



The Practical Fundamentals of Musculoskeletal Ultrasound

Evaluation of Basic Anatomy for Knee





Scanning protocol

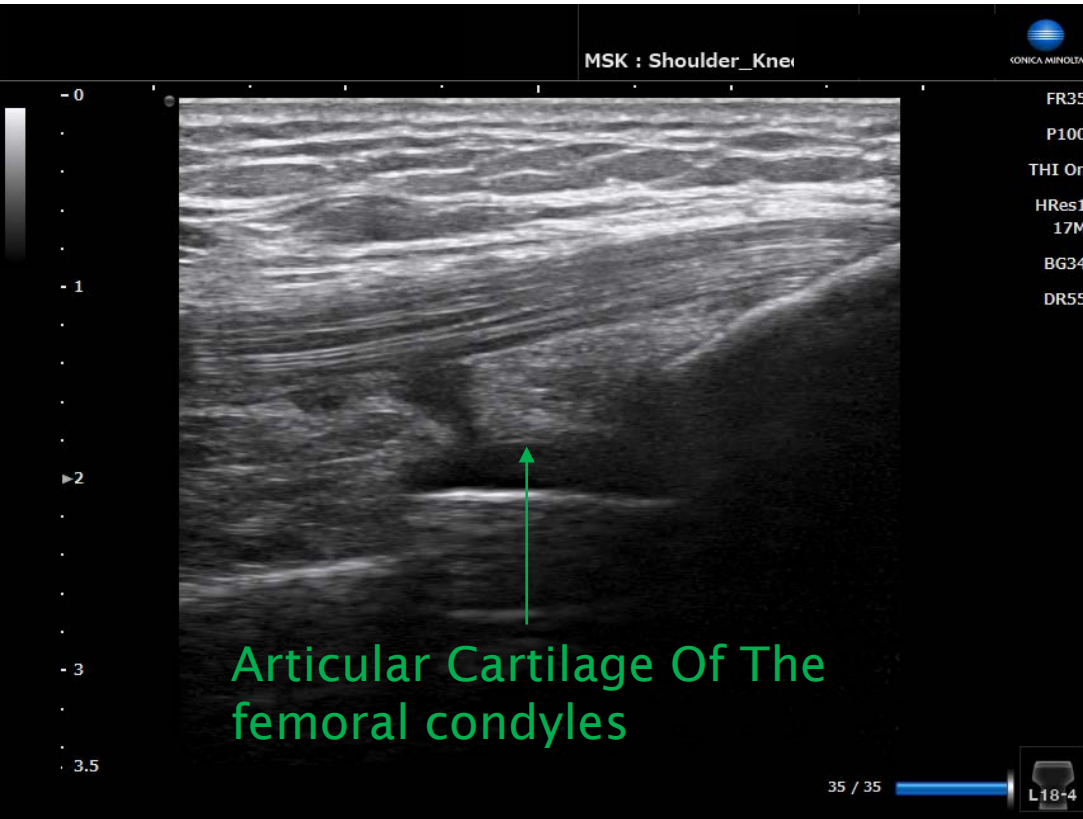
- Quadriceps tendon
- Suprapatellar pouch
- Articular surface
- Patellar tendon
- Iliotibial track
- Medial collateral ligament
- Medial meniscus
- Pes anserine
- Fibular collateral ligament
- Popliteus
- Biceps femoris long head
- Semimembranosus
- Semitendinosus
- Gastrocnemius medial head
- Posterior cruciate ligament
-



