

Clinical indications for musculoskeletal ultrasound updated in 2017 by European Society of Musculoskeletal Radiology (ESSR) consensus

Results A total of 123 new papers were reviewed. No evidence change was found regarding the shoulder. There were no new relevant articles for the shoulder, 10 new articles for the elbow, 28 for the hand/wrist, 3 for the hip, 7 for the knee, and 4 for the ankle/foot. Four new evidence levels of A were determined, one for the hip (gluteal tendons tears), one for the knee (meniscal cysts), one for the ankle (ankle joint instability), and one for the foot (plantar plate tear). There was no level A evidence for elastography, although for Achilles tendinopathy and lateral epicondylitis evidence level was B with grade 3 indication.

Conclusions Four new areas of level A evidence were included in the guidelines. Elastography did not reach level A evidence. Whilst ultrasound is of increasing importance in musculoskeletal medical practice, the evidence for elastography remains moderate.

Key Points

- *Evidence and expert consensus shows an increase of musculoskeletal ultrasound indications.*
- *Four new A evidence levels were found for the hip, knee, ankle, and foot.*
- *There was no level A evidence for elastography.*



For the full text article follow this link:

<https://fyzzio.nl/kennis/clinical-indications-for-musculoskeletal-ultrasound/>

Consensus statement MSU - shoulder

Aandoening	Consensus	Aandoening	Consensus
Bursitis	3	AC trauma/instability	2
Full thickness cufftear	3	Sternoclavicular joint conditions	2
Calcifying tendinitis	3	Occult fracture greater tuberosity	2
Rupture long head of biceps	3	Entrapment suprascapular nerve	2
Long haed of biceps (sub-)luxation	3	Rotator cuff muscle atrophy	1
Septic arthritis	3	Loose bodies	1
Partial thickness cufftear	2	TOS	1
Postoperative failed cuffrepair	2	Capsulitis adhesiva (frozen shoulder)	0 > 1
Long head of biceps tendinopathy	2	GH traumatic instability	0
Pectoralis/deltoid tear	2	GH dynamic instability	0
AC osteoarthritis	2	Neuralgic amyotrophy	0

Red = change in consensus or newcomer since the statement of 2012

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Consensus statement MSU - elbow

Aandoening	Consensus	Aandoening	Consensus
Tennis elbow	3	Ulnaropathy	3
Golfer's elbow	3	Ulnaris nerve (sub-)luxation	3
Synovitis	3	Medial collateral ligament	2
Septische arthritis	3	Biceps insertion	2
Triceps tendon lesions	3	Radio-bicipital bursitis	2
Snapping triceps	3	Lateral collateral ligament	0 > 2
Olecranon bursitis	3	Loose bodies	1
Radial nerve entrapment neuropathies	3	Radiale head (sub-)luxation or fracture	1
Pronator syndrome	3	Lateral condyle pediatric fractures	1

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Consensus statement MSU – hand & wrist

Aandoening	Consensus	Aandoening	Consensus
Tenosynovitis or tendon ruptures	3	Wartenberg syndrome	3
Synovitis joints	3	Volar plaat avulsion	2 > 3
Pulley /sagittal band/central slip ruptures	3	Gamekeepers thumb and stener's lesion	2 > 3
Guyon's canal	3	Collateral ligament digits 2-5	2
Trigger finger	3	Intersection syndrome	2
Ganglion	3	Piso-triquetraal osteoarthritis	2
Rugby finger (FDP rupture)	3	STT osteoarthritis	2
FCU/FCR	3	Finger fractures	1 > 2
ECU/UCL	3	Trapezium	0 > 1
Foreign body	3	Capitate / Hamate	0
Hammerhand	3	TFC complex	0
CTS	3	Hamatolunate impaction	0
Quervain	3		

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Consensus statement MSU - hip

Aandoening	Consensus	Aandoening	Consensus
Snapping hip (extra-articular)	3	Bursitis	2
Synovitis, synovial cysts	3	Hamstrings	2
Femoral nerve	3	Gluteal tendon ruptures	2
Morel-Lavallee	3	Psoas tendinopathy	1 > 2
High grade muscle tears	3	Ischiadic neuralgia pelvis	1
Lateral cutaneous femoral nerve	3	Low grade muscle tears	1
Sports hernia	3 > 2	Growing pain	1
Ischiadic neuralgia hip	2 > 3	Snapping hip (intra-articular)	0
Anterior tendinopathy	2	Labral tears	0

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Consensus statement MSU - knee

Aandoening	Consensus	Aandoening	Consensus
Patellar tendon tendinopathy / tear	3	Meniscal cyst	2
Quadriceps tendon tendinopathy / tear	3	Semitendinosis / semimembranosus tendons	2 > 3
Pes anserinus tendinobursitis	3	Posterolateral corner	1
Baker's cyst	3	Intra-articular ganglia	1
Periarticular bursitis	3	Hoffa's fat pad syndrome	1
Periarticular ganglion	3	Loose bodies	1
Osgood-Schlatter	3	Plica syndrome	0
Synovitis	3	ACL rupture	0
Septic arthritis	3	PCL rupture	0
Nerve entrapments / pathologies	3	Meniscal tears	0
Medial collateral ligament	2	Synovial tumor	0
Iliotibial compression syndrome	2	Osteochondritis dissecans	0
Retinacular pathologies	2	Fractures	0

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Consensus statement MSU - ankle & foot

Aandoening	Consensus	Aandoening	Consensus
Tendinopathies	3	Morton's neuroma	2 > 3
Synovitis	3	Haglund's syndrome	2
Tendovaginitis	3	Deltoid ligament	1 > 2
Dis- or subluxation peroneal tendons	3	Calcaneonavicular ligament (spring lig)	1 > 2
Calcifying tendinitis	3	Bony avulsions	2
Retrocalcaneal bursitis	3	Loose bodies	1 > 2
Distension synovial joint spaces	3	Joint instability	2
Anterior tibiofibular ligament	3	Plantar plate injuries	2
Calcaneofibular ligament	3	Cartilage defects	0 > 1
Plantar fasciitis	3	Posterior tibiofibular ligament	0
Ganglion cysts	3	Intra-articular conditions	0

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