

Arthrography

Dr. Tudor H. Hughes M.D., FRCR
Department of Radiology
University of California School of Medicine
San Diego, California



http://www.bonepit.com/Reference/Reference.htm

General indications

- Assessment of internal derangement
- Intraarticular bodies
- Aspiration for sepsis or crystals
- Steroid injections
- Diagnostic LA injection

Safety

 The avoidance of unnecessary risk and minimization of necessary risk

General Arthrography Technique

- Time out open ended questions
- Consent discuss, bleeding, nerve injury, deep infection
- Coagulation any risk factors
- Medication reconciliation Epic
- Mark skin
- Clean
- LA usually
- Enter joint
- Aspirate
- Confirm position with contrast
- Contrast flows away from needle
- Stop if blob
- Use dynamic subtraction if available esp. wrist
- Fill joint with appropriate contrast
- Take full radiographic series no matter what
- Record volume mls and name of contrast in report

Technique - Septic arthritis

- Multi-use lidocaine is often bacteriostatic.
 - Avoid in joint
 - Aspirate through different needle







- If dry tap
 - Irrigate with Non bacteriostatic saline.
 - Confirm needle position with contrast/air
 - Non ionic contrast probably not bacteriostatic
 - Use red bung on syringe, or transport medium.

Technique - Septic arthritis

- Multi-use lidocaine is often bacteriostatic.
 - Avoid in joint
 - Aspirate through different needle







- If dry tap
 - Irrigate with Non bacteriostatic saline.
 - If you irrigate state so in report and lab note, since it makes cell count irrelevant.

Hip Arthrography – Sinus tract



Swab

Sterile technique

- Think ahead
- Don't touch needle shaft, especially near tip
- Don't stick needles down through plastic into non-sterile area
- Only consider inside plastic tray as sterile



Technique - safety

Keep a clean work area

 Throw away unnecessary items before starting

Don't re-sheath needles

Technique

 Keep finger on blunt tip of stylet when advancing needle, so that it projects beyond canula.

Technique

- Use Povidone iodine (Betadine) to clean skin.
 - Clean off skin afterwards as this may be irritant to some

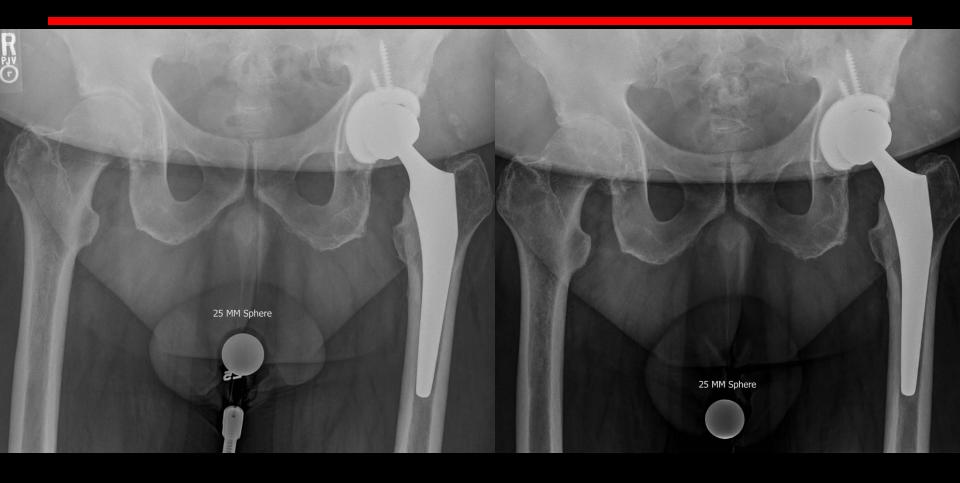
Alcohol removes marks

 Rubbing excessively hard removes marks

Anesthetic Arthrography - Technique

- 1-5mls of 1% Lidocaine sufficient
- Record where contrast / LA goes
- Pain will recur prior to steroid effect
- Keep a diary Activity V's pain
 - Until see referring physician
- Keep it simple
 - Only use Bupivicaine / Marcaine if pain intermittent
- Give steroid first before joint fills up
 - Patient wants the steroid
 - Top up with LA
- Second dose usually more effective

Chondrolysis and Marcaine



Types of contrast

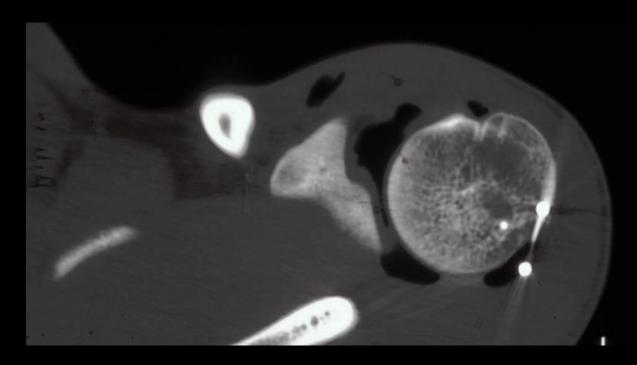
- Positive
 - lodine
 - Gd
- Negative
 - Air
 - CO2
 - Vacuum
- Mixed
 - Double contrast Air / Iodine
- Indirect
 - Gd
- Natural from joint fluid



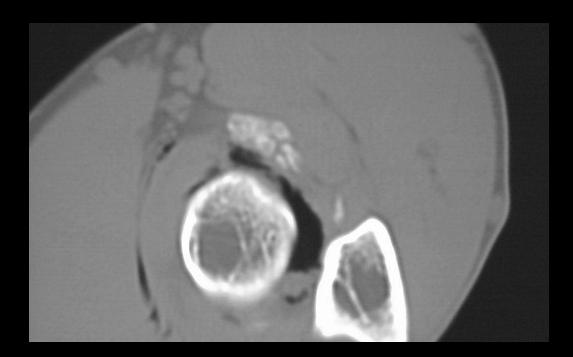
- No iodine
- Best for IA bodies inc. GSW
- Most commonly used in elbow
- Usually combined with CT.



- No iodine
- Best for IA bodies inc. GSW
- Most commonly used in elbow
- Usually combined with CT.

