

Musculoskeletal Ultrasound Quick Reference Guide

Shoulder*

- rotator cuff - bursitis, tendinosis, tendon tears and calcification, impingement of subdeltoid bursa
- ac joint - injury, instability and effusion
- biceps - effusions, inflammation, tears

Elbow

- joint effusions, and synovial swelling
- injuries and neuritis to ulnar, median and radial nerves
- olecranon bursitis
- extensor/flexor tendon tears tendinosis and calcification, triceps injury
- distal biceps injury/bicipito-radial bursitis

Hand/Wrist

- tendon tears and tenosynovitis
- ganglions
- joint effusions and synovial thickening
- carpal tunnel syndrome
- post operative carpal tunnel release

Ankle

- Achilles tendon - tears, inflammation and bursal swelling
- tarsal tunnel - nerve lesions, ganglia
- ganglia
- ligaments - tears and impingement
- tendinopathy

Thoracic Outlet

- compression of nerves and/or major vessels by bands or cervical ribs

Forearm

- nerve entrapment, muscle/tendon tears and inflammation

Hip/Groin/Buttoks

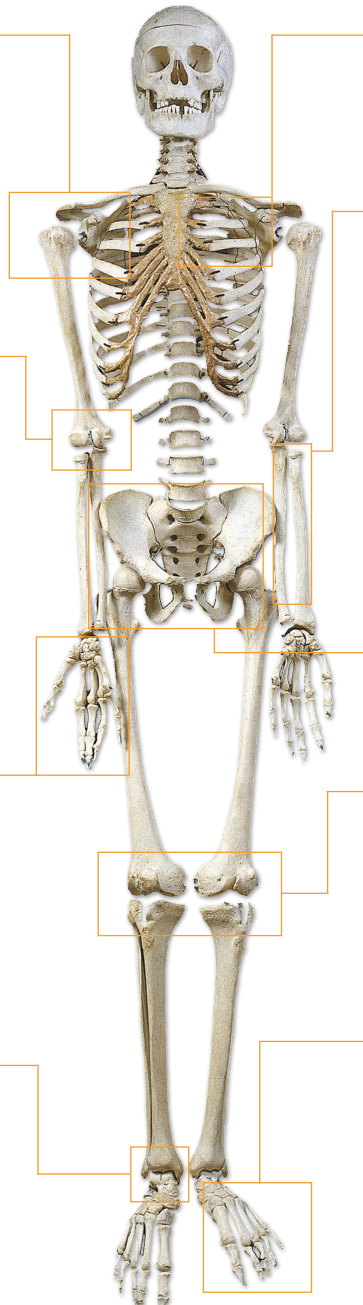
- hip - iliopsoas or trochanteric bursitis, lateral (gluteal) tendinosis, joint effusion, transient synovitis (paediatric)
- groin - hernias, adductor muscle/tendon tears
- buttocks - muscle tears, sciatic nerve lesions and hamstring origin tears

Knees*

- Baker's cysts, effusions
- tears/calcification of quadriceps tendon and infrapatellar tendons
- collateral ligament injury

Foot

- Morton's neuroma and intermetatarsal bursa
- plantar plate tears
- foreign bodies
- plantar fascia tears
- nerve entrapments
- tenosynovitis



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

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

*Medicare indications required to be stated on Request Form. See over for details.

Medicare has restricted rebates for shoulder and knee ultrasound. A Medicare rebate is claimable only when one or more of the following clinical indications are applicable and noted on the referral.

Shoulder Ultrasound

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

Knee Ultrasound

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

NB Non specific pain alone is **not** accepted Medicare indication.