A) Anterior Shoulder

- Long Head of Biceps Tendon

B) Superior Shoulder

- Acromioclavicular Joint

C) Anterolateral Shoulder

- Superaspinatus Tendon

D) Posterior Shoulder

• Glenohumeral joint and glenoid labrum

• Infraspinatus tendon and teres minor

• Suprascapular nerve

AI) Position

Patient Position

- Seat your patient with the shoulder adducted and elbow flexed to approximately 90°.

- Supinate the forearm and rest it on the thigh

Transducer Position

- The long head of the biceps brachii is located lateral to that of the short head.

- On initial placement of the transducer, start lateral to the region where the short head can be palpated.

Transducer Tips

- Adjust the patient’s forearm such that the long head appears centered over the humerus.

AII) Pathology

• Biceps tendon joint effusion

• Biceps tenosynovitis

• Biceps brachii tenodesis

• Biceps brachii subluxation

• Biceps ganglion cyst

AIII) Assess the following

• Integrity of the cortical surface and depth of the bicipital groove

• Thickness and echogenicity of the tendon

• Assess: fluid within the tendon sheath

• Assess: neovascularisation

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