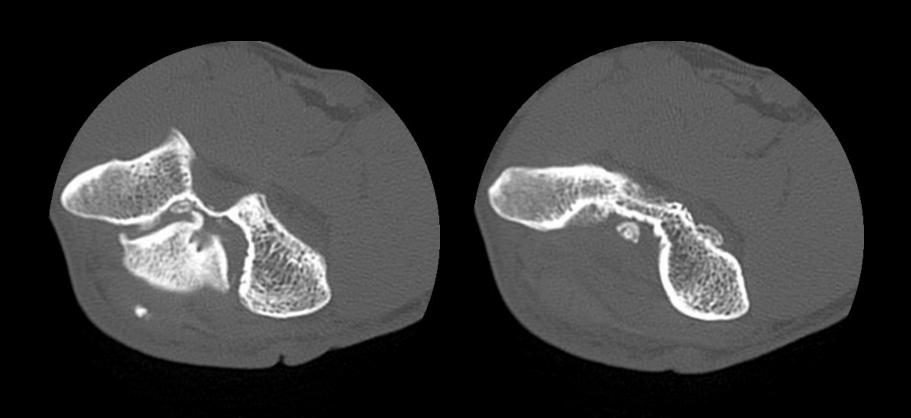


- No iodine
- Best for IA bodies inc. GSW
- Most commonly used in elbow
- Usually combined with CT



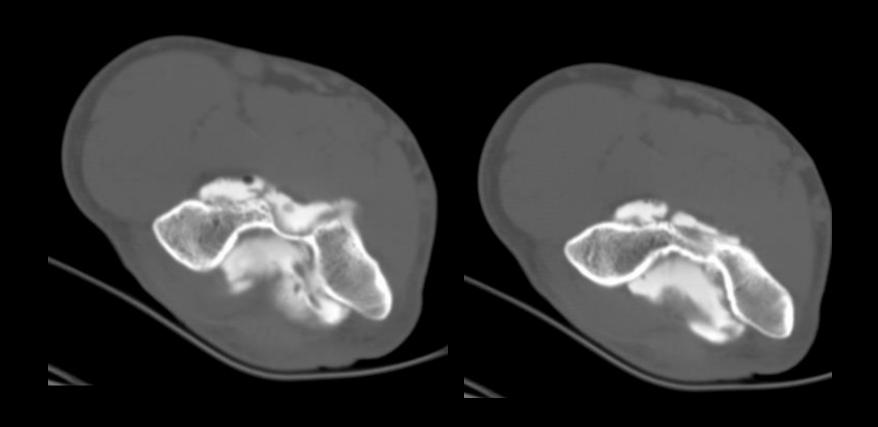
Bodies - No Iodinated contrast - Air

No iodine



Bodies - No Iodinated contrast - Air

No iodine



Single contrast - lodine

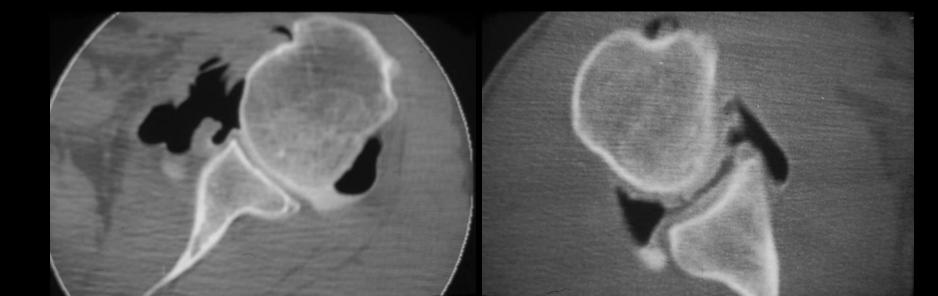
- Most commonly used in shoulder
- Outlines articular surface
- Combine with CT for knee menisci
- 240 mg/dl





Double contrast

- Tiny amount of iodinated contrast to line joint
- Fill up with air
- CO2 rapidly absorbed
- Shoulder with CT for labrum
- Shoulder for rotator cuff tear

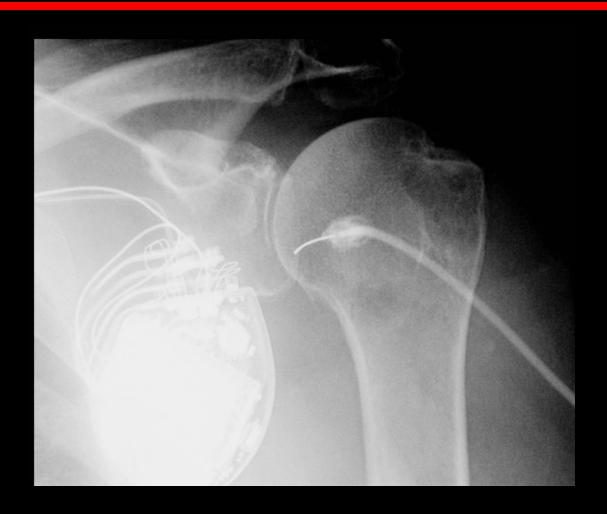


General contraindications

Few

- Controversial to inject contrast if aspirate pus
- Some patients don't want iodine
 - Inject by feel/pressure
- Possible chondrolysis from long acting LA





