D) Posterior Shoulder

• Glenohumeral joint and glenoid labrum

• Infraspinatus tendon and teres minor

• Suprascapular nerve

## D) Posterior Shoulder - Glenohumeral joint and glenoid labrum

Graphical user interface, application

Description automatically generated

AI) Position

Patient Position

A person wearing a purple shirt

Description automatically generated with low confidence

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

-Supinate the forearm and rest it on the thigh. You will be seated behind your patient facing the posterior shoulder.

Transducer Position

-Imagine a line drawn from the apex of the shoulder to the superior aspect of the axillary fold.

-Place the transducer at the point 1/3 of the distance from the apex.

AII) Pathology

- Posterior glenohumeral recess joint effusion

AIII) Assess

• Cortex of the greater tuberosity

• Integrity of the posterior superior glenoid labrum

• The existence of posterior glenohumeral joint fluid

## D) Posterior Shoulder - Infraspinatus Tendon and Teres Labrum

Graphical user interface

Description automatically generated

AI) Position

Patient Position (same as Glenohumeral joint and glenoid)

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

rest it on the thigh.

Transducer Position

-Place the transducer just inferior to the scapular spine at an angle parallel to it.

-Rotate the transducer to visualise the central tendon of the infraspinatus.

- This can be followed laterally to the insertion of the tendon onto the middle facet of the greater tuberosity.

AII) Pathology

-Infraspinatus tear

• Infraspinatus tendinosis

• Infraspinatus atrophy

AIII) Assess

• Thickness and echogenicity of both tendons in long-axis

Assess for a tear:

• If complete, note the distance the tendon has retracted

• If partial, note whether there is a bursal vs. articular tear

## D) Posterior Shoulder - Suprascapular nerve

Graphical user interface, application

Description automatically generated

AI) Position

Patient Position (same as Glenohumeral joint and glenoid)

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

rest it on the thigh.

Transducer Position

- just medial to the position for locating the glenohumeral joint and the posterior labrum

AII) Pathology

• Suprascapular Nerve Compression  
• Suprascapular Nerve Hypertrophy  
• Paralabral Cyst