Anterior: Quadriceps tendon flexed to 30° long axis

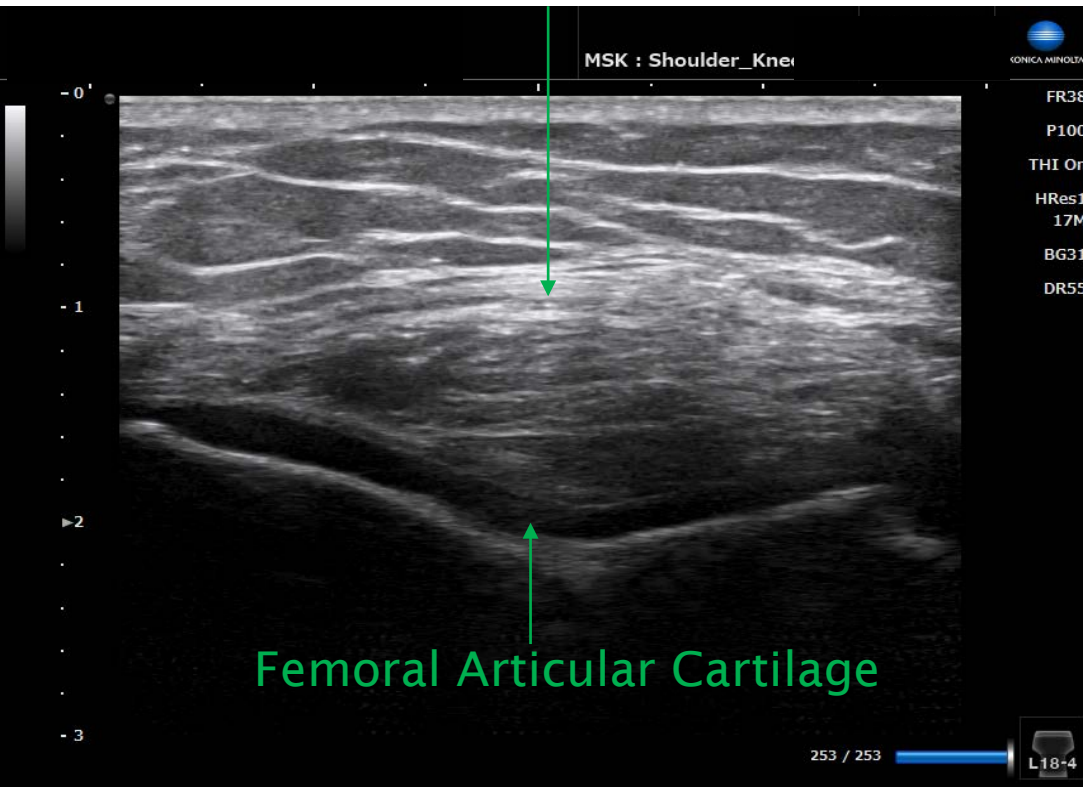
Suprapatellar Pouch

Quadriceps Tendon



Anterior: Quadriceps tendon flexed to 30° short axis

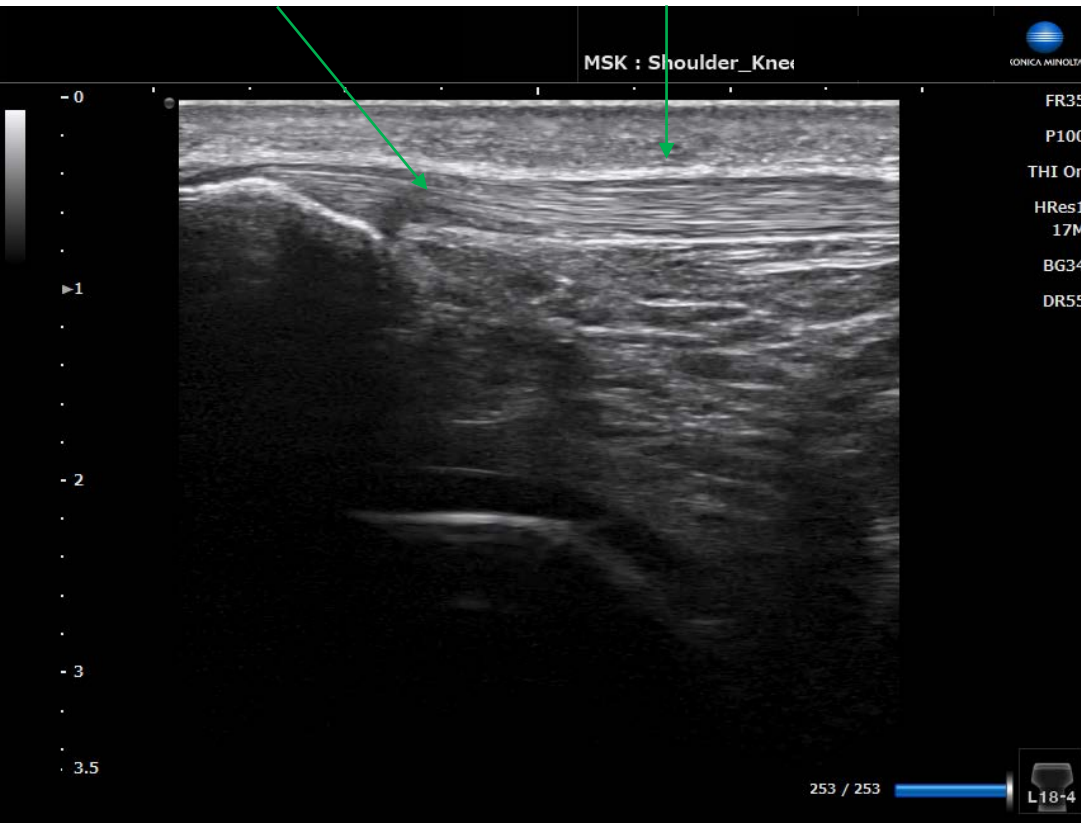
Quadriceps Tendon





