

# Elbow Anatomy

David Westerdahl MD RMSK

Sports Health Northwest

# Acknowledgement

- Jacobson, Jon. Fundamentals of Musculoskeletal Ultrasound. 2<sup>nd</sup> Ed. 2013
- Bianchi, S. and Martinoli, C. Ultrasound of the Musculoskeletal System. 2007
- Netter Atlas of Human Anatomy. 6<sup>th</sup> Edition. 2014

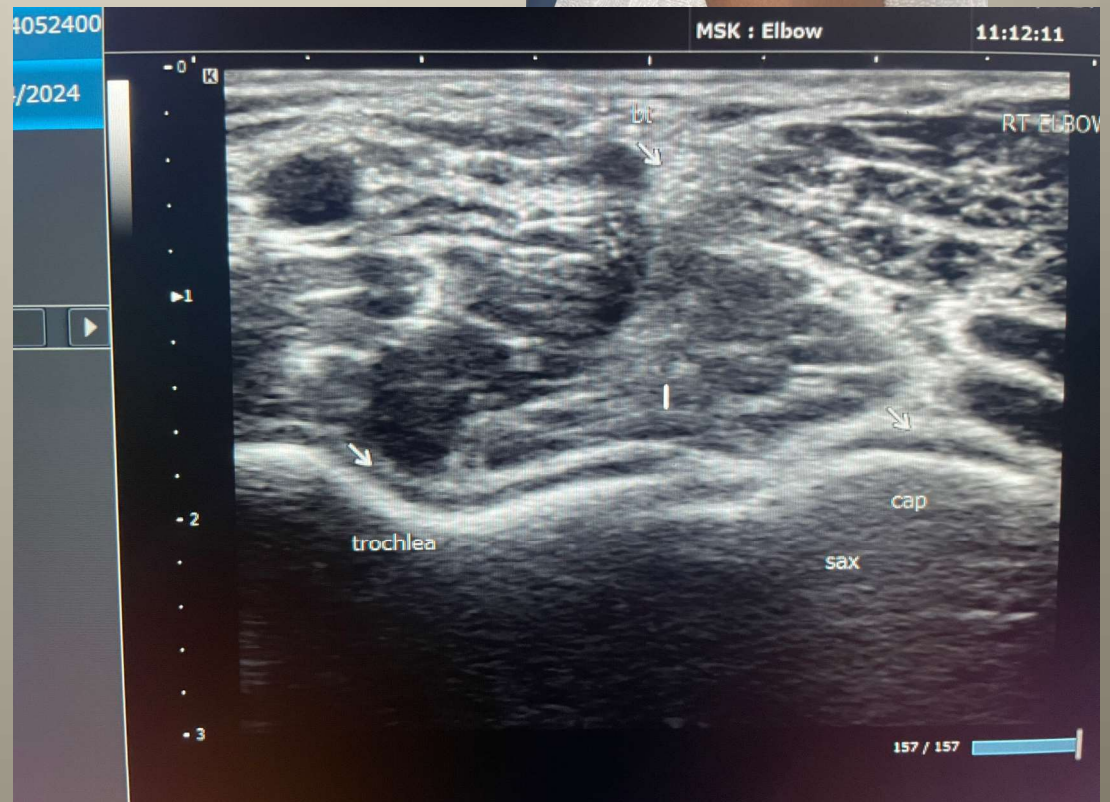
# General Considerations

- Scanning
  - Patient sitting with elbow on exam table
  - Patient lying supine
- High frequency transducer
  - 10 MHz at least
- Focused vs complete exam

# Elbow Scanning List

- Anterior (ext and supinated)
  - **Distal Bicep**
  - **Anterior joint recess**
  - Radial n
- Lateral
  - **Common ext tendon**
  - Radiocapitellar jt
- Medial
  - **Common flex tendon**
  - **Ulnar collateral ligament**
- Posterior (crab pos)
  - **Tricep tendon**
  - Cubital tunnel and
  - **Ulnar nerve**

