

# Basic Anatomy for MSK Ultrasound of the Shoulder and the Elbow



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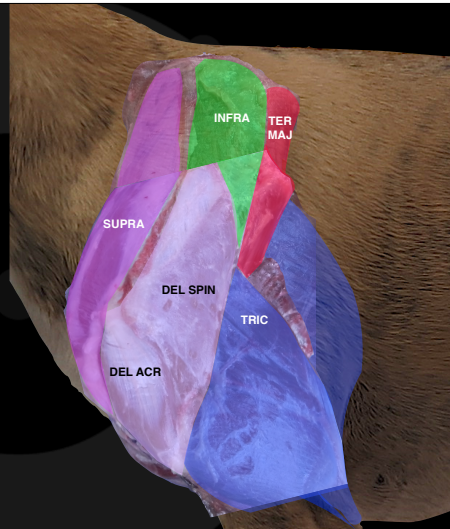
## Gross anatomy of the shoulder

- Deltoideus
- Infraspinatus
- Teres Major
- Triceps
- Supraspinatus
- BB
- Teres Minor



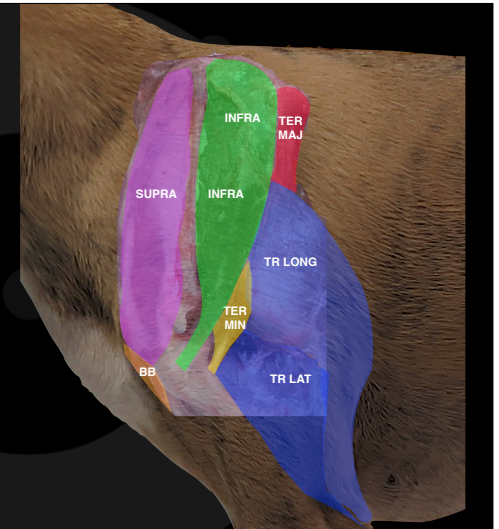
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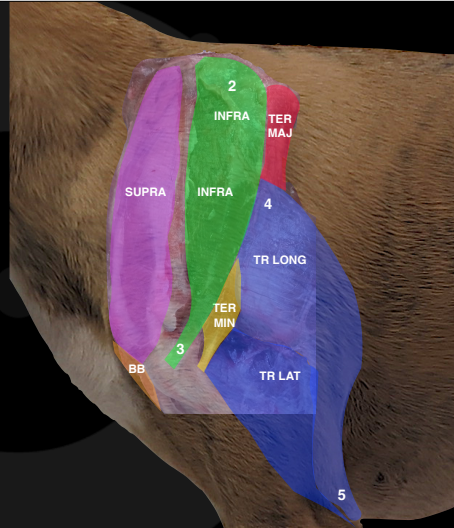
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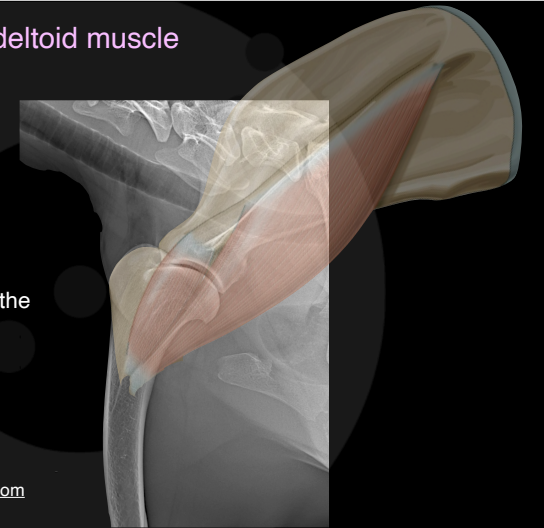
### The shoulder ultrasound:

1. Deltoideus
2. Proximal portion of the Infraspinatus muscle
3. Distal portion of the Infraspinatus tendon
4. Proximal portion of the Triceps
5. Distal portion of the triceps



### The deltoid muscle

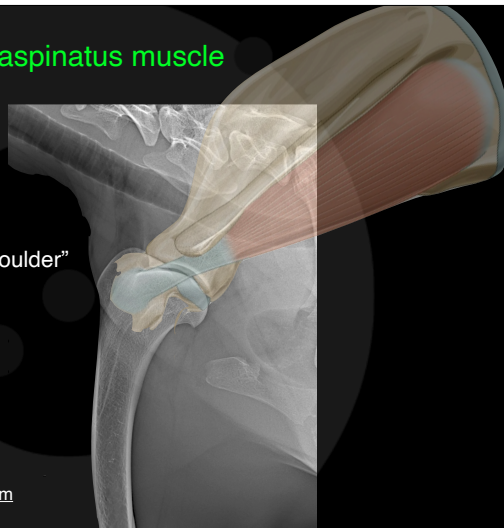
- Anti-gravity muscle
- Stabilises the shoulder when the foot is down (stance phase)



