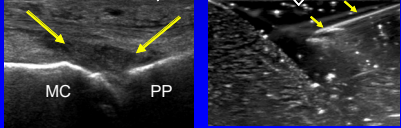
- Dorsal recesses
- In plane
- Transducer: axial
- Medial or lateral

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MCP Joints


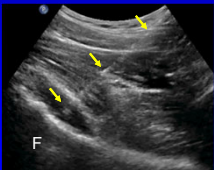
- Dorsal recesses
- In plane
- Parasagittal or transverse
- Sterile gel stand off

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Joint injection

- Anterior recess
- In plane
- Transducer:
 - Parallel to femoral neck
 - Consider curvilinear
- Needle: distal to proximal
- 97% accuracy¹


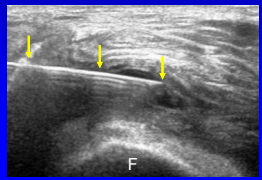



¹Smith J. J Ultrasound Med 2009; 28:329

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Knee Joint



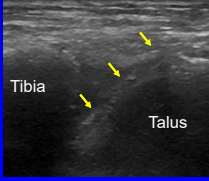
- Suprapatellar recess or medial/lateral recesses
- In plane
- Transducer: axial
- Needle: lateral to medial

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Ankle Joint



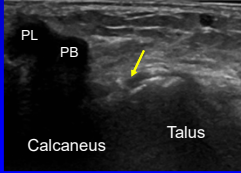
- Anterior joint recess
- In plane
- Transducer: sagittal
- Needle: inferior to superior

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Posterior Subtalar Joint



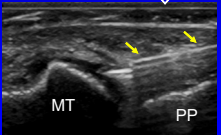
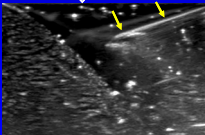
- Lateral joint recess
- Out of plane
- Transducer: coronal
- Place roll: varus
- Avoid: peroneal tendons

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MTP Joints

- Dorsal recesses
- In plane
- Parasagittal or transverse
- Sterile gel stand off

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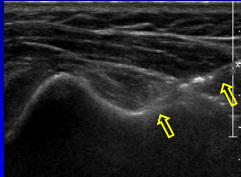
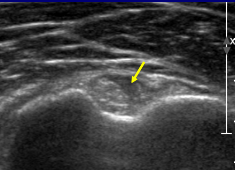
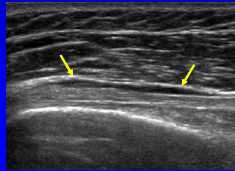

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Tendon Sheath

- Aspiration:
 - Infection, crystal disease
- Injection:
 - Anesthetic: Lidocaine, Ropivacaine
 - Steroids
 - Therapeutic or diagnostic

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Biceps Tendon Sheath Injection

*Injection should surround tendon

*Confirm post-injection in short and long axis

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De Quervain Tenosynovitis

- Inject short axis: dorsal
- Between EPB & radius
- Possible septation
- Inject around abnormal tendons
- Avoid superficial branch of radial nerve

Bing J-H, et al. Skeletal Radiol 2018; 47:1483

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A1 Pulley Injection

- In or out of plane
- 10 mg triamcinolone, 2% lidocaine
- 90% success rate: 1 year

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Bursa

- Aspiration:
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- Injection:
 - Steroids
 - Therapeutic

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Subacromial-subdeltoid: injection

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Iliopsoas Bursa

- Oblique-axial plane:
 - Superior to femoral head
 - Lateral to medial
 - Inject between tendon, ilium
- Pain relief = successful iliopsoas surgical release²

¹Dauffenbach J et al. J Ultrasound Med 2014; 33:405

²Blankenbaker DG. Skeletal Radiol 2008; 35: 565

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Trochanteric Region Bursae

Subgluteus Medius Bursa
Trochanteric Bursa
Subgluteus Minimus Bursa

LF
PF

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Baker Cyst

- Aspiration
 - Inferior to superior
 - Medial to lateral
- Aspirate joint effusion first if present
- Steroid injection
 - Baker cyst injection works better than intra-articular injection!

Banidelli F, et al. Clin Rheum 2012; 31:727

Inferior to superior

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Pes Anserinus

- Pes anserinus: “goose foot”
 - Sartorius
 - Gracilis
 - Semitendinosus
- Bursa:
 - Deep to tendons
 - Superficial to MCL

S G T

Radiology 1995; 194:525

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Retrocalcaneal Bursa

- Injection
 - Medial to lateral
 - Short axis to Achilles
- Needle perpendicular to ultrasound beam

Ach

Post steroid injection

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Outline:

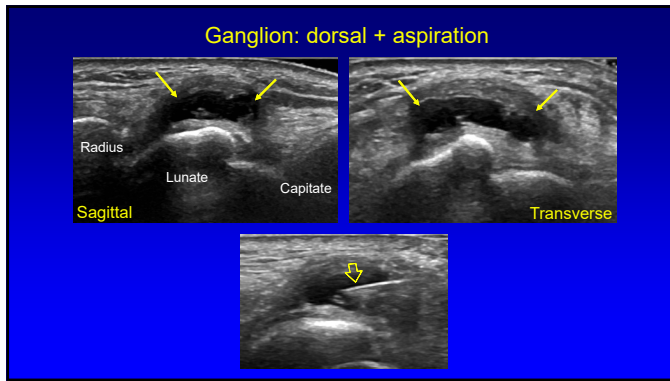
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Cyst Aspiration

- Ganglion:
 - Large bore needle
 - Wrist, knee: lobular, anechoic or hypoechoic
- Other cysts:
 - Paralabral cysts: shoulder and hip labrum
 - Parameniscal cysts

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Morton Neuroma

- Steroid injection¹
 - 3 month: pain relief
- Alcohol injection²
 - Symptoms return at 5 yrs
- Radiofrequency ablation³
 - 85% effective at 6 months

¹Thomson CE JBJS 2014; 96A:334
²Gurdezi S Foot Ank Int 2013; 34:1064
³Chuter GSJ Skeletal Radiol 2013; 42:107

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Carpal Tunnel Injection

- Axial plane: ulnar to radial
- Sterile gel stand-off
- Begin over ulnar nerve and stay superficial
- Inject adjacent to median nerve
- Cross-sectional area may decrease within 1 week after steroid injection¹

¹Cartwright MS et al. Muscle Nerve 2011; 44:25.

From: Smith J. et al. JUM 2008; 27:1485

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Take Home Points:

- Joint:
 - Aim for recess
- Bursa:
 - Know anatomic locations
- Cyst:
 - Fenestrate neck

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

Twitter handle: @jjacobsn

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