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| Bones | Hyperechoic | Gives a very bright structure  No sound waves can pass through, deep to it is always dark |
| Tendons | Hyperechoic | Normal tendons have a hyperechoic tight fibrillar structure on ongitudinal scanning planes with the ultrasound beam perpendicular to the tendon |
| Joints | Cartilage | A hypoechoic band overlying the bone, with a smooth thin hyperechoic surface. |
| The menisci in the knee and the glenoid labrum in the shoulder or hip | Triangular homogeneously hyperechoic structures (fibrocartilage). |
| Ligaments | Hyperechoic fibrillar structures, similar to tendons, bridging over the joint line  Less ordered fibrillar pattern than tendon |
| Nerve | Hyperechoic in the upper, hypoechoic in lower extremity | A fascicular structure, which is less echo-genic than the fibrillar structure of tendons |
| Muscles | Hypoechoic | Some internal signals as a result of collagen fibres  Thicker on contraction  Hyperechoic connective tissue (perimysium) surrounding them |
| Fat | Hypoechoic | Hypoechoic background with  Thin hyperechoic linear septae oriented in different directions. |
| Arteries and Veins | Anechoic | Confirm with doppler! |
| Fluid | Anechoic | Respond to pressure. |