Anterior: Patellar ligament proximal

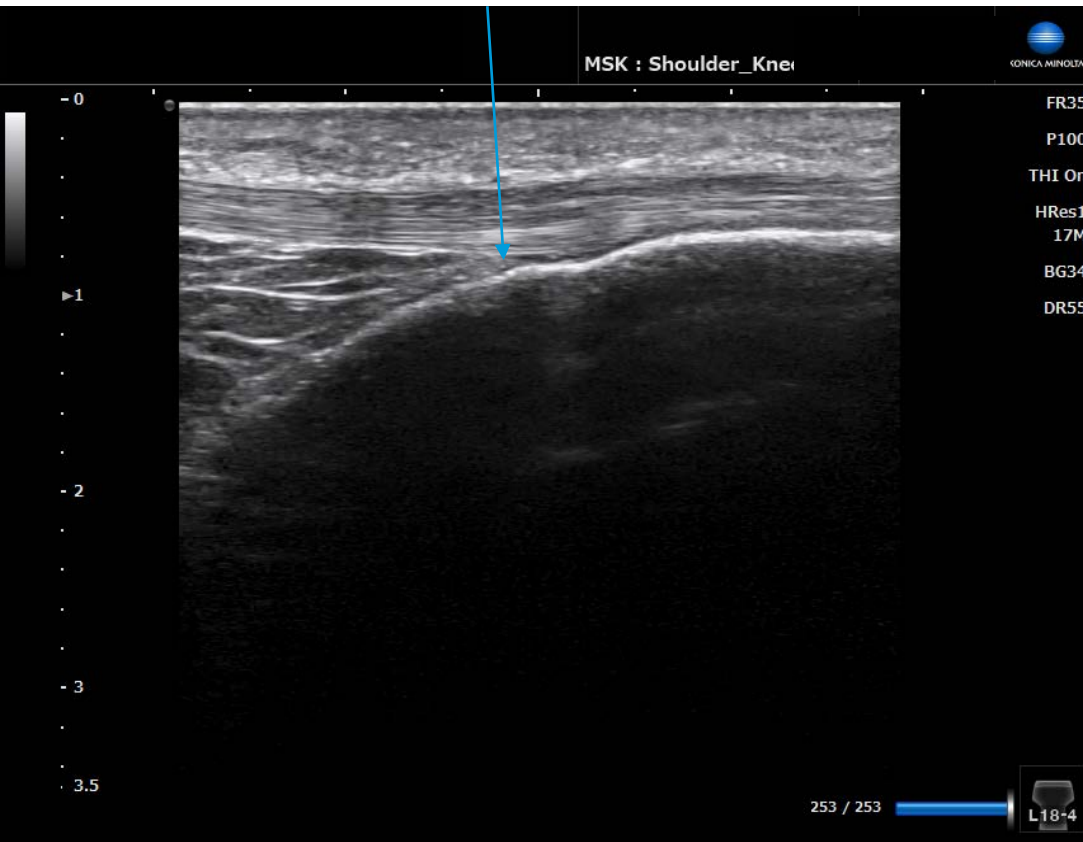
Patellar Ligament Prepatellar and Superficial Bursa





Anterior: Patellar ligament distal

Infrapatellar Bursa





Medial: Medial collateral ligament (MCL)