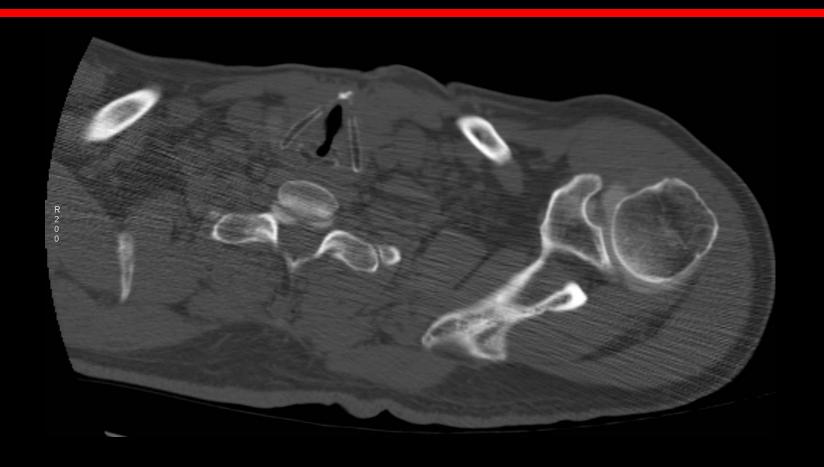


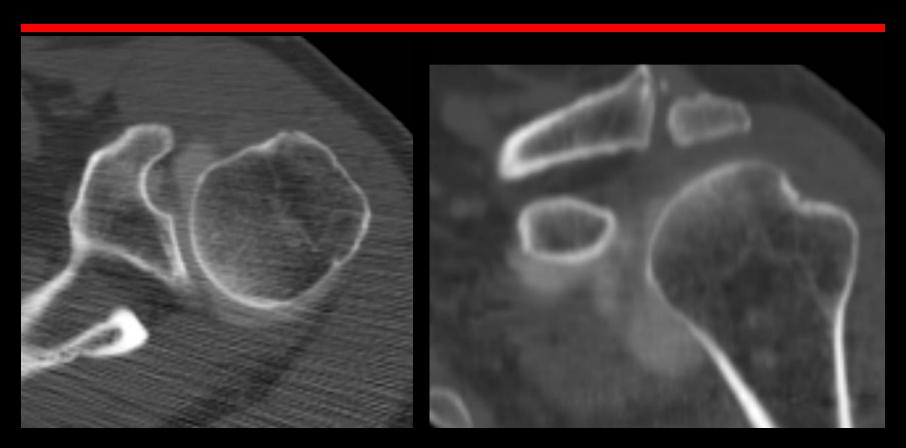












MRI Arthrography - Technique

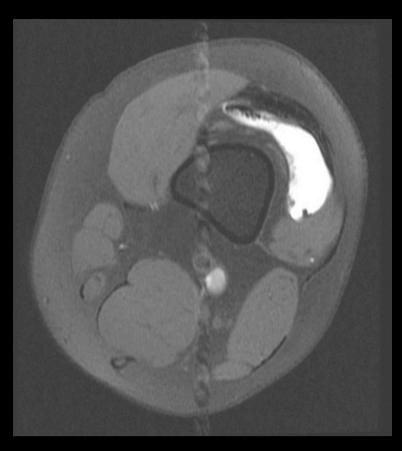
- Gd 1:200-250 dilution
- Technologist usually adds 1ml of Gd to 100ml bag of saline (or .5 to 50) = 1:100 Gd
- You draw up X mls of this and add X mls of 180-300 mg/dl

iodine = 1:200 Gd

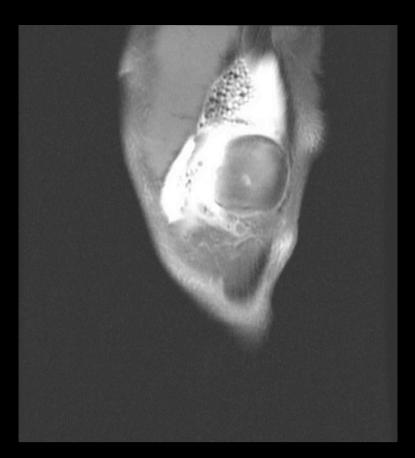
- This allows for dilution by any joint fluid
- Get rid of air.
- Don't dilly dally after injection
 - Contrast is absorbed from joint
 - Especially in synovitis
 - Check MRI is ready for patient, ½ hr max delay



