

ECHOGRAPHIE DE L'ÉPAULE

Docteur Isabelle BENIZEAU

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QUAND DEMANDER UNE ECHOGRAPHIE DE L'ÉPAULE ?

- ▶ Scapulalgies ...
- ▶ Mobilité relativement conservée
- ▶ Toujours associée à une radiographie préalable (calcification, omarthrose ...)
- ▶ Examen permettant des manœuvres dynamiques
- ▶ Douleur au passage de la sonde
- ▶ Examen limité chez les patients très musclés ou obèses

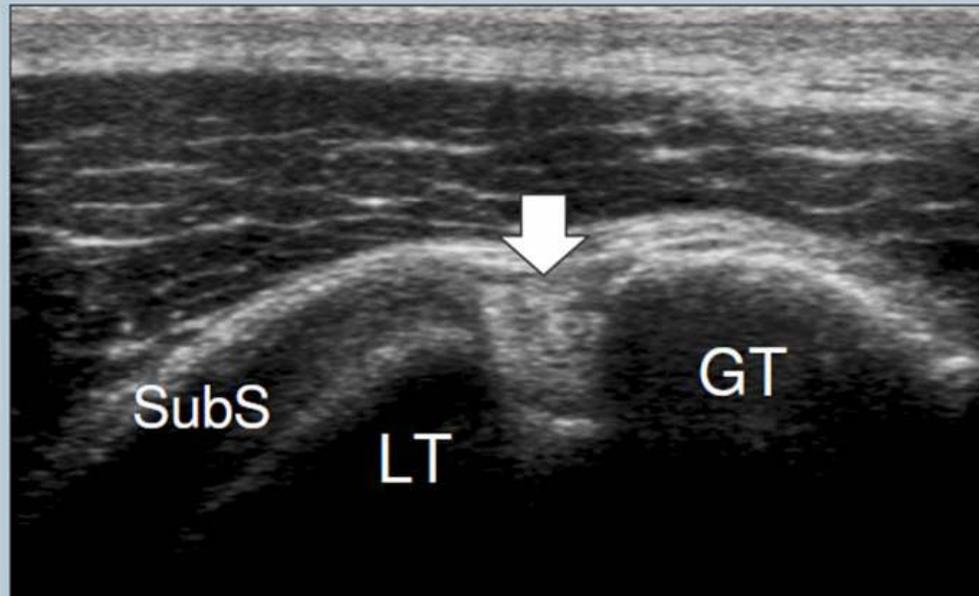
LES DIFFERENTES COUPES

- ▶ Tendon du long biceps transversal et longitudinal
- ▶ Tendon du sub-scapulaire transversal et longitudinal
- ▶ Tendon de l'infra-épineux transversal et longitudinal
- ▶ Tendon du supra-épineux transversal et longitudinal
- ▶ Ligament acromio-coracoïdien
- ▶ Articulation acromio-claviculaire