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### The infraspinatus muscle

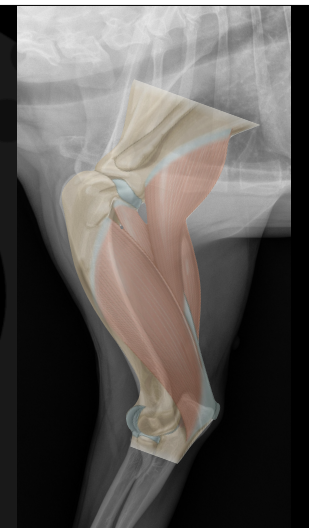
- "Lateral collateral ligament of the shoulder"
- Best tendon to start to scan



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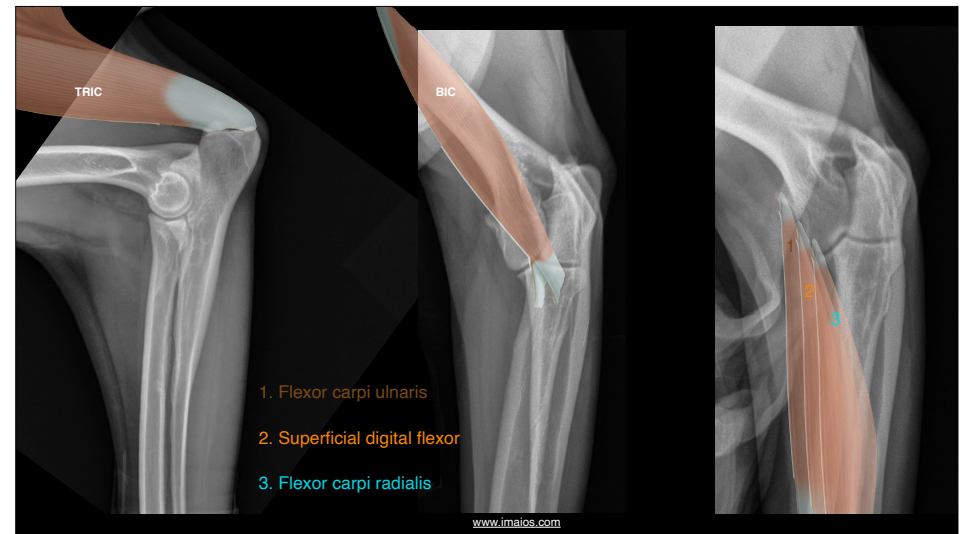
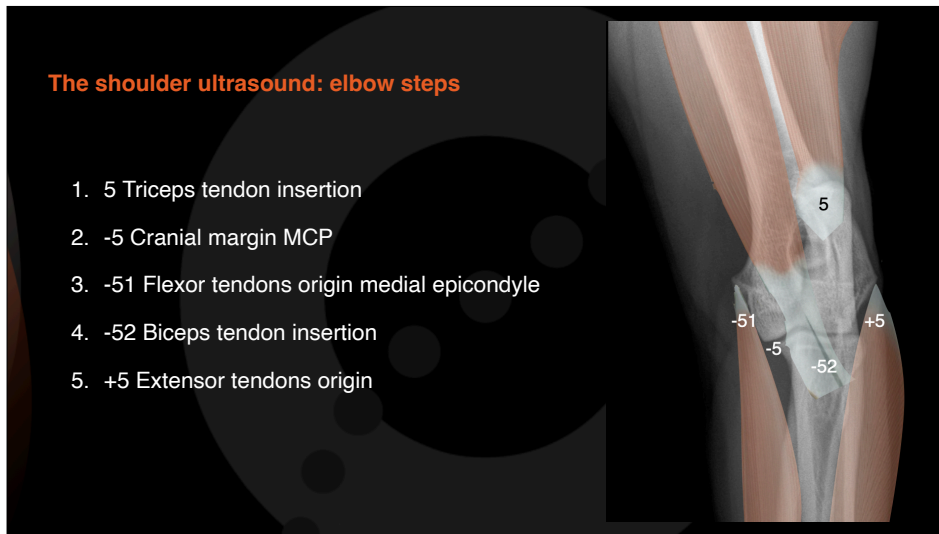
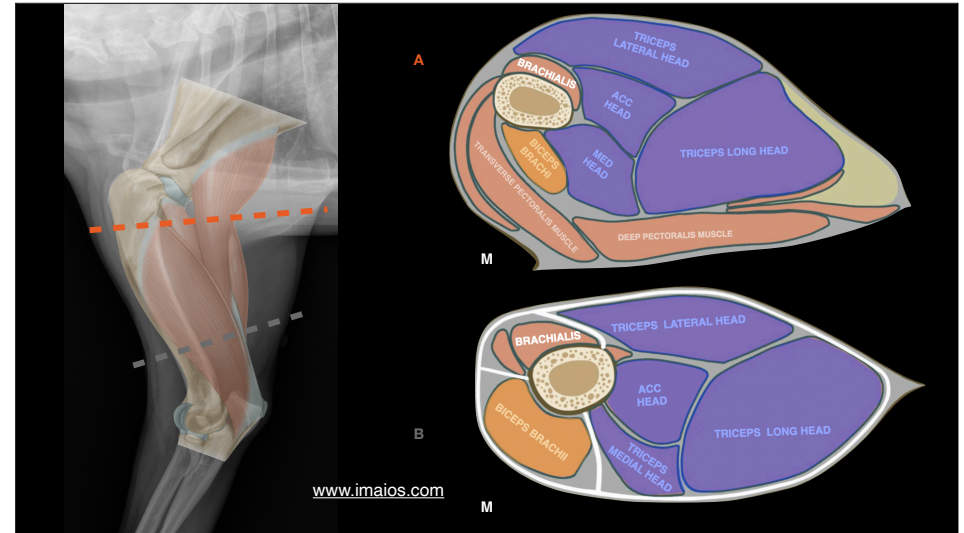
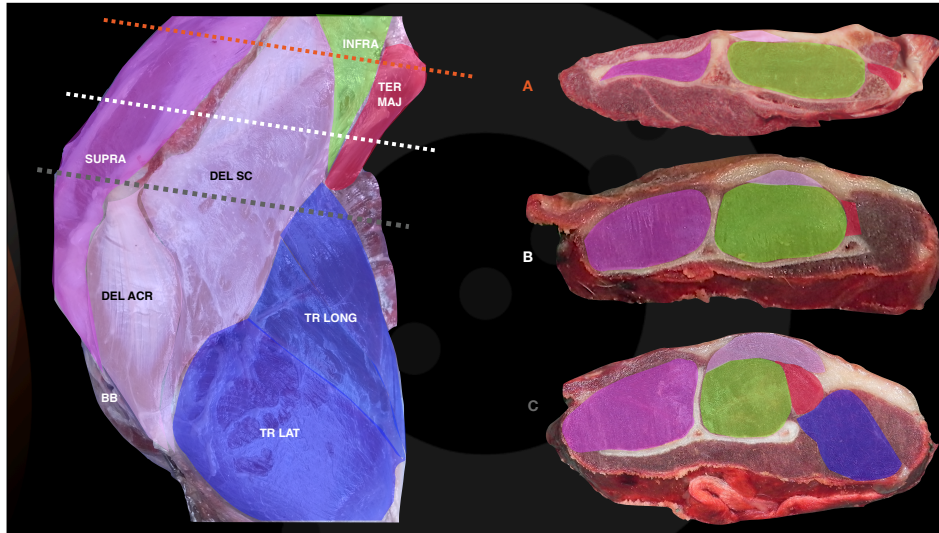
### The triceps muscle