Knee Arthrogram – Air bubbles



Ax T1FS IAGd

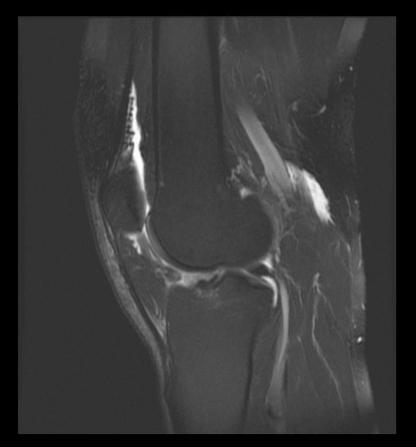


Cor T1FS IAGd

3 47F

Knee Arthrogram – Air bubbles

12

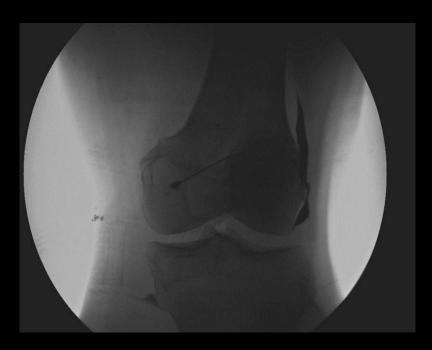


Sag T2FS IAGd



Sag T1FS IAGd

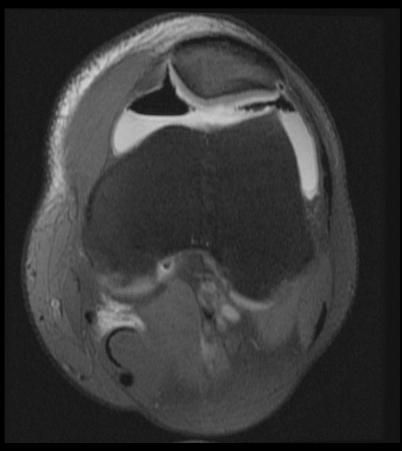
1 47F





1+9+14+15 53M

6



Ax T1FS IAGd

9+14+15 53M

12



Cor T1FS IAGd

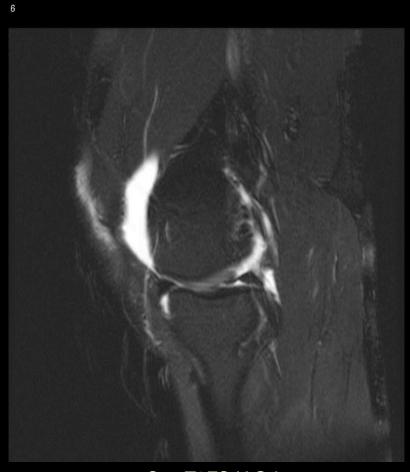
4+15 53M

13



Cor T1FS IAGd

3+15 53M



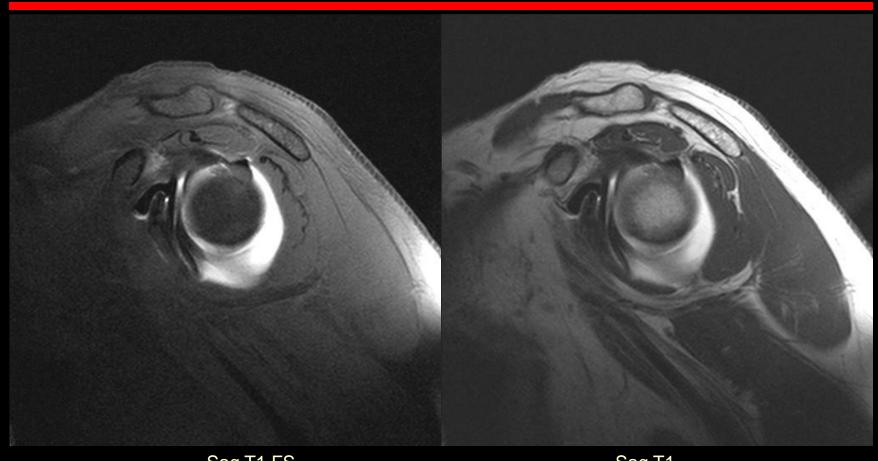
Sag T2FS IAGd



Sag T1FS IAGd

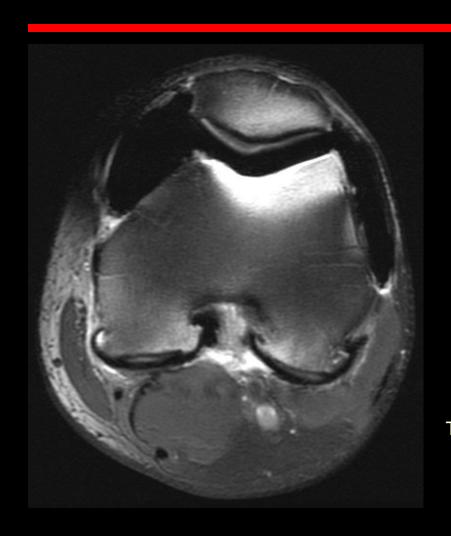
10 53M

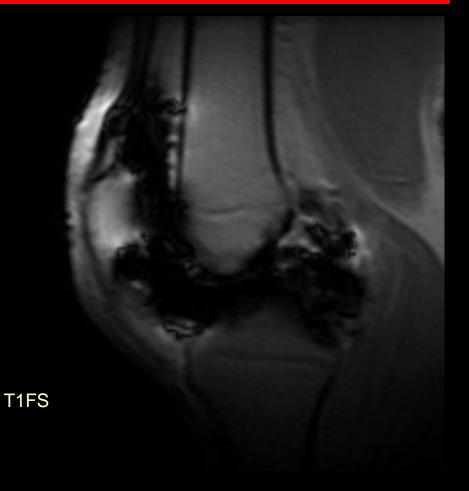
Shoulder MR arthrography with air



Sag T1 FS Sag T1

MRI Arthrography - Technique

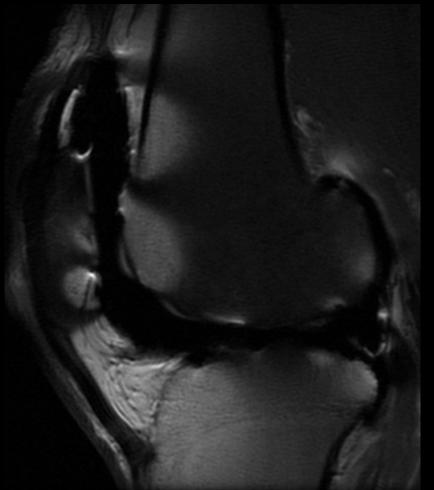




Undiluted Gd

MRI Arthrography - Technique



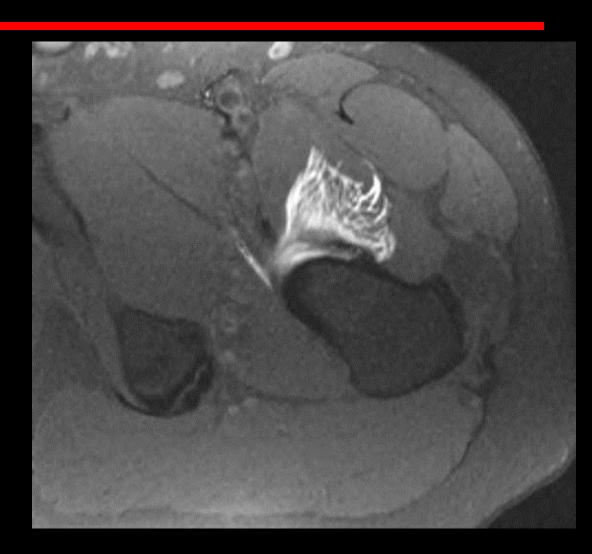


Sag PD Undiluted Gd

Sag T2

Extravasation

- No significant tissue toxicity
- No treatment necessary

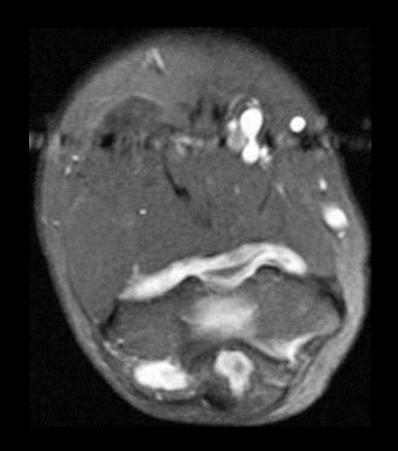


MRI Arthrography - Indirect Technique

10mls of Gd IV

Wait 15-30 mins to scan

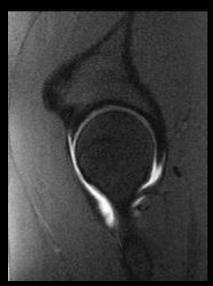
Best with inflamed joints



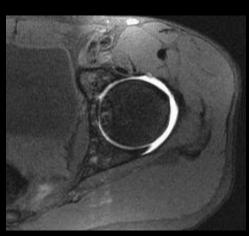
Elbow cocci

MRI Arthrography - Sequences

- 3 planes of imaging with T1 fat-sat
- Preferred plane IR or T2-w FSE
- And a short TE sequence for anatomy
- Add axial or radial oblique's in line of femoral neck for FAI









