

THE SONOGRAPHER'S

QUICK REFERENCE GUIDE

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LATERAL ELBOW Lateral Ligament Complex

RCL - Radial collateral ligament

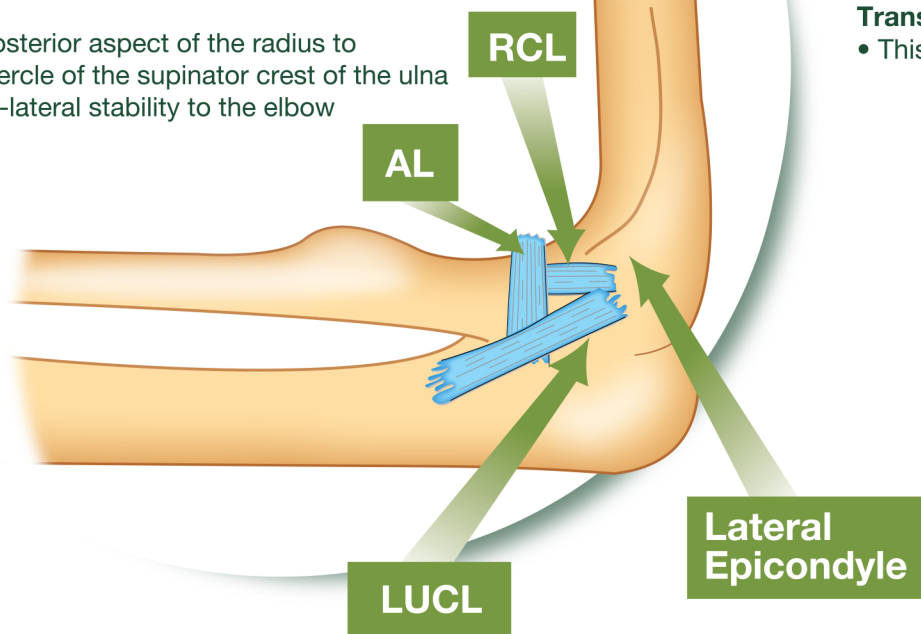
- originates from lateral epicondyle anteriorly and blends with fibers of the annular ligament and fascia of the supinator muscle

AL - Annular ligament

- Primary stabiliser of the proximal radioulnar joint
- Tapers distally and surrounds the radial head in a funnel shape

LUCL - Lateral Ulnar collateral ligament

- Originates from the lateral epicondyle as a continuation of the RCL
- Runs along the posterior aspect of the radius to insert onto the tubercle of the supinator crest of the ulna
- Provides postero-lateral stability to the elbow