Tendon du long biceps position

2 long head of the biceps tendon

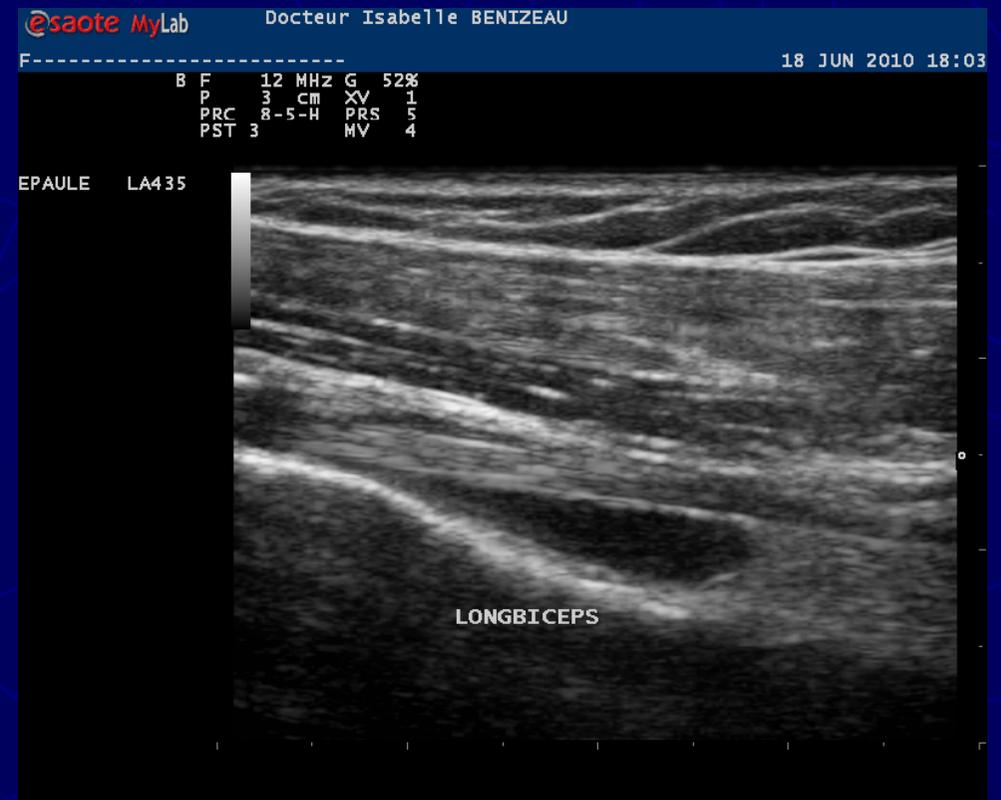
Place the arm in slight internal rotation (directed towards the contralateral knee) with the elbow flexed 90°, palm up. Start by finding the long biceps tendon in between the greater and lesser tuberosities – Use short and long (more limited utility) axis planes to examine the biceps.



Tendon du long biceps Transversal

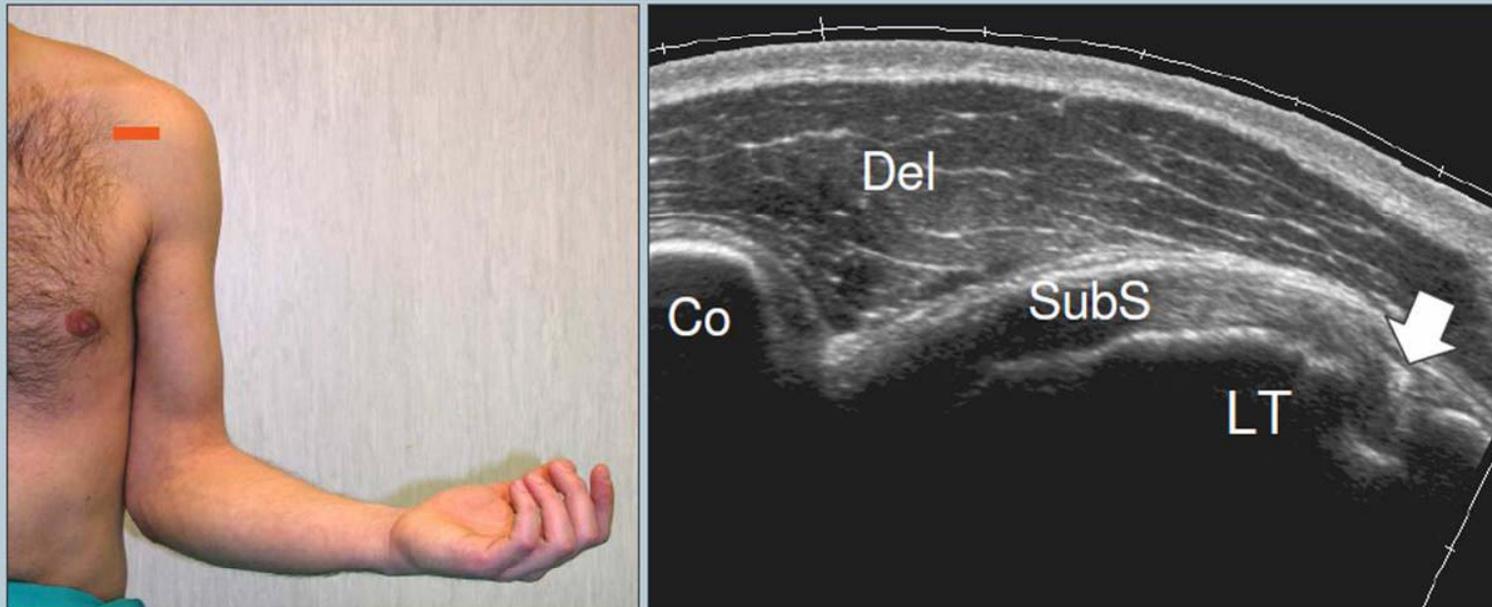


Tendon du long biceps Longitudinal



Tendon du sub-scapulaire position

Rotate the arm externally fixing the elbow on the iliac crest to show the subscapularis tendon and its insertion on the lesser tuberosity (slight supination of the hand may be helpful to neutralize the tendency to lift and abduct the elbow from the lateral chest wall).