Imaging for Access

- Fluoroscopy usually sufficient
- CT may be of benefit for SIJ or foot in elderly with OA to see any osteophytes

- Ultrasound probably complicates matters
 - Great for bursa

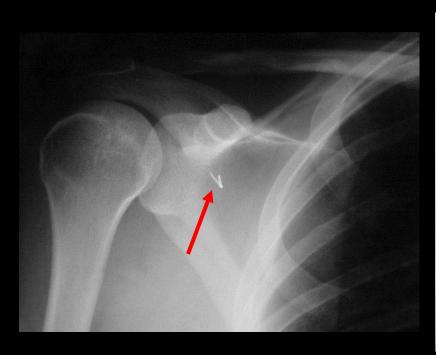
CT guided wrist arthrogram

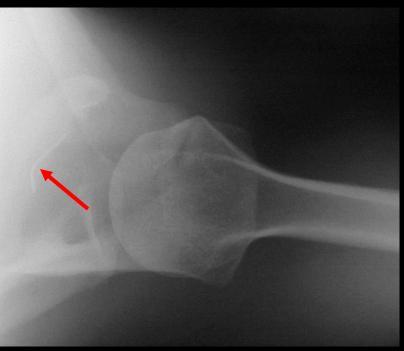






Remember to take out the needle





Joint volumes

- Shoulder 10-12 mls
- Elbow 5 mls
- Wrist 2-3 mls
- Hip 10 mls
- Knee up to 50 mls
- Ankle 5mls
- Subtalar 3-5 mls
- TMJ 1 ml
- Ask the patient to tell you when they feel a heavy dull fullness in the limb being injected which is due to the capsule tightening up.

Joint	Approach	Technique	<u>Aristospan</u>	Aristocort/ Kenalog	<u>Depo-</u> <u>medrol</u>	Dexa- methasone
<u>Hip</u>	Anterolateral	Fluoro	20mg	40mg	80mg	4mg
<u>Knee</u>	Subpatella	Fluoro	20mg	40mg	80mg	4mg
<u>Ankle</u>	Anterior	Fluoro	10mg	20mg	40mg	2mg
<u>Subtalar</u>	Lateral	Fluoro	5mg	10mg	20mg	1mg
SIJ	Posterior	Fluoro/CT	10mg	20mg	40mg	2mg
<u>Shoulder</u>	Anterior/Post	Fluoro	20mg	40mg	80mg	4mg
Elbow	Lateral	Fluoro	10mg	20mg	40mg	2mg
Wrist	Posterior	Fluoro	5mg	10mg	20mg	1mg
Sub deltoid bursa	Anterior	US	10mg	20mg	40mg	2mg
Tendon sheaths		US	5mg	10mg	20mg	1mg

Check list for Biopsies

Check	list for	Biopsy	Requests

CHECK HIST TOT BIODS	y recquests					
Please fill in or tick.						
Patient name:					Patient MRN:	
Patient contact:				In patient	Out patient	
Referring Doctor:					Pager:	Extension:
Scheduling contact:	Dept: 33045,	Sheila 33372,	Sarona 37497,			
	Soladad 33340,	Rosa 33373,	Maritza 37258			
Location to be biopsie	ed:			R L	Bone Soft Tissue	
Suspected pathology:					Known Primary:	
Previous imaging che	cked:			Biopsy appr	ropriate:	
Most accessible lesion	n:					
If possible sarcoma, a	access route discusse	ed with surgeon:				
Method: CT US	Fluoro			Date of Biop	osy:	Time:
Date of last H+P:					Less than 30/7 from biopsy:	Y N
Coagulation ordered:					Anticoagulated?:	
Charts ordered: (367	00)			Cytology re	quested: (35378)	
SAMA: (35610)				PACU: (36	130)	
Sedation Nurse reque	ested: (32138)	NPO 6/24	Someone to drive	e patient hom	e:	
Coagulation checked:					H+P read:	
Consent obtained:						