MEDIAL ELBOW Medial Collateral Ligament

Medial Collateral Ligament

- comprises 3 ligamentous bands

Anterior bundle of MCL

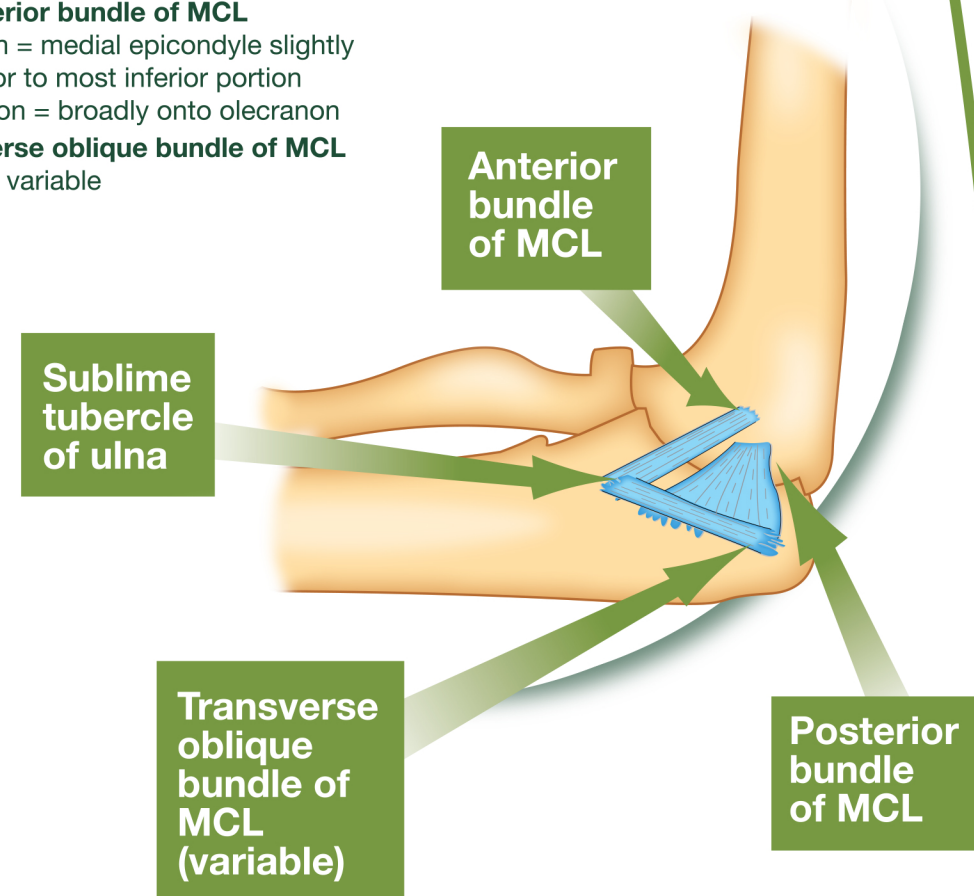
- Primary restraint
- Origin = inferior aspect of medial epicondyle
- Insertion = sublime tubercle of ulna

Posterior bundle of MCL

- Origin = medial epicondyle slightly posterior to most inferior portion
- Insertion = broadly onto olecranon

Transverse oblique bundle of MCL

- This is variable



LATERAL TENDONS

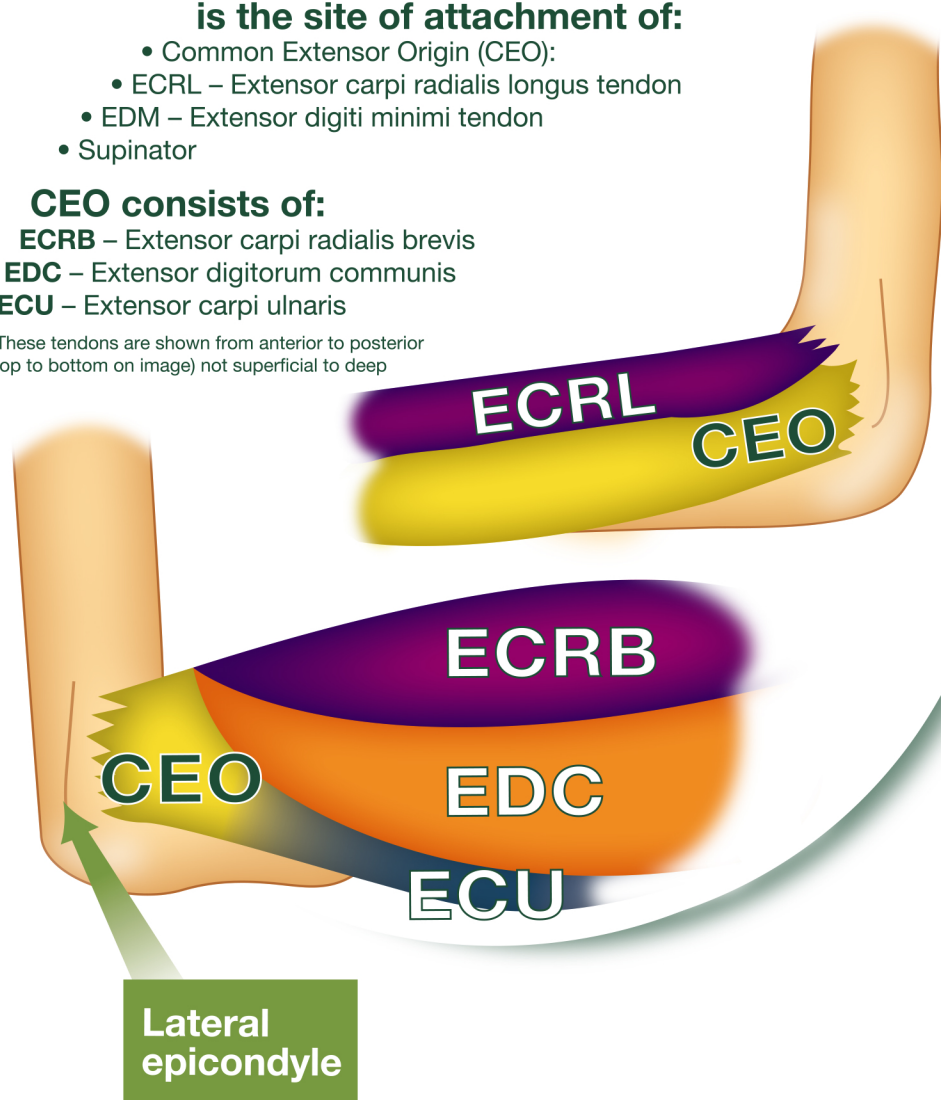
The lateral epicondyle is the site of attachment of:

