Scanning Technique: Wrist and Hand

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Technique: volar
- Median nerve
- Flexor tendons
  - Flexor carpi radialis and radial artery
  - Occult ganglia
- Volar joint recesses

Normal Peripheral Nerve
- Ultrasound appearance:
  - Hypoechoic nerve fascicles
  - Hyperechoic connective tissue
- Transverse:
  - Honeycomb appearance

Median Nerve

Carpal Tunnel: boundaries
- Proximal
- Distal

Note: transverse carpal ligament (white arrows) and median nerve (yellow arrows)

Median Nerve
- Palmar cutaneous branch
- Outside of carpal tunnel and retinaculum (white arrowheads)
- Adjacent to flexor carpi radialis

Tagliafico et al. AJR 2008; 197:107
Volar Wrist: joint recesses

Technique: volar
- Median nerve
- Flexor tendons
- Volar joint recesses
- Guyon canal
  - Ulnar artery and nerve

Volar Wrist: Guyon’s canal

Volar Wrist: ulnar nerve

Ulnar Nerve
- At hook of hamate
- Sensory branch:
  - Superficial to hook
  - One or two trunks
  - White arrows
- Motor branch:
  - Ulnar side of hook
  - Yellow arrow

Technique: volar
- Median nerve
- Flexor tendons
- Volar joint recess
- Guyon canal
- Scaphoid and flexor carpi radialis

Volar Wrist: scaphoid and FCR

Sagittal T1w

Technique: dorsal
- Extensor tendons

Dorsal Wrist

Dorsal Wrist: 4th and 5th compartments

EDM = extensor digiti minimi
Not Electronic Dance Music

Dorsal Wrist: 6th compartment

Axial T1w

Note: normal hypoechoic cleft

Technique: dorsal
- Extensor tendons
- Dorsal joint recesses
Dorsal Wrist: joint recesses

- Extensor tendons
- Dorsal joint recesses
- Scapholunate ligament

Axial T1w

Dorsal Wrist: scapholunate ligament

- Extensor tendons
- Dorsal joint recesses
- Scapholunate ligament
- Triangular fibrocartilage complex

Technique: dorsal

Dorsal Wrist: TFCC

- Flexor tendons
- Pulley system
- Extensor tendons
- Joints

Technique: digits
**Digit Pulley System**

**Flexor Tendons: short axis**

**Ulnar Collateral Ligament: thumb**

Note: sliding of adductor aponeurosis with isolated interphalangeal joint flexion

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