

# Musculoskeletal Ultrasound

### Shoulder

**Rotator cuff** – bursitis (subacromial/subdeltoid), tendinosis, tears (muscles, tendons, coracoacromial ligament; posterior labrum), calcification, impingement.  
**AC joint** – effusion, degenerative change, instability.  
**Biceps** – tenosynovitis, tendinosis, muscle/tendon tears, subluxation/dislocation out of bicipital groove.

### Elbow

Joint effusions, synovial thickening, loose bodies.  
**Tears** – muscles, tendons (e.g. biceps, triceps or common extensor), ligaments. Bursitis (e.g. olecranon). Nerve abnormalities (e.g. ulnar, median, radial and posterior interosseous branch).

### Hand/Wrist

Joint effusions, synovial thickening. Ganglia and tenosynovitis.  
**Tears** – muscles, tendons, ligaments (e.g. scapholunate), triangular fibrocartilage. Intersection or cross-over syndrome (e.g. 1st over 2nd or 3rd over 2nd extensor compartments). Carpal tunnel syndrome. Nerve abnormalities (e.g. ulnar, median, radial).

### Ankle

Joint effusions, synovial thickening. Ganglia and tenosynovitis.  
**Tears** – muscle, tendons (e.g. tibialis posterior, peroneal, Achilles), ligaments. Tarsal tunnel syndrome.

### Thoracic Outlet

Cervical ribs Compression of nerves and/or major vessels.

### Forearm

Nerve entrapment, muscle/tendon tears, and inflammation.

### Hip/Groin/Buttocks

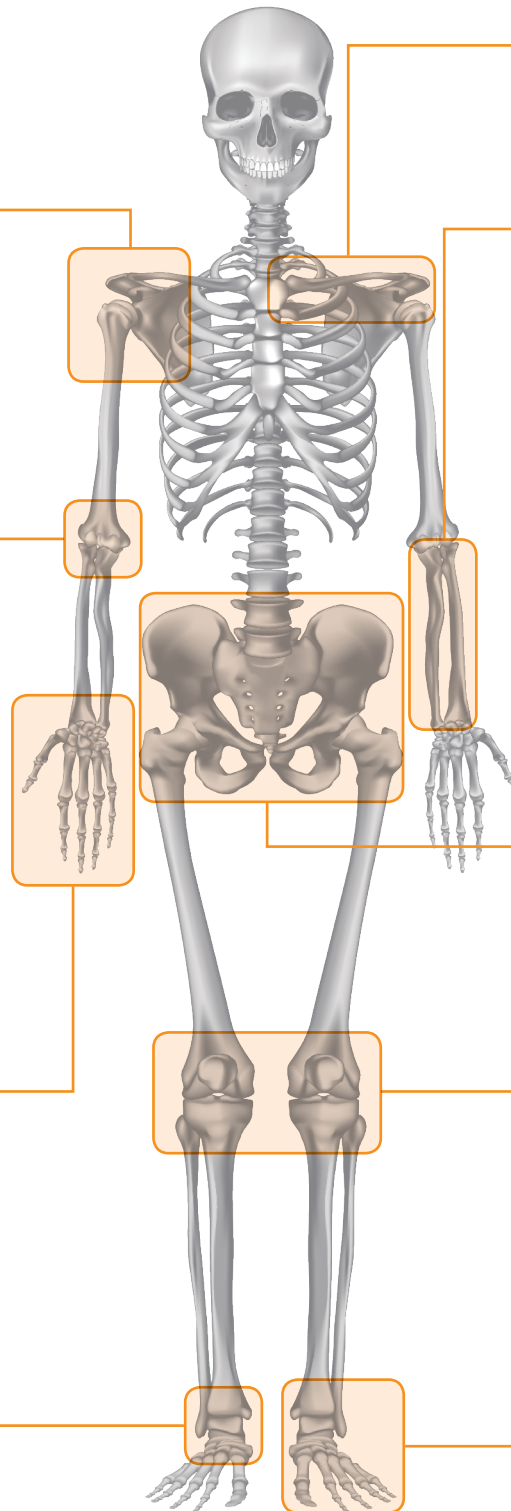
**Hip** – joint effusions, synovial thickening, iliopsoas bursitis, dislocation (paediatric).  
**Greater trochanter** – gluteal tendinopathy, trochanteric bursitis.  
**Groin** – hernias, tears (e.g. conjoint tendon).  
**Buttocks** – tears (e.g. hamstring origin), Nerve abnormalities (e.g. sciatic).

### Knees

Joint effusions, synovial thickening, loose bodies.  
**Tears** – muscle, tendons, ligaments, menisci. Bursitis (e.g. prepatellar, infrapatellar). Ganglia and parameniscal cysts. Baker's cyst.

### Foot

Joint effusions, synovial thickening. Ganglia and tenosynovitis.  
**Tears** – muscle, tendons (e.g. tibialis posterior, peroneal), ligaments. Morton's neuroma. Plantar fasciitis or fibromatosis.



In addition to diagnostic examinations, Ultrasound can be used to guide injections of bursae, tendon sheaths, and ganglia along with aspiration of collections and muscle haematomas.

Plain films are recommended, in addition to an Ultrasound examination, to exclude any bony pathology.

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**Medicare benefits for shoulder and knee musculoskeletal ultrasounds are payable when the following clinical indicators are written on the request by the referrer. Benefits are not payable when referred for non specific shoulder or knee pain alone or other knee conditions.**

### Clinical Indicators for Shoulder or Upper Arm:

- Evaluation of injury to tendon, muscle or muscle / tendon junction
- Rotator cuff tear / calcification / tendinosis (biceps, subscapular, supraspinatus, infraspinatus)
- Biceps subluxation
- Capsulitis and bursitis
- Evaluation of mass including ganglion
- Occult fracture
- Acromioclavicular joint pathology.

### Clinical Indicators for Knee:

- Abnormality of tendons or bursae about the knee
- Meniscal cyst, popliteal fossa cyst, mass or pseudomass
- Nerve entrapment, nerve or nerve sheath tumour
- Injury of collateral ligaments.

### Imaging of tendons on ultrasound can diagnose:

- Tears – partial or complete
- Tendinosis / tendinitis
- Tendon stability, adhesion, entrapment, triggering
- Insertional abnormalities
- Tendon calcification.

**Please contact our Radiologists to discuss any issues related to the above Medicare requirements.**