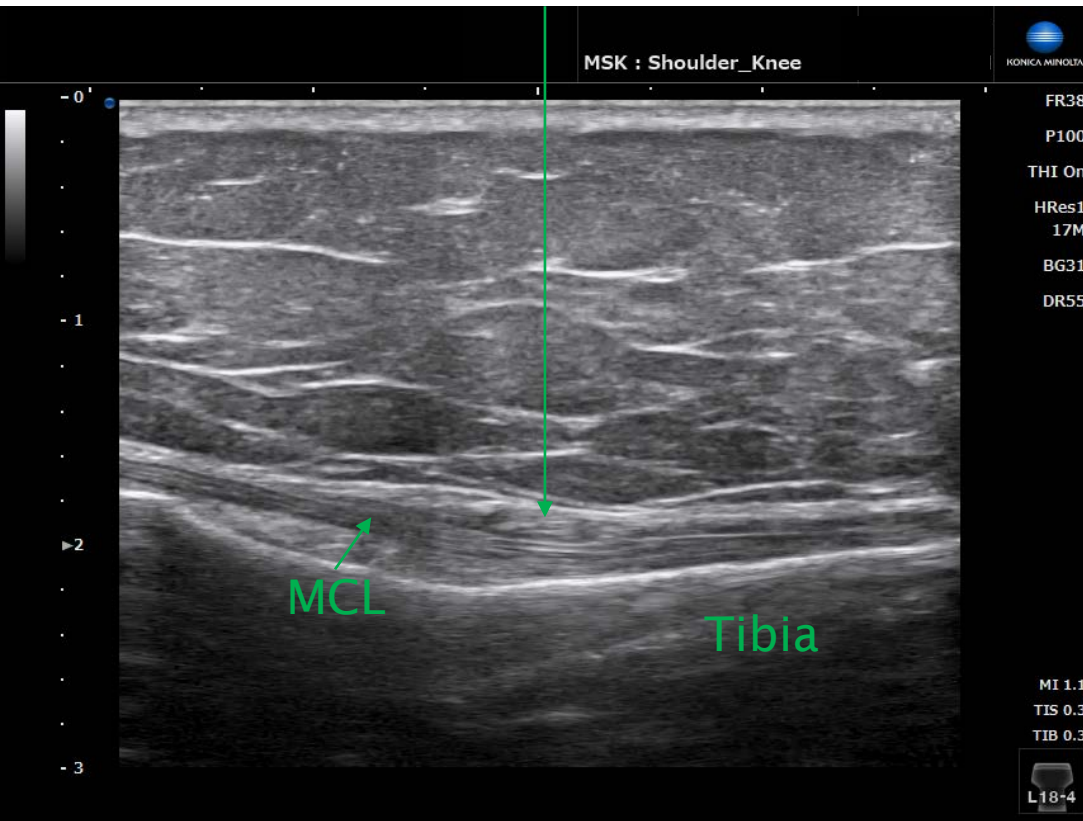
Medial Collateral Ligament





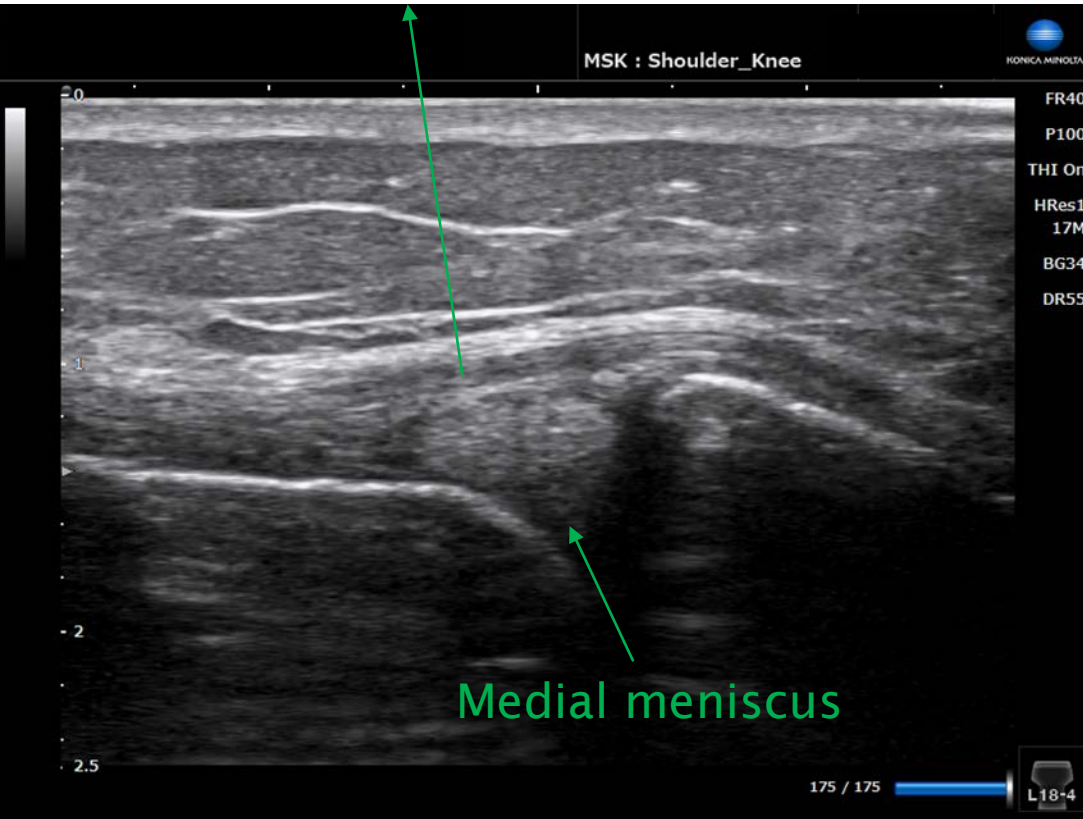
Medial: Medial collateral ligament, pes anserine tendons and bursal space