This tendon should be evaluated along its long- (transverse planes) and short- (sagittal planes) axis during passive external and internal rotation with hanging arm. Sweep the transducer up and down over the subscapularis until its full width is demonstrated.

Tendon sub-scapulaire longitudinal



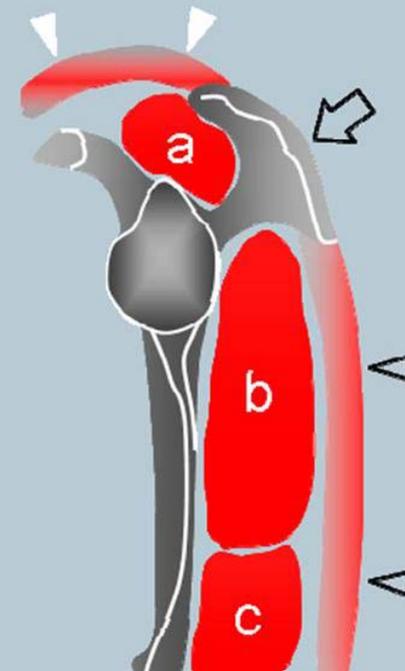
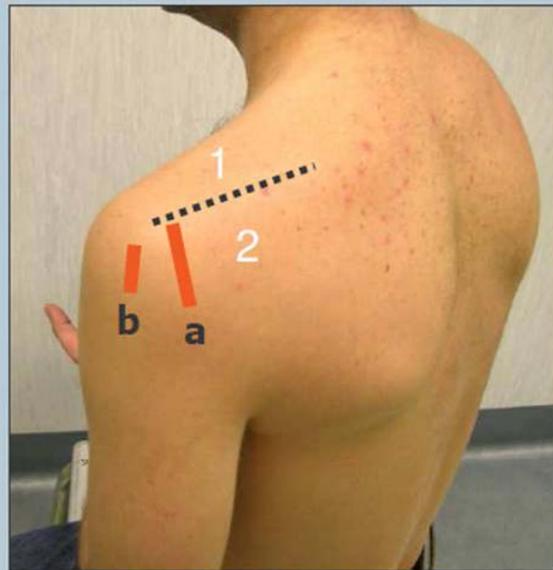
Tendon du sub-scapulaire transversal



