Musculoskeletal Ultrasound: “Cool Cases”

Blake Boggess, DO, FAAFP
Associate Professor
Department of Orthopaedics
Duke University Medical Center
Musculoskeletal Ultrasound - Cases

- How do you get started?
- Why it is helpful?
- What can you do?
How To Get Started
Procedure Room Set Up
Procedure Room Set Up
Acknowledgements

• Pictures of individuals are from personal files and are used with permission
• Ultrasound cases are from personal teaching files and are used with permission with personal information deleted
• Disclosure- Educational Grants from GE, SonoSite, Bioventus, Arthrex
Monitor Progress
Hamstring Laceration
Hamstring Laceration Repair
Hamstring Laceration
Hamstring Laceration
3 Months Later
Diagnostic Imaging
Diagnostic Imaging
Diagnostic Imaging
Dorsal Wrist Mass
Ganglion Cyst Aspiration

- Common soft tissue mass
- 70% dorsally in scapholunate region
- 20% volar – close to the radial artery
- Aspiration with or w/o steroid injection
Ganglion Cyst Aspiration
Ganglion Cyst Aspiration
Ganglion Cyst Aspiration

- Short Axis or Long Axis
- In or out of plane
Ganglion Cyst
Ganglion Cyst
Ganglion Cyst
Ganglion Cyst
Dorsal Wrist Mass
Radial Volar Mass
Radial Volar Mass
Radial Nerve Schwannoma
Lakers, Gasol- Tenex Procedure
Tenex- FAST Procedure
Tenex- FAST Procedure
Tenex- Fast Procedure
Lateral Epicondyle- Common Extensor Tear
Lateral Epicondyle- Common Extensor Tear
Lateral Epicondyle
Hydrodissections
Carpal Tunnel Injection

- Fibro-osseous tunnel - flexor retinaculum and carpal bones
Carpal Tunnel Injection

a, ulnar artery; d, flexor digitorum profundus tendons; fcr, flexor carpi radialis tendon; fpl, flexor pollicis longus tendon; s, flexor digitorum superficialis tendons; asterisk, median nerve
Carpal Tunnel Injection
Carpal Tunnel

- Measure the median nerve
- Look before you stick
- Check for vessels
- Short axis nerve
- In or out of plane injection
Carpal Tunnel Injection
Carpal Tunnel Injection
Carpal Tunnel Injection
Wrist Aspiration

asterisk, dorsal recess of the carpometacarpal joints
1\textsuperscript{st} Metacarpal-phalangeal Joint

MCP Joint
1st Metacarpal-phalangeal Joint

MCP Joint
1st Metacarpal-phalangeal Joint
UCL
1st Metacarpal-phalangeal Joint
UCL
Proximal and Distal Interphalangeal Joints
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Non-displaced distal phalanx fracture on x-ray seen on US
Proximal and Distal Interphalangeal Joints

Middle phalanx fracture on x-ray seen on US
Metatarsal Phalangeal Joint
Long Axis Joint, Out of Plane Injection
Metatarsal Phalangeal Joint
Long Axis Joint, Out of Plane Injection
Sewing Needle in Great Toe

Proximal Phalanx

Distal Phalanx

Needle
Musculoskeletal Ultrasound

• Basics
• Keeping things simple
• You can still inject and do sports medicine without US
Musculoskeletal Ultrasound

- There is so much you can do
- Lifetime of Learning
- Multiple uses for the machine
- Practice
Thanks!