

Basic Anatomy for MSK Ultrasound of the Shoulder and the Elbow



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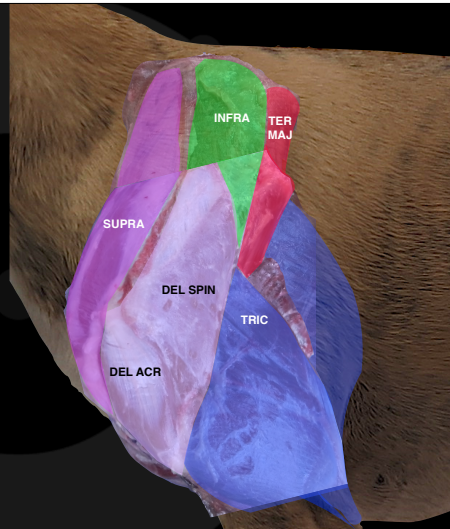
Gross anatomy of the shoulder

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



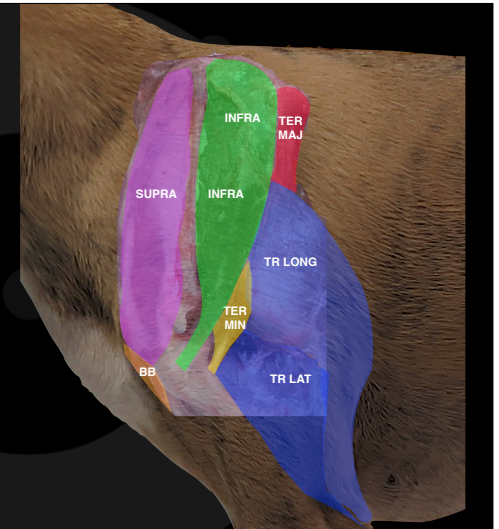
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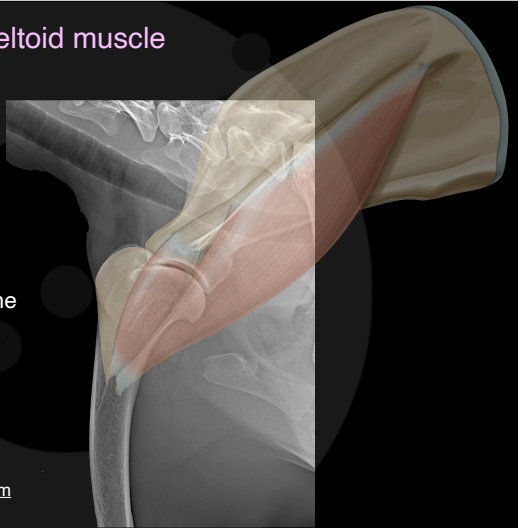
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The deltoid muscle

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

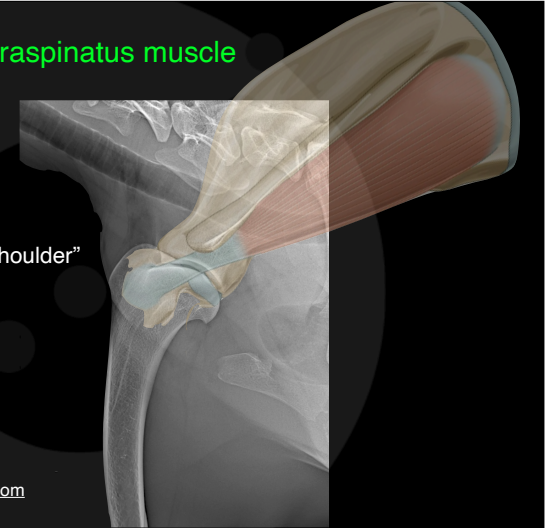
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The infraspinatus muscle