Tendon de l'infra-épineux position

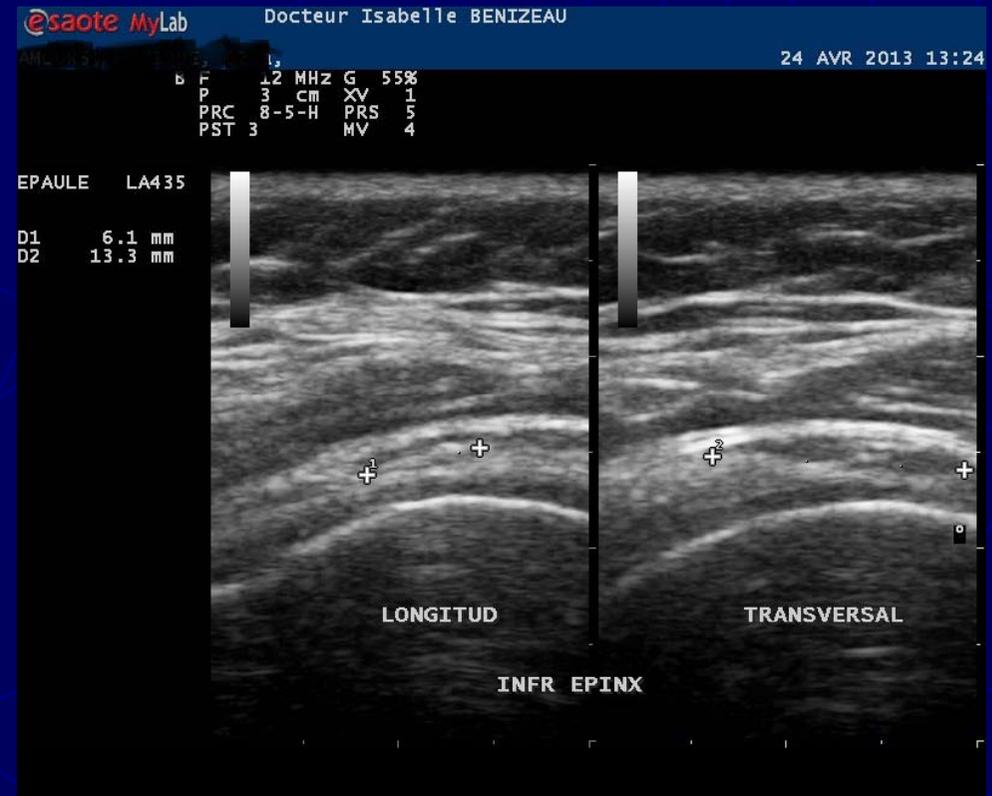
8 infraspinatus and teres minor tendons

Place the transducer over the posterior aspect of the glenohumeral joint with the arm in the same position described at point-2 (or with the hand on the opposite shoulder) and increase the depth to include the structures of the posterior fossa within the field-of-view of the US image. Use the spine of the scapula as the landmark to distinguish the supraspinatus fossa (transducer shifted-up) from the infraspinatus fossa (transducer shifted-down) on sagittal planes.



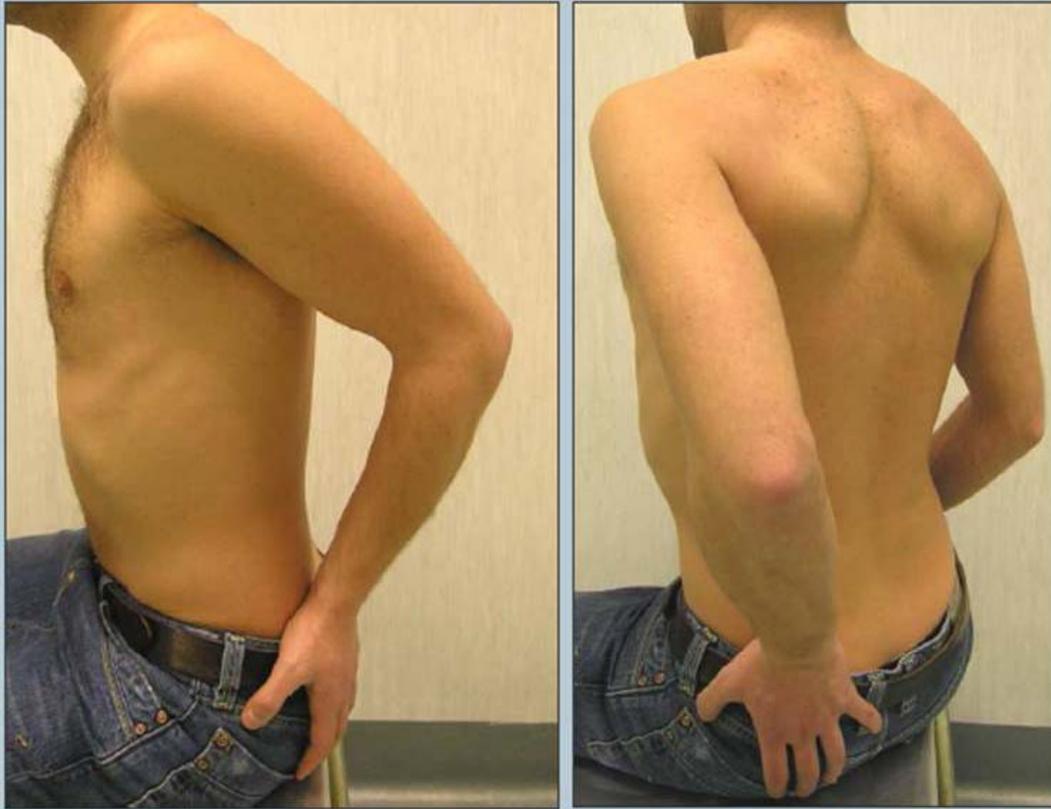
Legend: a, supraspinatus; arrow, spine of the scapula; b, infraspinatus; c, teres