- Common Extensor Origin (CEO):
- ECRL – Extensor carpi radialis longus tendon
- EDM – Extensor digiti minimi tendon
- Supinator

CEO consists of:

- ECRB – Extensor carpi radialis brevis
- EDC – Extensor digitorum communis
- ECU – Extensor carpi ulnaris

*These tendons are shown from anterior to posterior (top to bottom on image) not superficial to deep



MEDIAL TENDONS

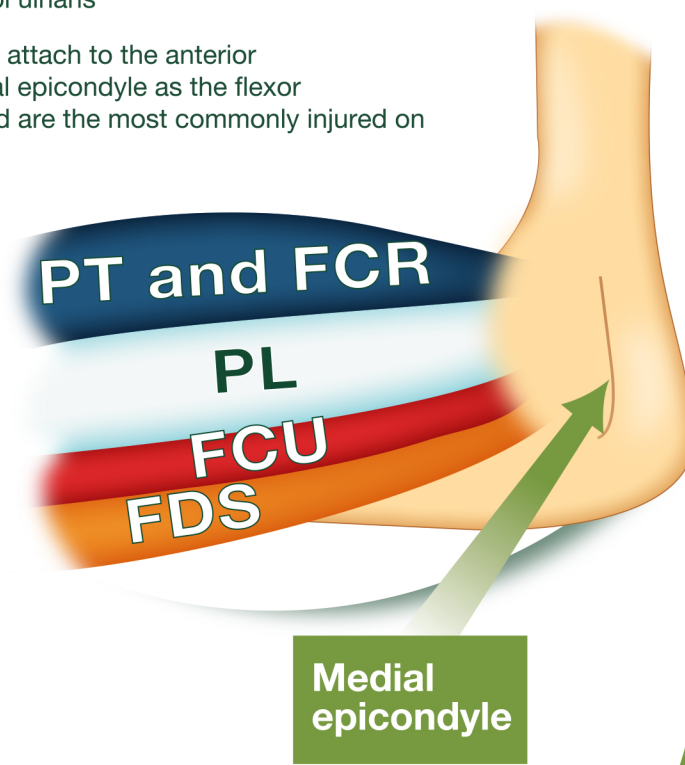
The medial epicondyle is the attachment site of:

- PT – Pronator teres
- FCR – Flexor carpi radialis
- PL – Palmaris longus
- FCU – Flexor carpi ulnaris
- FDS – Flexor Digitorum superficialis

Common Flexor Tendon (CFT) consists of:

- FCR – Flexor carpi radialis
- PL – Palmaris longus
- FCU – Flexor carpi ulnaris

PT and FCR – attach to the anterior aspect of the medial epicondyle as the flexor - pronator mass and are the most commonly injured on the medial elbow



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