Follow up: TH 12.8.03

Check list for Biopsies

On No Pre-Admission Medication Medicatio	of	Conciliación De	Medicamentos DOB	
□ On No Pre-Admission Medications □ Unable to Obtain Medication History from Patient; □ Unable to Obtain Medication History from Patient; □ On No Pre-Admission Medication History from Patient; □ Outable to Obtain Medication History from Patient; □ Outable to Obtain Medication History from Patient; □ Outable to Obtain Medication to the procedure. □ Outable to Obtain Medication Is the provider to to to the variety of the provider to the provid	dure date:	Source	Date	
□ On No Pre-Admission Medications □ Unable to Obtain Medication History from Patient; reason: □ Unable to Obtain Medication History from Patient; reason: □ Unable to Obtain Medication History from Patient; reason: □ On No Pre-Admission Medication History from Patient; reason: □ On No Pre-Admission Medication History from Patient; reason: □ On No Pre-Admission Medication History from Patient; reason: □ On No Pre-Admission Medication History from Patient; reason: □ On No Pre-Admission Medication History from Patient; reason: □ On No Pre-Admission Medication History from Patient; reason: □ On No Pre-Admission Medication History from Patient; reason: □ On No Pre-Admission Medication History from Patient; reason: □ On No Pre-Admission Medication History from Patient; reason: □ On No Pre-Admission Medication History from Patient; reason: □ Outpatient on Patient; Provider to list any new medications and sign discontinued. □ Provider to list any new medications and sign discontinued are elications. □ Provider to list any new medications and sign and cross out any nome medications and sign discontinued. □ Provider to list any new medications and sign discontinued. □ Provider to list any new medications and sign and cross out any nome medications and cross out any nome medicatio	idale tegulor			Patient Identification
□ Unable to Obtain Medication History from Patienti. Incason: Incomment Incason: In	The state of the s	diantions		
Provider should review medications for interactions Provider should review medications for interactions Provider should review medications for interactions Provider to list any new medications of and cross out any home medications and cross out any home medications Provider to list any new medications of the discontinued Provider to list any new medications and cross out any home medications Provider to list any new medications and cross out any home medications Provider to list any new medications and cross out any home medications Provider to heck attestations and sign Provider to check attestations and sign Provider to check attestations and sign Provider to heck attestations Provider to heck attestations Provider to heck attestations Provi	n No Pre-Admission Med	ion History from	Patient: 1 Obtain t	nome medication list from the patient p
InFORMATION SOURCE: Patient / Wallet Card (Check all that apply) Meds from Home Previous D/C Summary Previ		Off flatory from		dure.
Check all that apply)	ion:	tient / Wallet Car	d Provider	r should review medications for potent
Previous D/C Summary and cross out any home medications to be discontinued. Home Medication List (including Over The Counters, terbals, vitamins) Lists de medicamentos caseros fineluyendo los de venta fibre, a base de therbasy vitamins, business de familiar de la commenta di la commenta d	HMATION SOURCE. Draw	eds from Home		to list any new medications prescribe
□ Outpatient Clinic Notes □ Spouse / Family 4. Provider to check attestations and sign **Lists de medicamentos caseros (incluyendo fos de venta libre, a base de herbas y vitamins **Lists de medicamentos caseros (incluyendo fos de venta libre, a base de herbas y vitamins **Drug Name** Dose **Nombre del farmaco** Dosis **Via adm.** Frecuencia diaria **Comments Comments **Comments Comentarios **Comentarios **Comentarios **Comentarios **Comentarios **Si se recetan nuevos medicamentos en base al procedimiento, enumerarios a continua **Si se recetan nuevos medicamentos en base al procedimiento, enumerarios a continua to the procedure listed above or to any medications administered in the performance of the procedure listed above or to any medications administered in the performance of the procedure listed above, and any home medications to be discontinued are crossed out.	tient's Pharmacy	evious D/C Summ		
Home Medication List (including Over The Counters, herbals, vitamins) Lists de medicamentos caseras (incluyendo ins de tenta libre, a base de hierbas y vitam Drug Name Dose Route Times Per Day Nombre del fármaco Dosis Via adm. Frecuencia diaria Comments Frecuencia diaria Comments Comments Comments Comments Comments Comments Comentarios If new medications are prescribed following procedure, please list them below: Si se recetan nuevos medicamentos en base al procedimiento, enumerarios a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the pare listed above, and any home medications to be discontinued are crossed out.	utpatient Clinic Notes Spo	ouse / Family	4. Provide	r to check attestations and sign form.
Drug Name Nombre del farmaco Dosis Via adm. Times Per Day Frecuencia diaria Comentarios Comentarios If new medications are prescribed following procedure, please list them below: Si se recetan nuevos medicamentos en base al procedimiento, enumerarios a continua PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions route to the procedure listed above or to any medications administered in the performance of the pare listed above, and any home medications to be discontinued are crossed out.	The state of the s	water that the	cluding Over The Co	unters herhals vitamins)
Dosis Via adm. Frecuencia diaria Comentarios If new medications are prescribed following procedure, please list them below: Si se recetan nuevos medicamentos en base al procedimiento, enumerarios a continua PROVIDER ATTESTATIONS: ☐ The patient is instructed to continue home medications for potential adverse effects or interactions for to the procedure listed above or to any medications administered in the performance of the pare listed above, and any home medications to be discontinued are crossed out.			Times Per Day	Comments
If new medications are prescribed following procedure, please list them below: Si se recetan nuevos medicamentos en base al procedimiento, enumerarios a continua PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions route to the procedure listed above or to any medications administered in the performance of the pare listed above, and any home medications to be discontinued are crossed out.	ly Manie	000		
Si se recetan nuevos medicamentos en base al procedimiento, enumerarlos a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the position of the positio	bre del fármaco Do.	ISIS VIA AUTII.	riecuencia diaria	Domonanos
Si se recetan nuevos medicamentos en base al procedimiento, enumerarlos a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the position of the positio				
Si se recetan nuevos medicamentos en base al procedimiento, enumerarlos a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the position of the positio				
Si se recetan nuevos medicamentos en base al procedimiento, enumerarlos a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the position of the positio				
Si se recetan nuevos medicamentos en base al procedimiento, enumerarlos a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the position of the positio				
Si se recetan nuevos medicamentos en base al procedimiento, enumerarlos a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the position of the positio				
Si se recetan nuevos medicamentos en base al procedimiento, enumerarlos a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the position of the procedure listed above, and any home medications to be discontinued are crossed out.		-		
Si se recetan nuevos medicamentos en base al procedimiento, enumerarlos a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the position of the positio				
Si se recetan nuevos medicamentos en base al procedimiento, enumerarlos a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the position of the positio				
Si se recetan nuevos medicamentos en base al procedimiento, enumerarlos a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the position of the positio				
Si se recetan nuevos medicamentos en base al procedimiento, enumerarlos a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the position of the positio				
Si se recetan nuevos medicamentos en base al procedimiento, enumerarlos a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the position of the positio				
Si se recetan nuevos medicamentos en base al procedimiento, enumerarlos a continua. PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions reto the procedure listed above or to any medications administered in the performance of the position of the procedure listed above, and any home medications to be discontinued are crossed out.				
PROVIDER ATTESTATIONS: I have reviewed the patient's home medications for potential adverse effects or interactions root to the procedure listed above or to any medications administered in the performance of the position of the patient is instructed to continue home medications as listed above. Newly prescribed mare listed above, and any home medications to be discontinued are crossed out.	new medications are pres	scribed following	ng procedure, plea	se list them below:
I have reviewed the patient's home medications for potential adverse effects or interactions for to the procedure listed above or to any medications administered in the performance of the position. The patient is instructed to continue home medications as listed above. Newly prescribed means are listed above, and any home medications to be discontinued are crossed out.	se recetan nuevos medi	icamentos en b	ase al procedimier	nto, enumerarlos a continuación
I have reviewed the patient's home medications for potential adverse effects or interactions for to the procedure listed above or to any medications administered in the performance of the position. The patient is instructed to continue home medications as listed above. Newly prescribed means are listed above, and any home medications to be discontinued are crossed out.				
I have reviewed the patient's home medications for potential adverse effects or interactions for to the procedure listed above or to any medications administered in the performance of the position. The patient is instructed to continue home medications as listed above. Newly prescribed means are listed above, and any home medications to be discontinued are crossed out.				
I have reviewed the patient's home medications for potential adverse effects or interactions for to the procedure listed above or to any medications administered in the performance of the patient is instructed to continue home medications as listed above. Newly prescribed means elisted above, and any home medications to be discontinued are crossed out.	WIDED ATTESTATIONS			
to the procedure listed above or to any medications administered in the performance of the p The patient is instructed to continue home medications as listed above. Newly prescribed me are listed above, and any home medications to be discontinued are crossed out.	have reviewed the patient	t's home medica	tions for potential ad	verse effects or interactions related
☐ The patient is instructed to continue home medications as listed above. Newly prescribed mare listed above, and any home medications to be discontinued are crossed out.	to the procedure listed above	ve or to any men	dications administere	ed in the performance of the procedu
are listed above, and any home medications to be discontinued are crossed out.				
	The patient is instructed to	continue home	medications as listed	above. Newly prescribed medication
	are listed above, and any h	nome medication	is to be discontinued	are crossed out.
Provider Signature/PID# Date/Time	ovider Signature/PID#		Dat	e/Time
THIS LIST TELLS YOU WHAT TO DO WITH YOUR EXISTING HOME MEDICATIONS. If your physic	S LIST TELLS YOU WHAT T	TO DO WITH YOU	JR EXISTING HOME !	MEDICATIONS. If your physician is
ordering new medications or has changed the dose of an old medication, a separate pre	pring now modications	or has changed	the dose of an old	medication, a separate prescription
will be provided. THIS IS NOT A PRESCRIPTION.	oming new medications o			
ESTA LISTA LE INDICA QUÉ HACER CON LOS MEDICAMENTOS CASEROS EXIST		IOT A PRESCH	RIPTION.	