# Radial Fossa



# Coronoid Fossa



# Distal Bicep Tendon

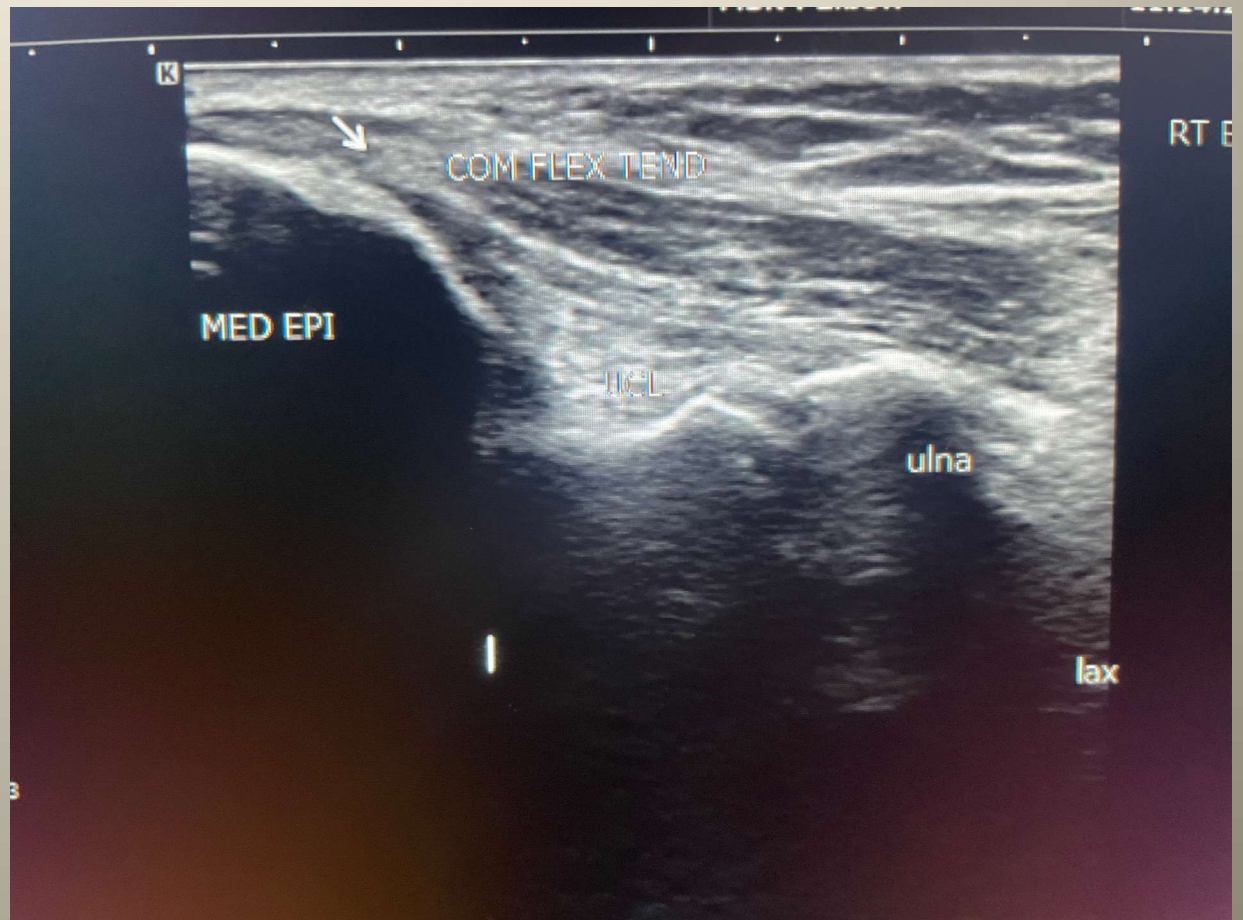


