

**1 Shoulder**

Rotator cuff tendinopathy/tears

Calcific tendinopathy

Subacromial-subdeltoid bursitis

Subacromial impingement

Biceps long head tendinopathy/tenosynovitis

Biceps long head dislocation

AC joint pathology

Cysts, masses

Pectoralis Major muscle/tendon tear

Quadrilateral space syndrome

**2 Elbow and Forearm**

Common flexion tendon pathology

Common extensor tendon pathology

Distal biceps pathology

Medial/lateral epicondylitis

UCL injury

LCL injury

Ulnar neuropathy

Medial nerve entrapment at elbow

Olecranon bursitis

Triceps tendon pathology

**3 Wrist**

Effusion

Median neuropathy/carpal tunnel

1<sup>st</sup> carpometacarpal osteoarthritis

Ganglion or other mass

Tenosynovitis

Stenosis tenosynovitis (Dequervain's)

Tendinopathy

Fractures

Proximal and distal intersection syndromes

Triangular fibrocartilage complex tear

Ulnar nerve entrapment at tunnel of Guyon

**4 Hand**

Metacarpal, volar plate, and other fracture

Joint effusions, synovitis

Collateral ligament injury with or without instability

Tendon tear, tenosynovitis

Trigger finger

Ganglion or other mass

Pulley tears

Thumb UCL tears, Stener lesion

Guyon canal

**5 Hip and Pelvis**

Joint effusion/synovitis

Adductor tendinopathy

Iliopsoas tendinopathy, bursitis

Gluteus medius/minimus tendinopathy, trochanteric pain/bursitis

Proximal hamstring tendinopathy

Distal rectus abdominus and/or aponeurosis tear

Rectus femoris tendinopathy, muscle injury

Osteitis pubis

Adductor longus muscle/tendon tear

Proximal iliotibial band pathology

Tensor fascia latae pathology

Sartorius pathology

Lateral femoral cutaneous pathology

Ischiofemoral impingement

Snapping/clicking hip

Hoffa's fat pad

**6 Thigh**

Hamstring muscle tear

Quadriceps muscle contusion/tear

Sciatic nerve entrapment

Heterotopic ossifications

Morel-Lavallee lesion

**7 Knee**

Joint effusion/synovitis

Osteoarthritis

Prepatellar bursitis

Extensor mechanism pathology

Baker cyst, other popliteal mass

Medial collateral ligament sprain

Lateral collateral ligament sprain

Osgood-Schlatter's disease

Calcifications

Meniscal cysts

Gastrocnemius injury

**8 Foot and Ankle**

Ankle ligament sprain/tear

Tendon tears, tenosynovitis

Plantar fasciitis

Plantar fibroma

Cysts, soft tissue masses

Achilles' pathology/heel pain

Tarsal tunnel syndrome

Neuromas (Morton's)

Stress injury

**9 Rheumatology**

Inflammatory arthritis/synovitis

Bursitis

Enthesitis

Crystal deposition (gout, CPPD)

Tenosynovitis

Erosions/bony contour changes

**10 Other**

Foreign body localization

Occult superficial fracture

Soft tissue mass characterization