
Appendix: Musculoskeletal Ultrasound Checklist

This is a general guide to assist you when scanning structures for each joint. The checklist was created using data from *Fundamentals of Musculoskeletal Ultrasound*, by Jon A. Jacobson, and from information found on the European Society of Musculoskeletal Radiology website (<http://www.essr.org>).

Shoulder Checklist

- Long head biceps
- Humeral head
- Subscapularis
- Supraspinatus
- Infraspinatus
- Teres minor
- Acromioclavicular joint
- Dynamic testing of subacromial impingement
- Glenohumeral joint
- Spinoglenoid notch

Elbow Checklist

- Anterior
 - Bicep tendon insertion
 - Anterior joint recess
 - Brachialis
 - Humeroulnar joint
 - Pronator teres
 - Nerves: median, radial
 - Brachial artery
- Posterior
 - Triceps
 - Olecranon
 - Cubital tunnel and ulnar nerve
 - Dynamic instability test
- Medial
 - Common flexor tendons
 - Ulnar nerve

- Dynamic stress test
- Ulnar collateral ligament
 - Dynamic stress test
 - Lateral
- Radiocapitellar joint
- Lateral epicondyle
- Brachioradialis
- Common extensor tendons
 - Extensor carpi radialis

Wrist Checklist

- First dorsal (extensor tendon) compartment (APL, EPB)
- Second dorsal compartment (ECRL, ECRB)
- Third dorsal compartment (EPL)
- Fourth dorsal compartment (EDs)
- Fifth dorsal compartment (EDM)
- Sixth dorsal compartment (ECU)
- Radial artery
- Radial nerve
- Dorsal radioulnar joint
- Scapholunate ligament
 - Dynamic test
- Flexor carpi radialis
- Flexor carpi ulnaris
- Flexor retinaculum
- Carpal tunnel
 - FDS, FDP, FPL
 - Median nerve
- Guyon's canal (ulnar nerve and artery)
- Triangular fibrocartilage

Finger Checklist

- MP joint
- PIP joint
- DIP joint

- Flexor tendon
- A1, A2 pulleys
- Extensor hood
- Thumb
 - First MCP
 - IP
 - UCL
 - A1 pulley

Hip/Groin Checklist

- Anterior hip joint
- Femoral head
- Femoral neck
- Acetabular labrum
- Iliopsoas tendon
- Anterior joint recess
- ASIS
- AIIS
- Femoral neurovascular bundle
- Symphysis pubis
- Rectus abdominis
- Common adductor tendon
 - Adductor magnus
 - Adductor longus
 - Adductor brevis
- Rectus femoris
- Sartorius
- Greater trochanter
- Gluteus: medius, minimus, maximus
- Tensor fascia lata
- Iliotibial band
- Sciatic nerve
- Ischial tuberosity
 - Hamstring origin

Knee Checklist

- Quad tendon
- Suprapatellar recess
- Patellar tendon
- Prepatellar bursa

- Infrapatellar bursae: infra- and suprapatellar
- Hoffman's fat pad
- Patellar retinaculæ: medial and lateral
- Femoral trochlea
- Medial collateral ligament (MCL)
- Medial meniscus
- Pes anserine
- Iliotibial band
- Lateral collateral ligament (LCL)
- Lateral meniscus
- Semimembranosus tendon
- Popliteal space
- Popliteus
- Medial and lateral gastrocnemius
- Bicep femoris
- Fibular head
- Common peroneal nerve

Ankle Checklist

- Anterior joint recess
- Extensors: hallucis longus, digitorum longus
- Tibialis anterior
- Arteries: anterior tibial, dorsalis pedis
- Anterior talofibular ligament
- Calcaneo-fibular ligament
- Peroneal tendons
- Flexors: hallucis longus, digitorum longus
- Posterior tibialis
- Tarsal tunnel
- Tibial nerve
- Sural nerve
- Achilles tendon
- Retrocalcaneal bursa

Foot and Toes Checklist

- Plantar fascia
- MTP joint
- IP joints
- Interdigital nerve

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