Use Epic, but record in your report macro that medications were reconciled prior to procedure.

ACJ Arthrography - Indications

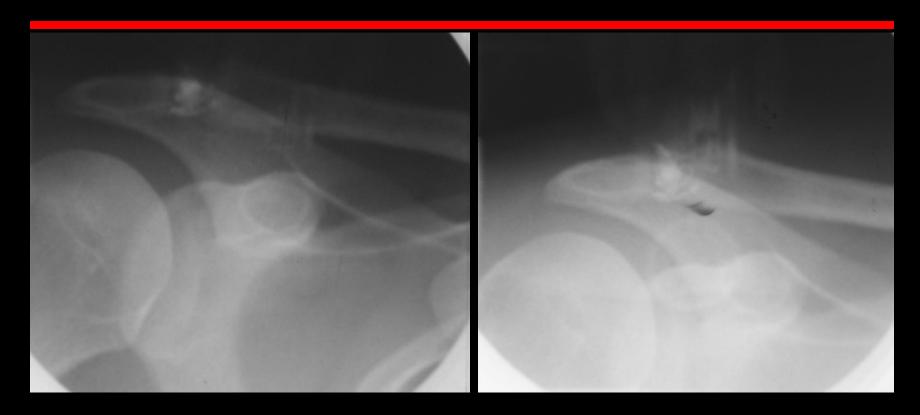
Aspiration

Anterior or superior

Rotate patient



ACJ Arthrography



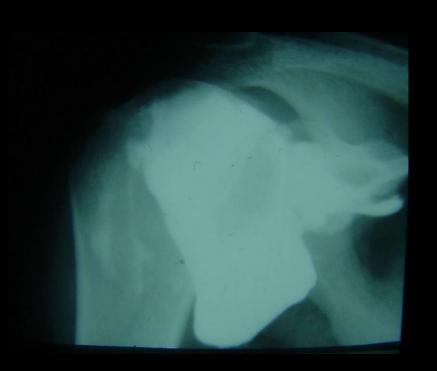
Shoulder Arthrography - Indications

RCT

Labral pathology

Synovitis

Adhesive capsulitis



Standard Anterior Approach

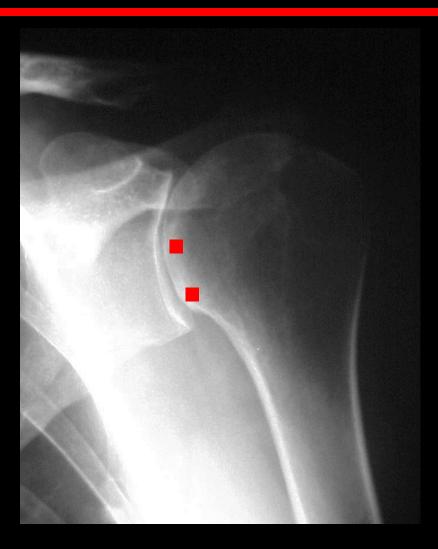
Patient supine

Arm external rotation

Weight



Shoulder Arthrography Technique



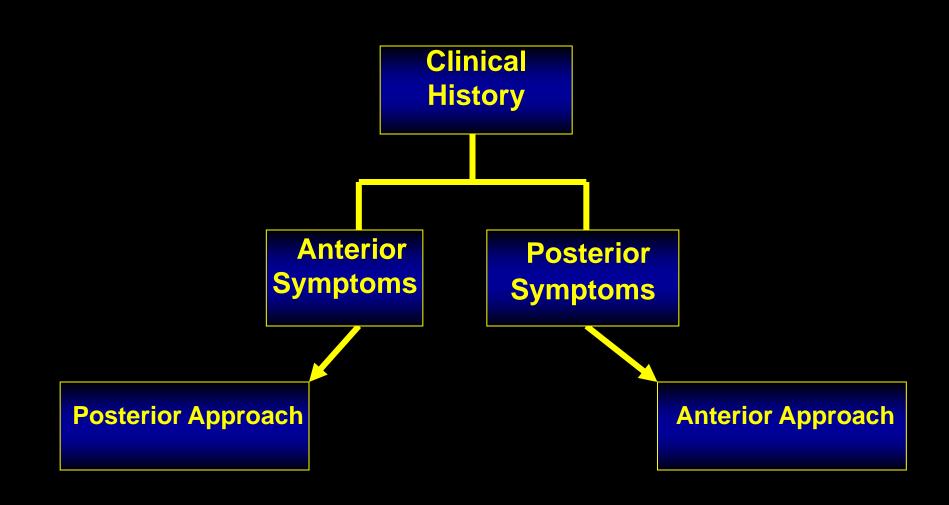
- Anterior approach
 - External rotation
 - Keep below subdeltoid bursa
- Posterior approach
 - Internal rotation
- Rotator interval approach
 - External rotation
 - Stay medial to biceps