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

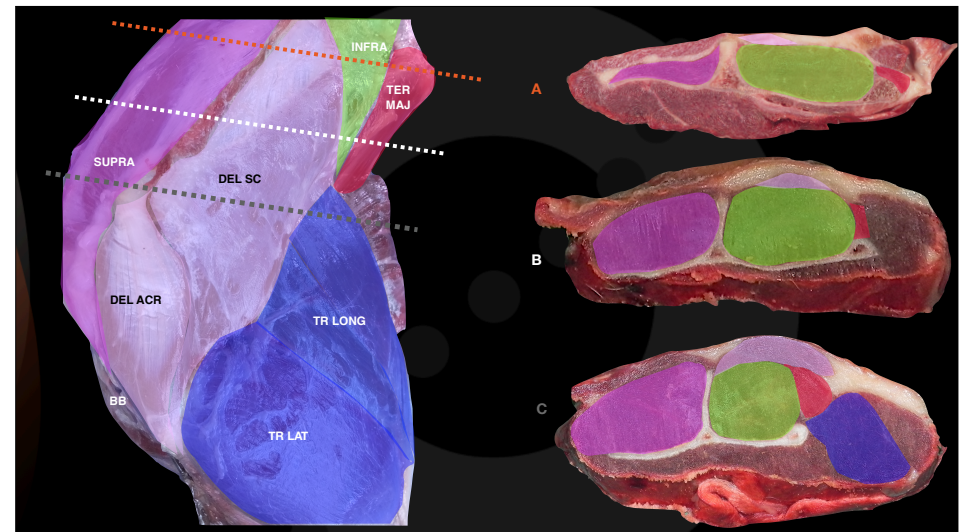
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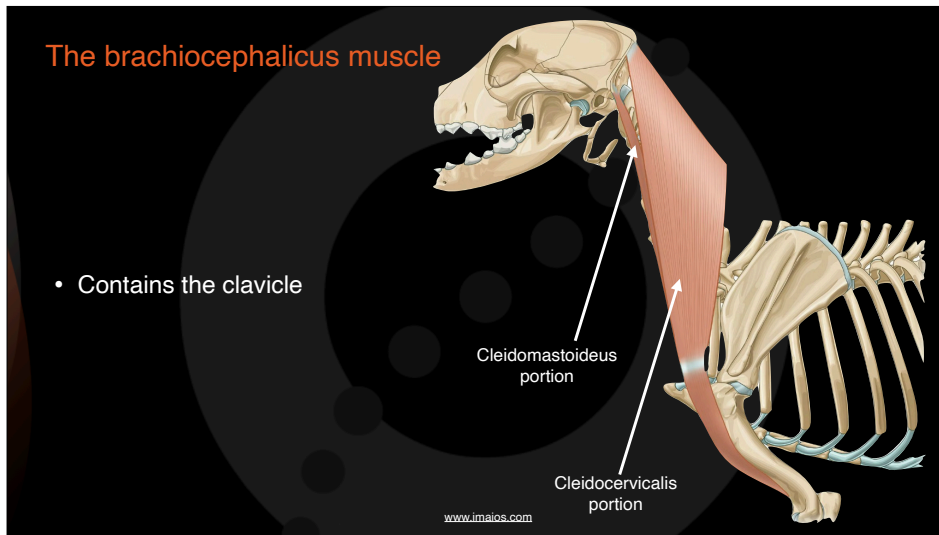
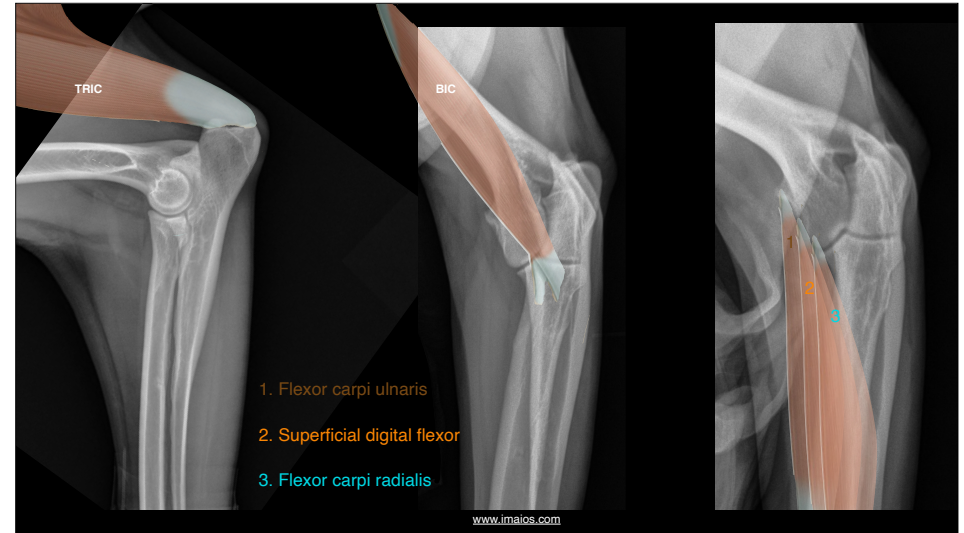
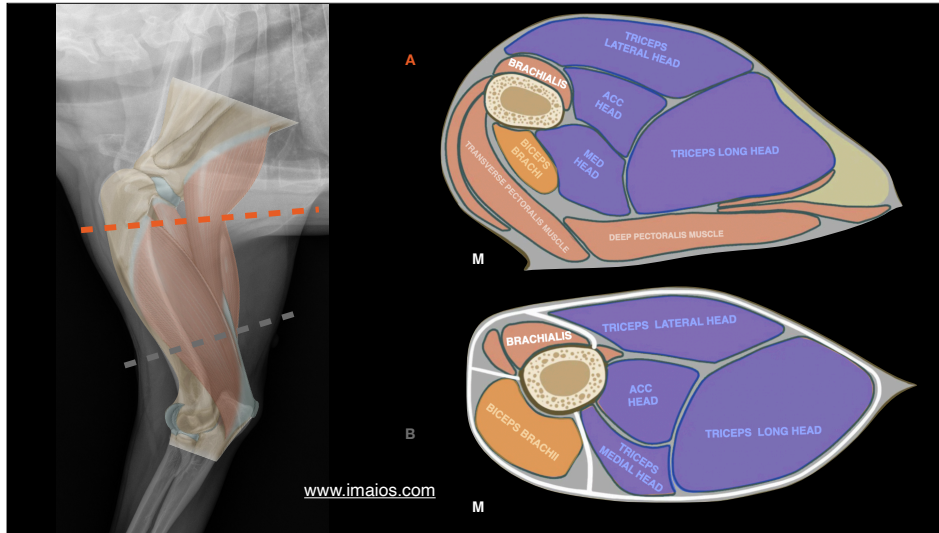


