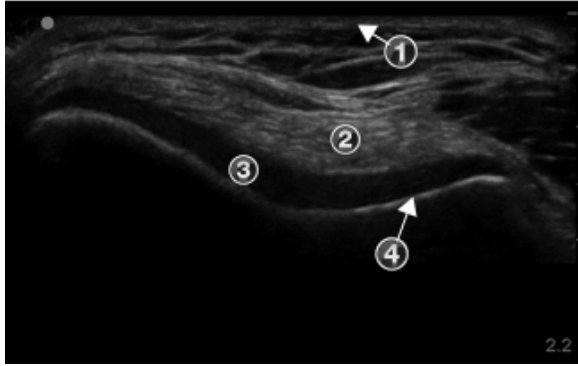


# Musculoskeletal Ultrasound Review



▫ Articular cartilage of trochlear groove:

1. Dermis
2. Quadriceps tendon (transverse)
3. Articular cartilage
4. Bony cortex distal femur

- Fibrocartilage is a mixture of white fibrous tissue and cartilaginous tissue.
  - Provides elasticity and flexibility.
  - Examples of fibrocartilage include:
    - Meniscus of the knee
    - Labrum of the glenoid and hip
    - Triangular fibrocartilage of the wrist
  - On ultrasound, fibrocartilage appears hyperechoic with well-defined borders.



▫ Fibrocartilage—medial meniscus:

1. Dermis and superficial fascia
2. MCL
3. Fibrocartilage (meniscus)
4. Bony cortex of tibia

## Bursa

- A bursa is a synovial-lined sac present at multiple high friction areas throughout the body.
- The primary function of the bursa is to reduce friction between adjacent moving structures such as skin, bones, muscles, tendons, and ligaments.
- Occasionally, deeper bursa may communicate with the adjacent joint and become distended due to joint pathology (e.g. iliopsoas bursa).
- A bursa typically is not discernible on ultrasound unless distended with fluid or thickened with synovial hypertrophy.