1. Biceps Tendon
   - Trans and long views proximally where it emerges from under acromion to musculotendinous junction distally
   - Evaluate for torn or dislocated tendon
   - Dynamically evaluate for subluxation with external rotation of arm
   - Evaluate for areas of tendinosis
   - Document thickness and echogenicity of tendon
   - Evaluate tendon sheath for effusion, synovial hypertrophy, intra-articular bodies
   - Corresponding power Doppler images to evaluate for tendinosis and/or tenosynovitis
2. Subscapularis Tendon
   - Trans and long views from musculotendinous junction to insertion on lesser tuberosity
   - Dynamic evaluation with internal and external rotation may be useful to assess integrity of tendon
   - Evaluate for tears
   - Evaluate for areas of tendinosis
   - Evaluate thickness and echogenicity of tendon
3. Supraspinatus Tendon
   - Trans and long views from musculotendinous junction to insertion on greater tuberosity
   - Evaluate for tears
   - Evaluate for areas of tendinosis
   - Document thickness and echogenicity of tendon
   - Evaluate sub-deltoid bursa thickness-maximum thickness 2 mm
4. Infraspinatus Tendon
   - Trans and long views from musculotendinous junction to insertion on greater tuberosity
   - Evaluate for tears
   - Evaluate for areas of tendinosis
   - Document thickness and echogenicity of tendon
5. Teres Minor Tendon
   - Trans and long views from musculotendinous junction to insertion on surgical neck of humerus
   - Evaluate for possible tears
   - Evaluate for areas of tendinosis
   - Document thickness and echogenicity of tendon
6. Gleno Humeral Joint
   - Evaluate for effusion, paralabral cyst, loose-bodies, bony abnormalities
7. Anterior Impingement
   - Dynamically evaluate for snapping of tendon during movement or shearing of subacromial bursa
8. Acromio-Clavicular Joint
   - Evaluate for geyser sign-synovial hypertrophy

Measurements

1. Measure partial thickness tears in 3 planes (long, trans, and AP thickness).
   - Document tear location as bursal, articular, or intrasubstance.
   - May be useful to measure distance between intra-articular portion of biceps tendon and anterior edge of tear on short-axis.
2. Measure full thickness tear, degree of retraction.
3. Confirm abnormal echogenicity with contralateral imaging.

Shoulder Worksheet

SONOGRAPHER NOTES

INDICATIONS	DATE/TIME	
	SONOGRAPHER	

		Additional Findings/Limitations
Biceps Tendon	Location ❑ Within bicipital groove ❑ Subluxated Tendon Sheath ❑ Normal ❑ Abnormal Continuity ❑ Normal ❑ Tendinosis ❑ Tear	
Subscapularis Tendon	Continuity ❑ Normal ❑ Tendinosis ❑ Tear	
Supraspinatus Tendon	Continuity ❑ Normal ❑ Tendinosis ❑ Tear	
Infraspinatus Tendon	Continuity ❑ Normal ❑ Tendinosis ❑ Tear	
Teres Minor Tendon	Continuity ❑ Normal ❑ Tendinosis ❑ Tear	
AC Joint	❑ Normal ❑ Abnormal	
GH Joint	❑ Normal ❑ Abnormal	
Sub-deltoid/ Sub-acromial bursa	❑ Normal ❑ Abnormal	
Anterior Impingement	❑ Negative ❑ Positive	

Comments

SONOGRAPHER CONFIRMATION: My signature confirms that instructions have been provided to the conscious patient regarding this exam, that US utilizes sound waves rather than ionizing radiation, and that coupling gel is used to improve the quality of the exam.	_____ Sonographer's Signature

FMC KMC CMC TMC NHSC

KIC MIC PI TI

MFP SFP Other

US Shoulder Worksheet

Name / MR # / Label