Pes Anserine Tendons and Bursal Space



Medial: Medial meniscus mid horn

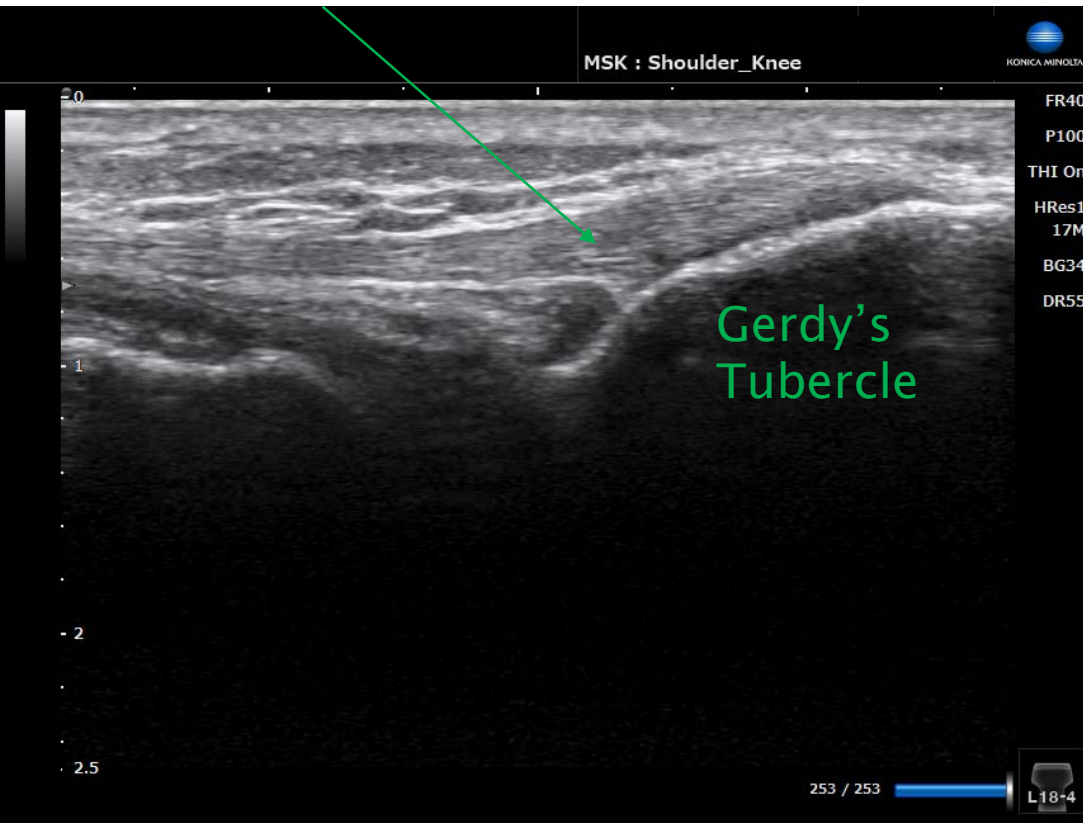
Medial Collateral Ligament





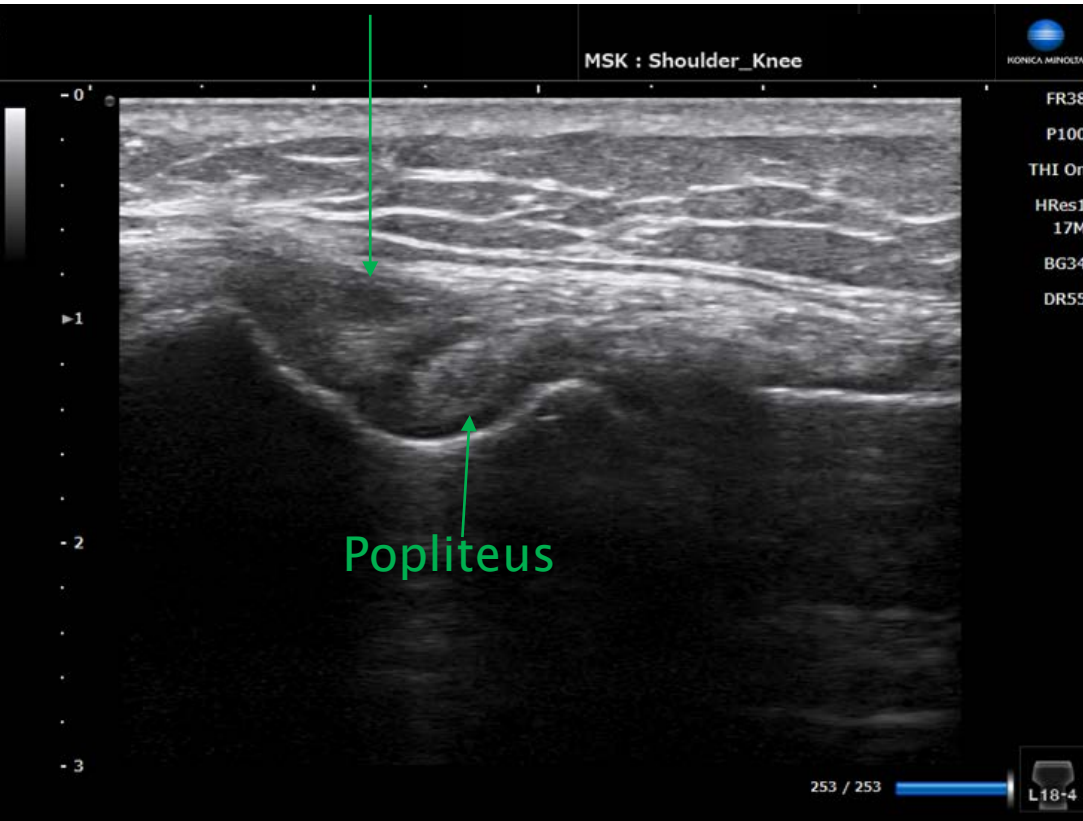