# Common Extensor Tendon

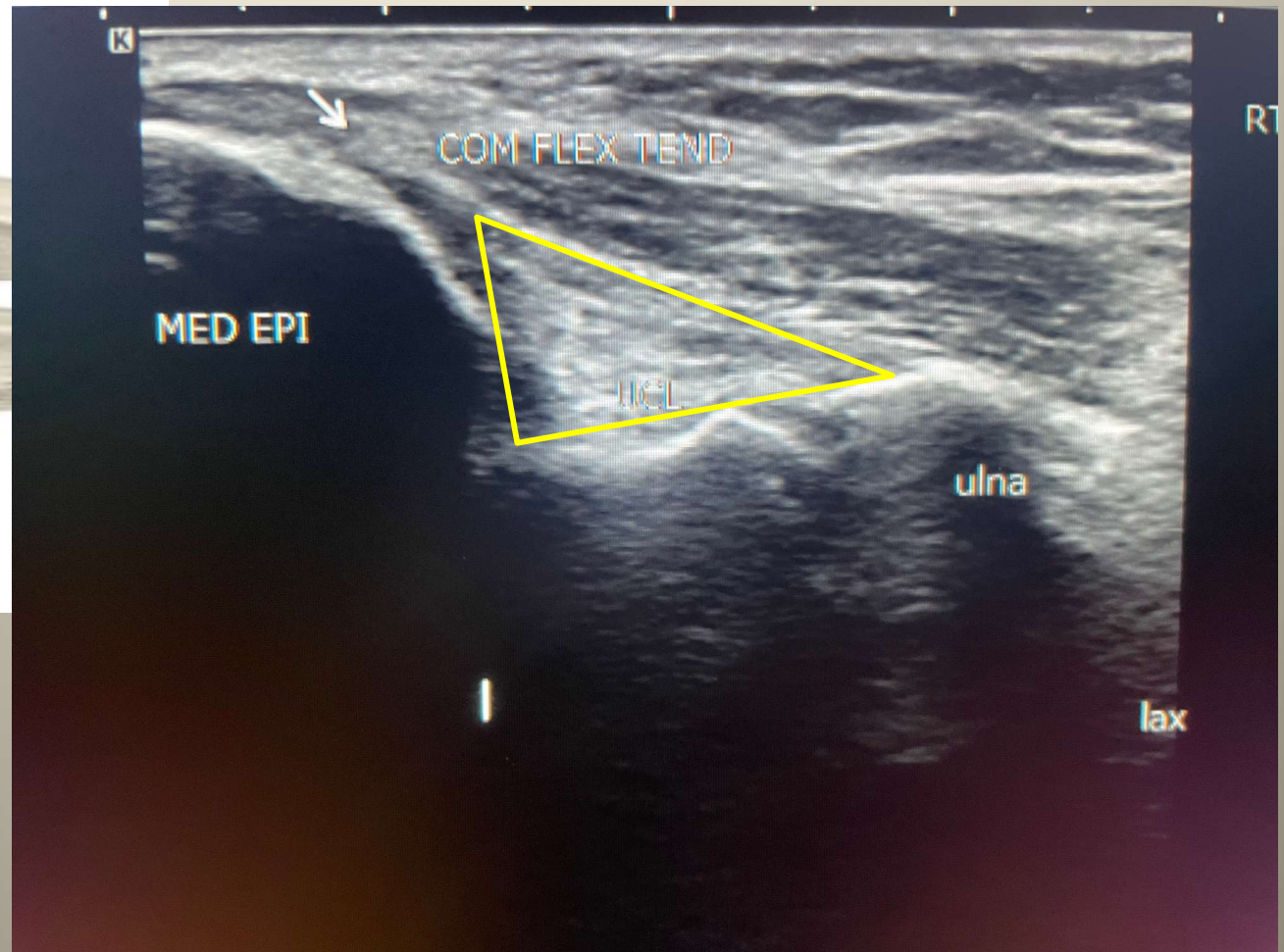
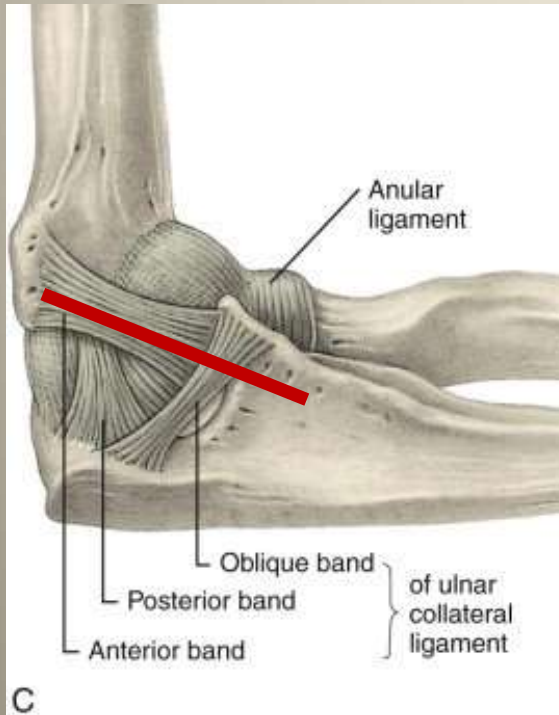