- The great stabiliser of the shoulder
- Anti-rotational
- Antagonist of the supraspinatus



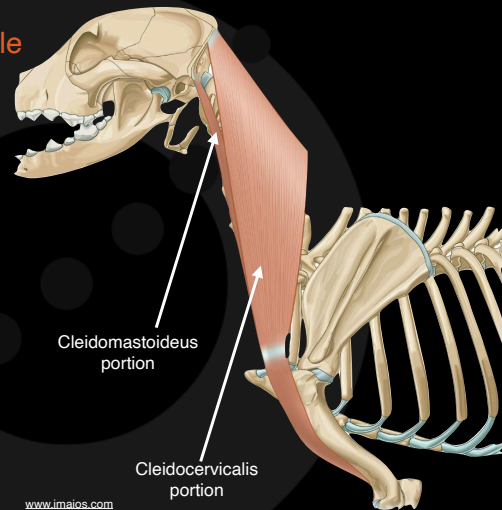
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## The brachiocephalicus muscle

- Contains the clavicle



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## Gross anatomy of the shoulder - medial portion

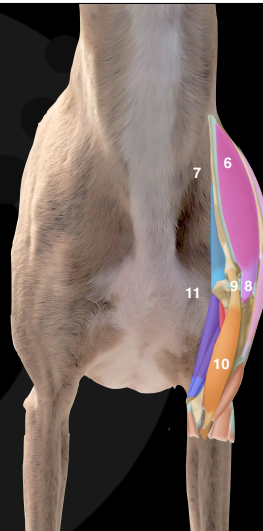
- Deltoides
- Infraspinatus
- Teres Major
- Triceps
- Supraspinatus
- Biceps Brachii
- Subscapularis
- Brachialis



