Contraindications:

• obesity;

• inability to see intra-articular structures;

• casts, dressings, open wounds/ulcers etc can limit visualisation

• severe oedema/swelling;

• patients who are unable to cooperate or provide a clinical history due to reduced cognitive functions

eg Alzheimer’s or dementia and through involuntary movements.

AI) Pathology

Common indications for the performance of an elbow ultrasound scan are:

• ? ‘tennis’ or ‘golfers’ elbow/epicondylitis;

• restricted range of movement? effusion/synovitis;

• ? distal biceps tendon tear;

• ? ulnar nerve compression;

• olecranon bursitis.

AII) Protocol

Tendons

• common extensor and flexor tendons - for tendinopathy, neovascularity, tears, calcification;

• distal biceps tendon - for tendinopathy, tears, calcification;

• triceps tendon;

Ligaments

• medial ulnar collateral ligament;

• lateral radial collateral ligament;

Elbow joints/olecranon fossa

• anterior and posterior joint recesses - for effusion, joint synovitis

• cubital tunnel and ulnar nerve - for ulnar nerve enlargement/flattening/subluxation

AIII) Transducer Placement and Findings

Common extensor tendon

* Arrow Common Extensor
* Br Brachioradial Muscle
* El Lateral Epicondyle
* Cr Radius Head

A picture containing text, monitor, indoor, image

Description automatically generated

Common Flexor Tendon

* Epic Medial Epicondyle
* T Common Tendon

Graphical user interface, application

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Triceps Tendon

* T Triceps
* F Olecranon Fossa

Graphical user interface, application

Description automatically generated

Biceps Tendon - From Forearm to radial Tuberosity

Annotations:

* L lateral
* M medial
* Tuber.radio Tuberosity

Images:

1. Tendon Positioned along brachial artery
2. Posterior to bifurcation of brachial artery
3. Ulnar artery

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