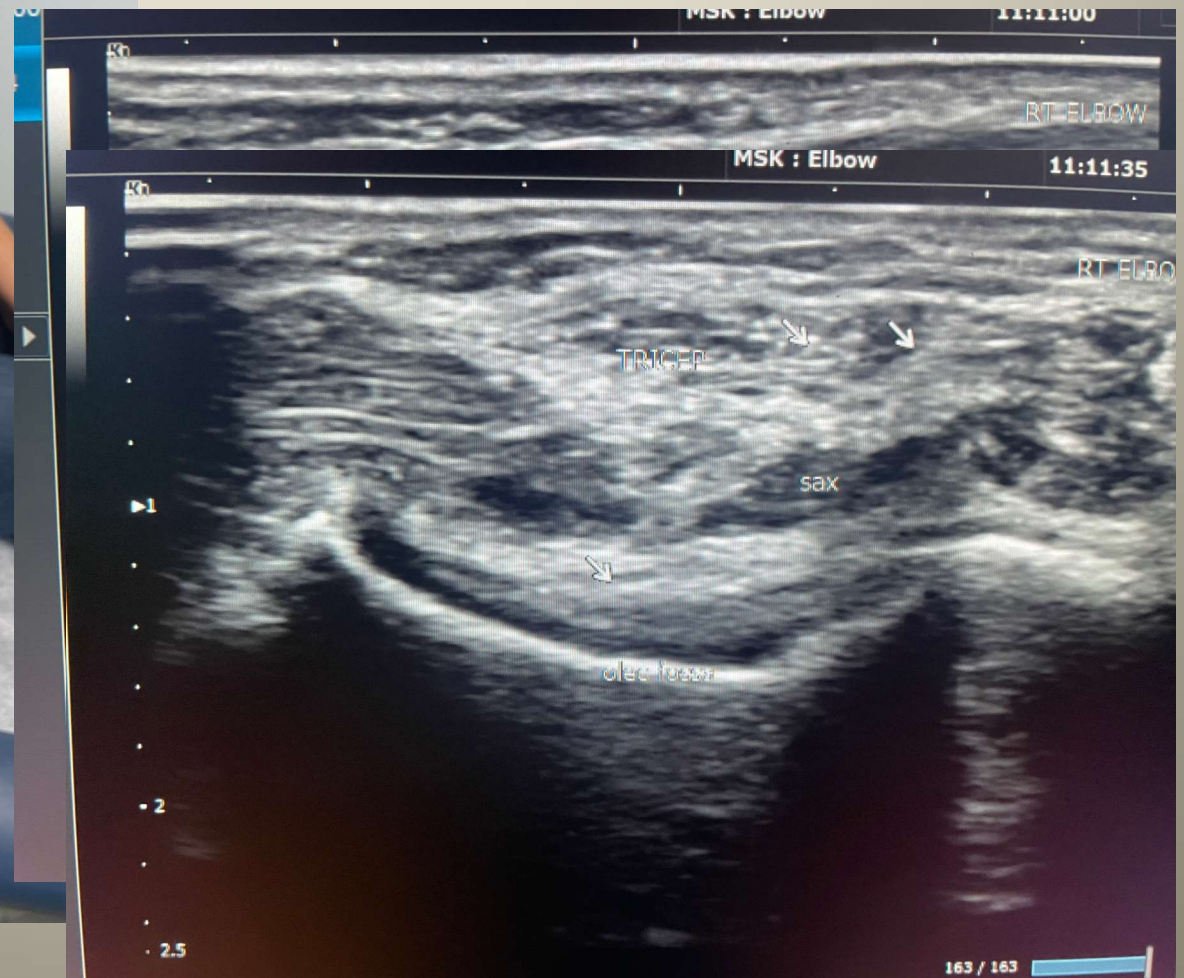
# Common Flexor Tendon



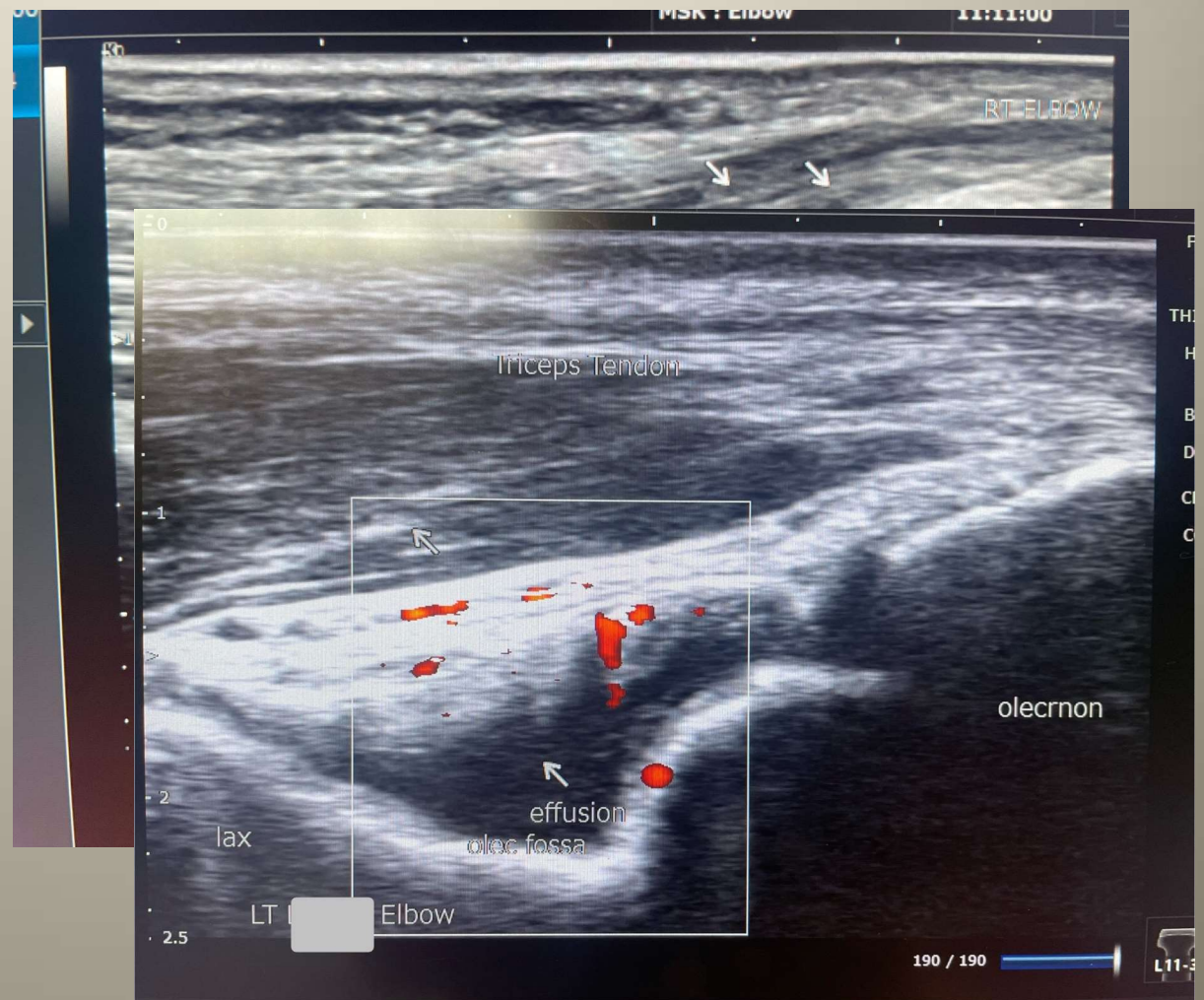
# Ulnar Collateral Ligament