Lateral: Iliotibial track distal

Iliotibial Track



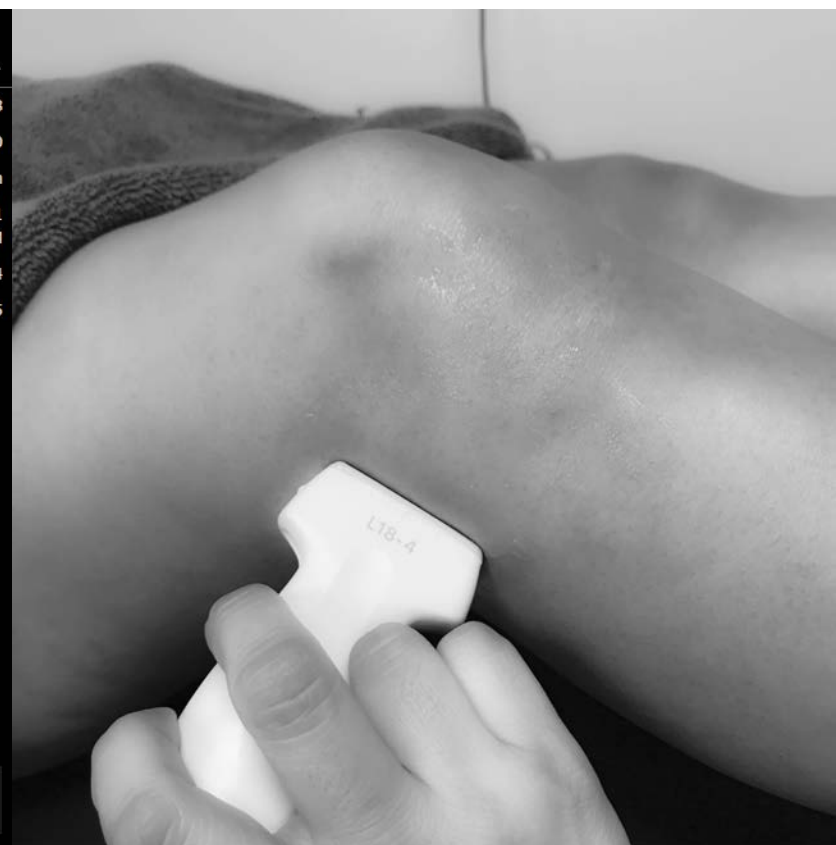
Lateral: Popliteus and fibular collateral ligament aka lateral collateral ligament (LCL)

