A) Anterior Shoulder

- Long Head of Biceps Tendon

- Subscapularis Tendon

## A - Long Head of Biceps Tendon

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:

• 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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## A - Subscapularis Tendon

AI) Position

Patient Position

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

- Rotate the shoulder externally while the forearm remains supinated.

Transducer Position

- Just medial to the biceps brachii

Transducer Tips

-The fibers of the subscapularis muscle course perpendicular to that of the long head of the biceps brachii muscle.

For this reason the terms short-axis and long-axis appear opposite that of the biceps.

AII) Pathology

• Subscapularis Tear

• Subscapularis Tendinosis

• Subscapularis Tendon Avulsion

AIII) Assess the following

Cortex of the lesser tuberosity

• Insertion of the subscapularis tendon

• Note: The insertion of the tendon is large, requiring movement of the probe from proximal to distal. Also, notice the multipennate architecture of the muscle.

• Thickness and echogenicity of the tendon in short and long-axis

Assess for a tear:

• If complete, note the distance that the tendon has retracted

• If partial, note whether it is a bursal vs. articular-sided tear

• Assess for fluid in the subacromial-subdeltoid bursa

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