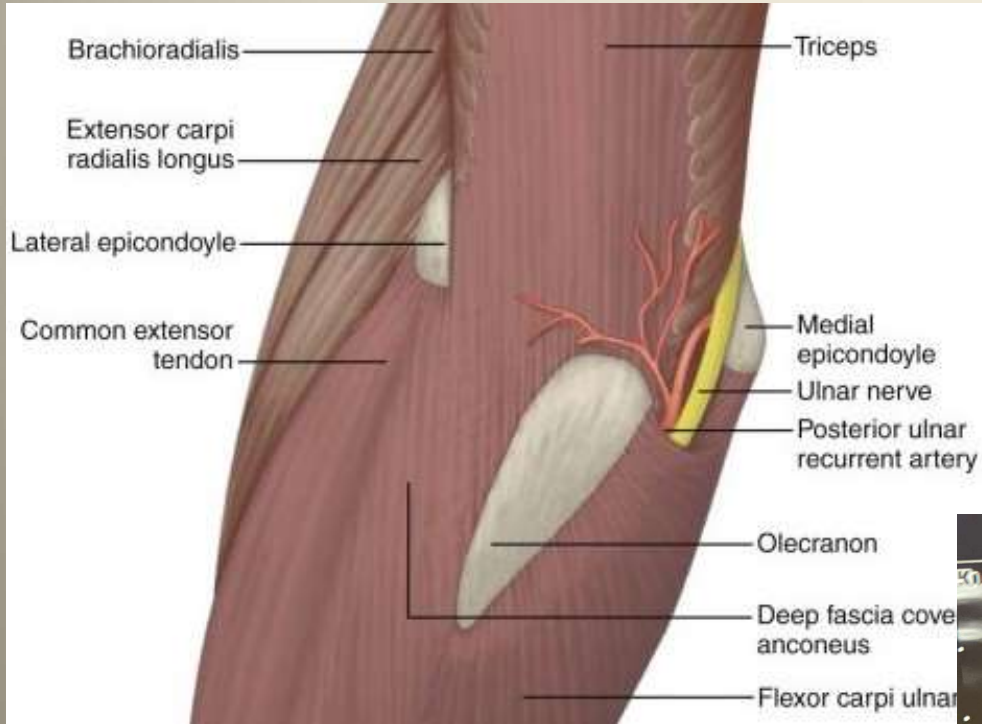
# Triceps Tendon



# Olecranon Fossa



# Ulnar Nerve



# Ulnar Nerve





Thank You

# Summary

- Ultrasound is very useful for elbow diagnostics and therapeutics
- Tendinopathy, tears, effusions, arthritis
- Important role for accuracy and safety with procedures