The triceps muscle

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

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The supraspinatus muscle

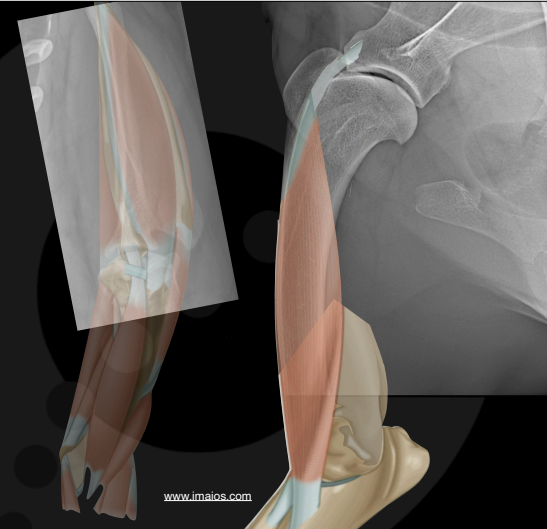
- Carries the weight of the head
- Fibro-cartilaginous aponeurosis
- Low pain receptors density



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The biceps muscle

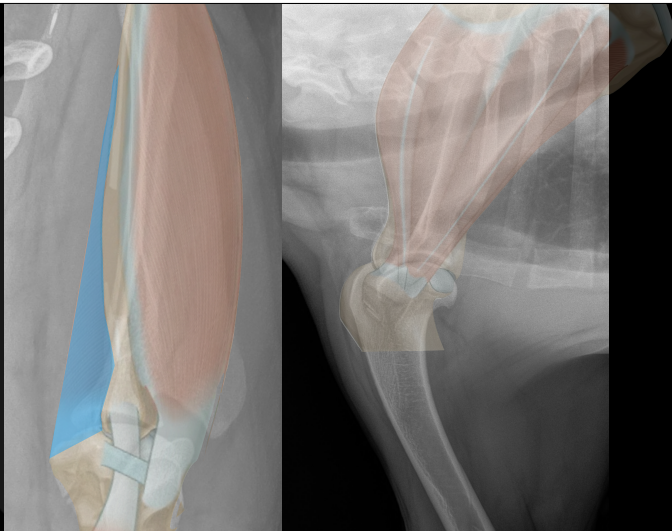
- Connect shoulder and elbow
- Flex the elbow and extend the shoulder



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The subscapularis muscle

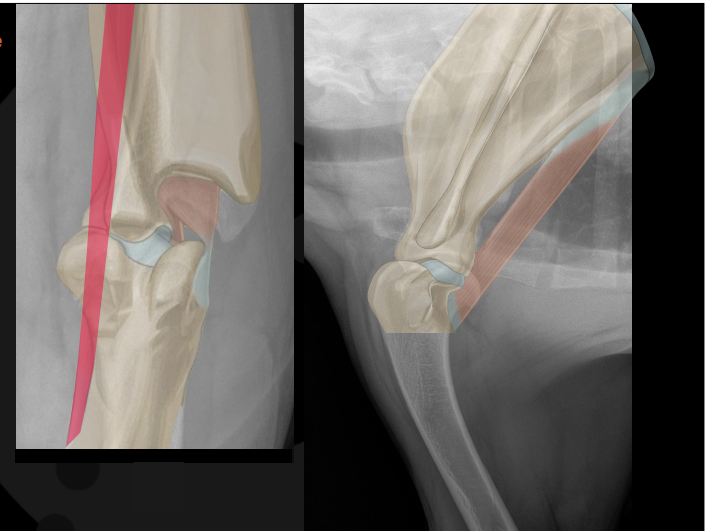
- Medial stabiliser of the shoulder
- The tendon functions as a medial collateral ligament



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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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