Tendon de l'infra-épineux



Tendon du supra-épineux position

5 supraspinatus tendon: positioning (1)

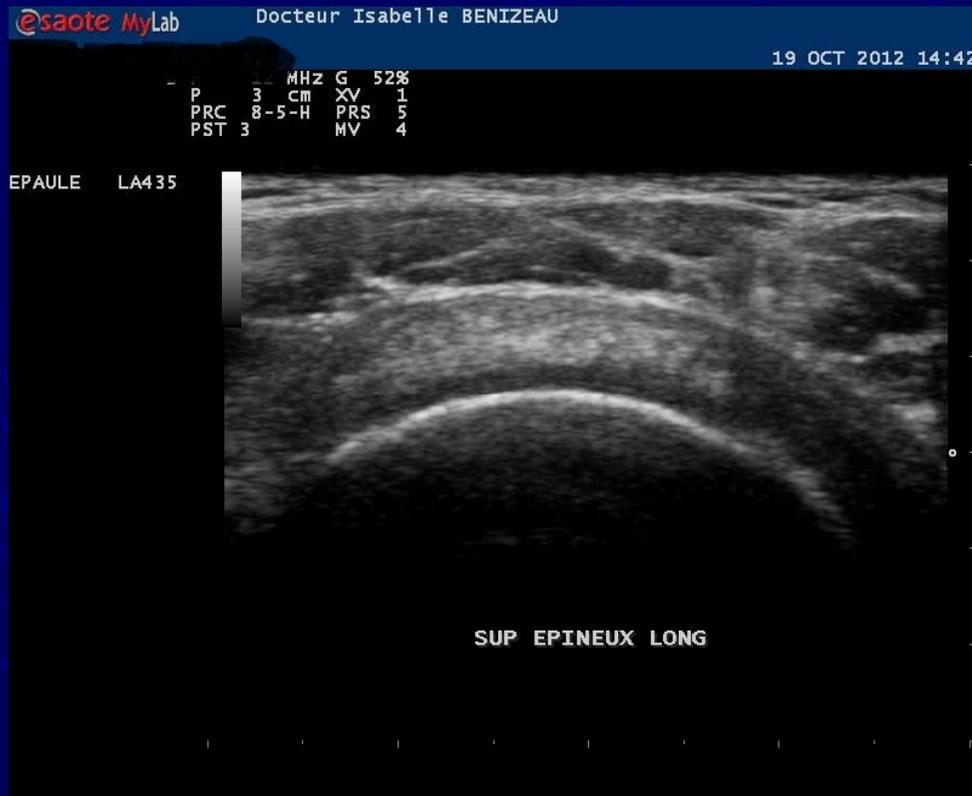


Place the patient's arm posteriorly, placing the palmar side of the hand on the superior aspect of the iliac wing with the elbow flexed and directed posteriorly. The supraspinatus tendon should be evaluated along its long- and short-axis.