Lateral Collateral Ligament



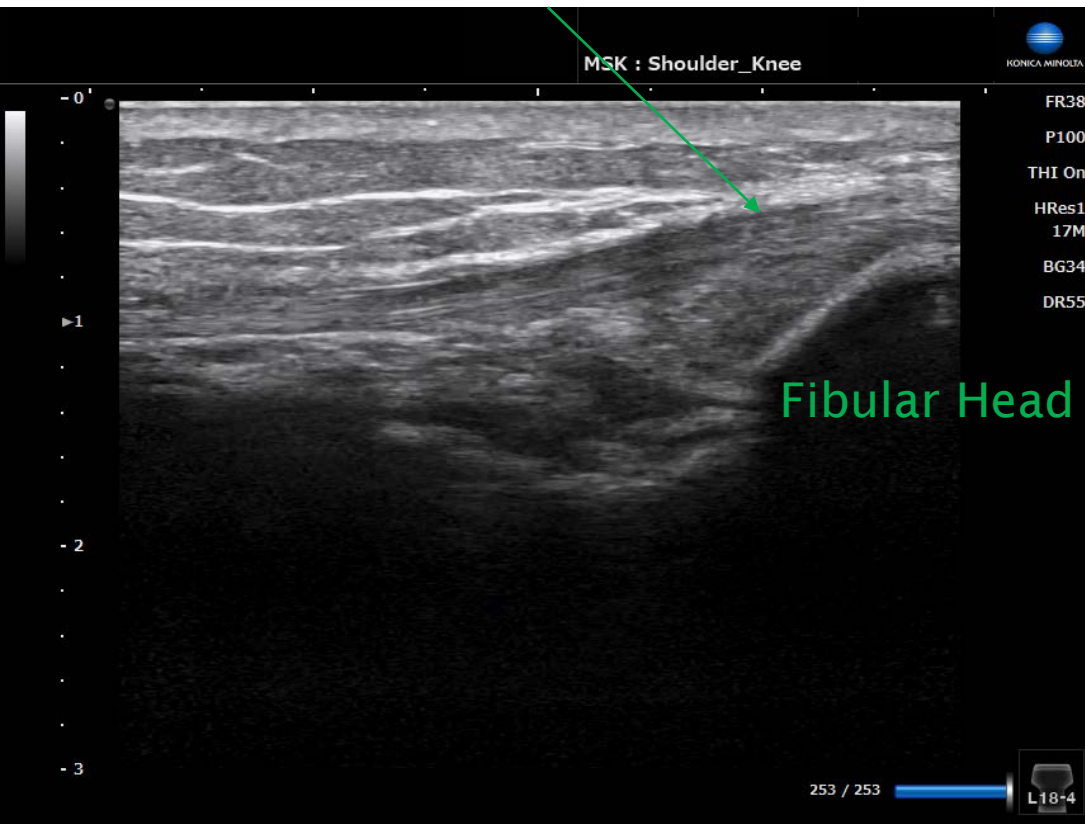
Lateral: Lateral collateral ligament

Lateral Collateral Ligament



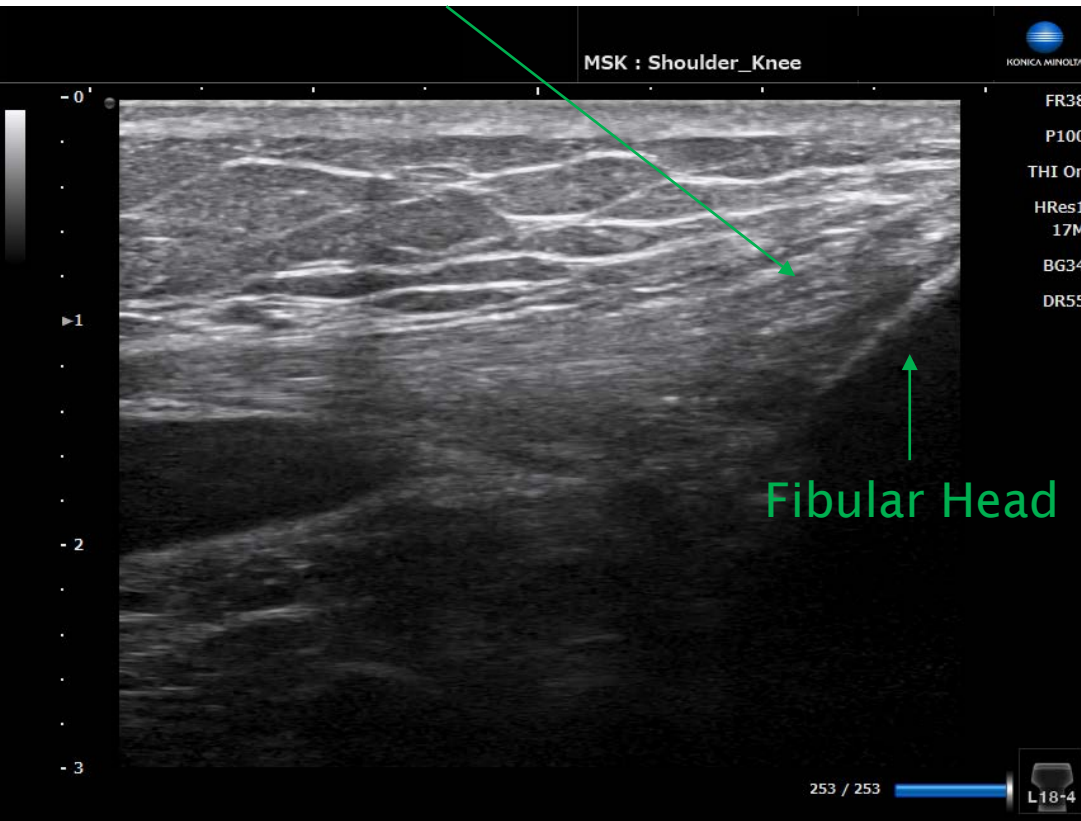
Lateral: Lateral collateral ligament

LCL Inserts On Fibular Head



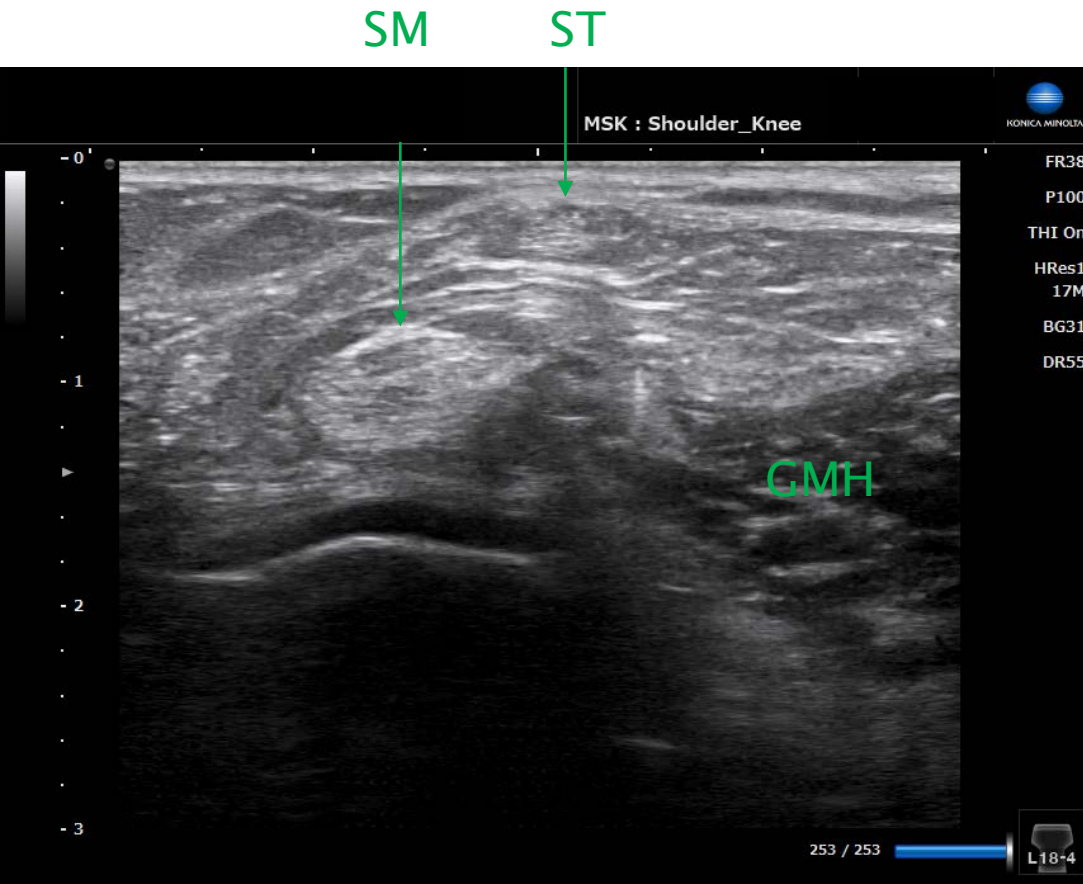
Lateral: Biceps femoris short head tendon

Biceps Femoris Short Head Tendon





Posterior: Semimembranosus (SM), semitendinosus (ST) and gastrocnemius medial head (GMH)





Posterior: Medial meniscus posterior horn

Medial Meniscus





Posterior: Posterior cruciate ligament (PCL)

PCL



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