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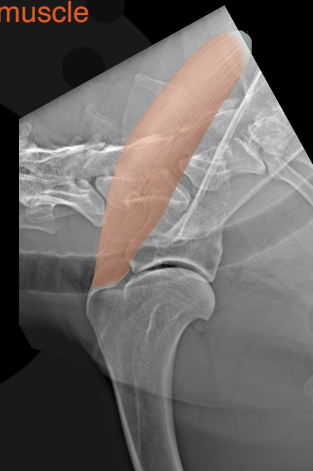
## The shoulder ultrasound:

6. Proximal portion of the Supraspinatus muscle
7. Brachiocephalicus muscle
8. Distal portion of the Supraspinatus tendon
9. Interface Supraspinatus and Biceps Brachialis tendons
10. Tenomuscular Biceps Brachii junction
11. Medial aspect of the shoulder



## The supraspinatus muscle

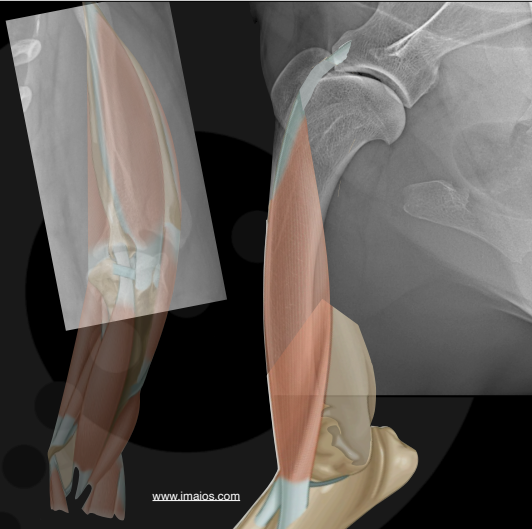
- Carries the weight of the head
- Fibro-cartilaginous aponeurosis
- Low pain receptors density



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### The biceps muscle

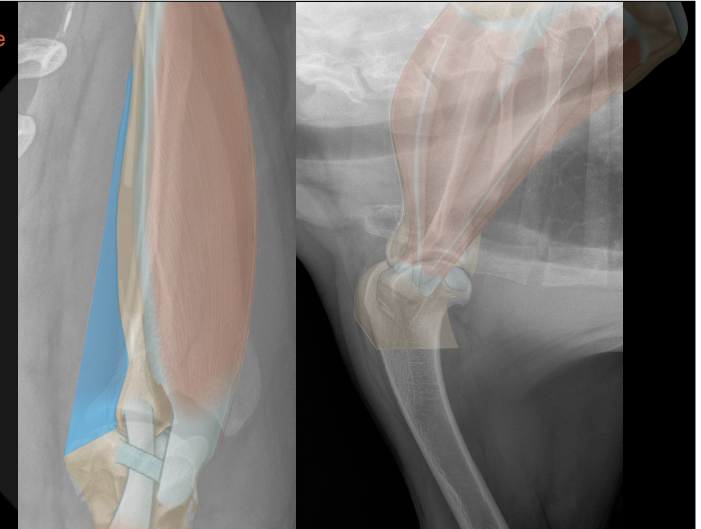
- Connect shoulder and elbow
- Flex the elbow and extend the shoulder



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### The subscapularis muscle

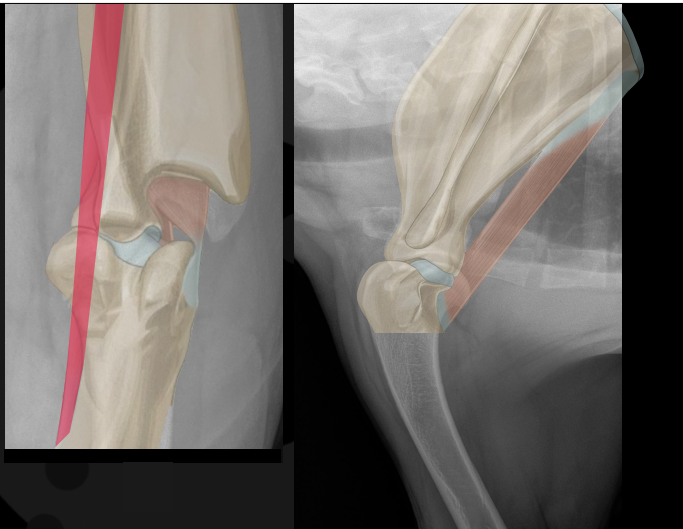
- Medial stabiliser of the shoulder
- The tendon functions as a medial collateral ligament



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### The teres major muscle

- Flex the shoulder
- Rotate the arm medially



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Thank you



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