Tendon du supra-épineux



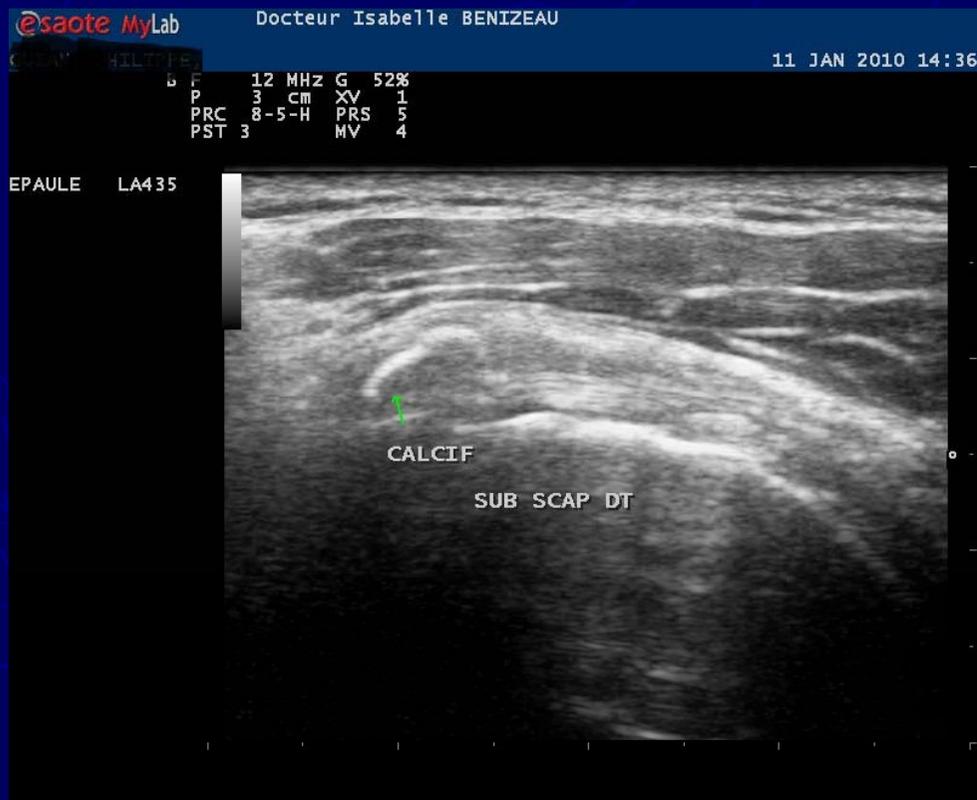
Tendon du supra-épineux



Tendon du supra-épineux



Calcifications



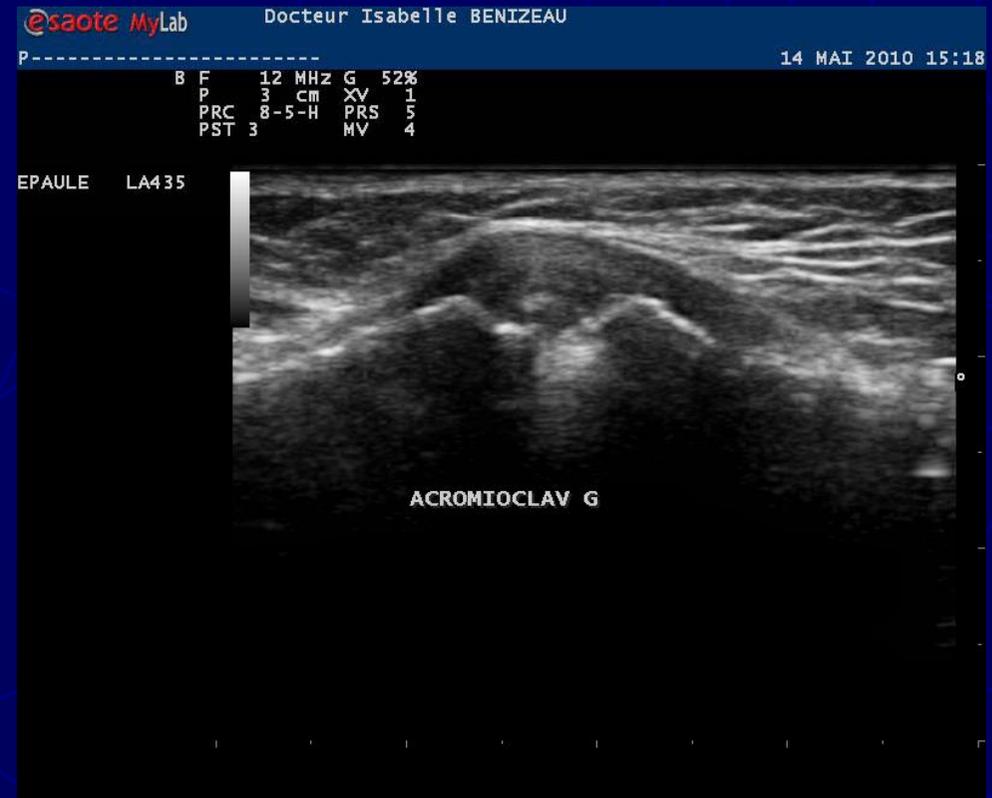
Calcifications



Epanchements



Acromio-claviculaire



CONCLUSION

- ▶ Etre vigilant quant aux images données
- ▶ Penser à demander une radio avant
- ▶ Nécessité d'une certaine mobilité de l'épaule pour pouvoir faire un examen correct