Subdeltoid effusion to explain reason for low approach to joint



Ax PDFS

Tailored Approach to MR Arthrography

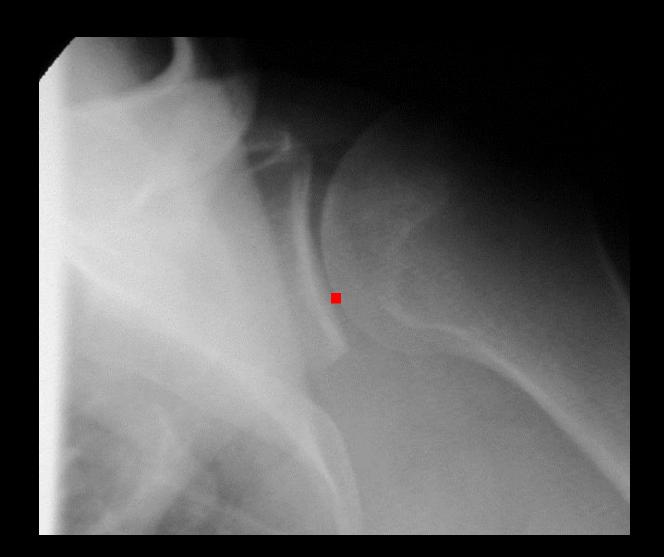


Posterior Approach



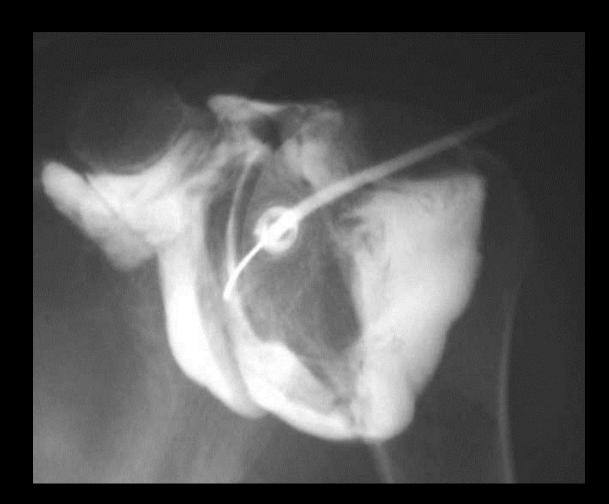


Posterior Approach



Posterior Approach Arthrography

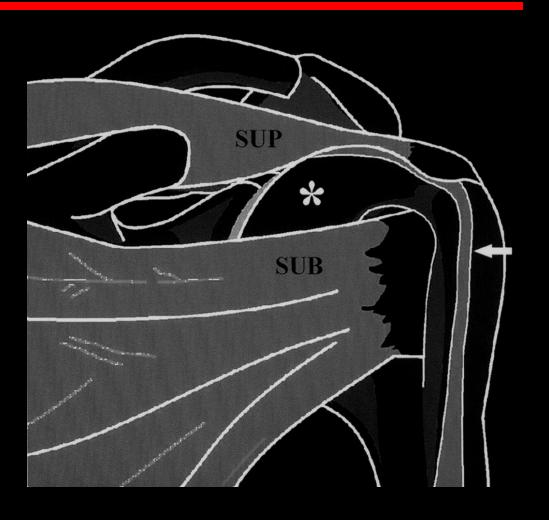
Posterior approach right shoulder



Rotator Interval Approach

- Easy
- 38mm needle

Less pain



Rotator Interval Approach

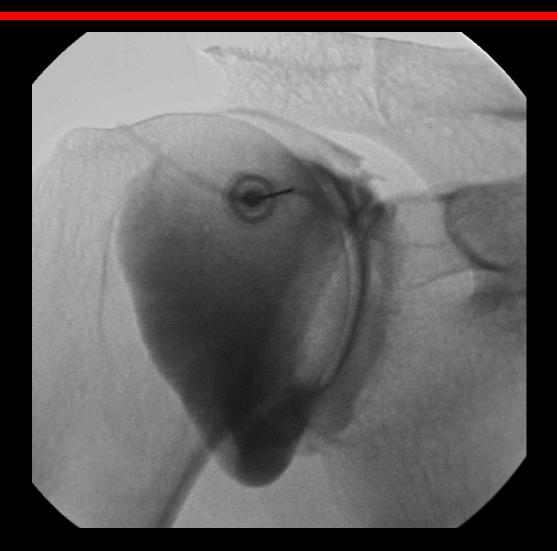




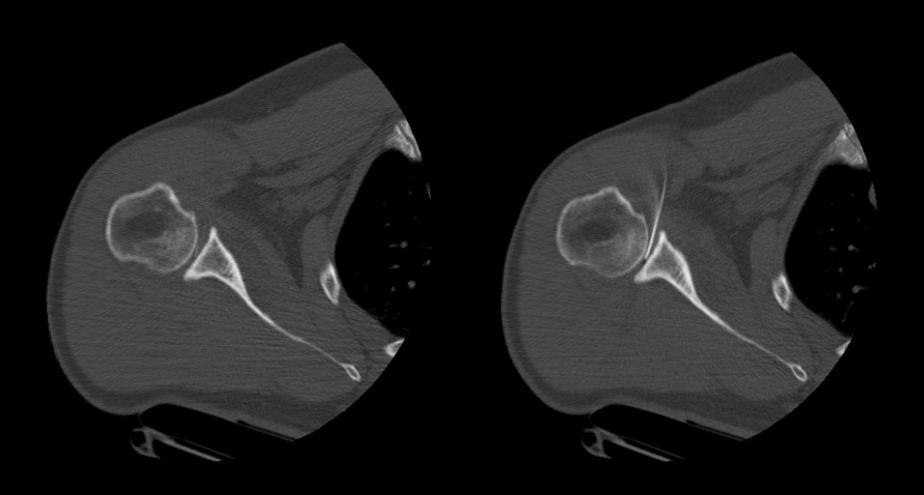


Dépelteau et al. AJR 182 (2): 329

Rotator Interval Approach



CT Method

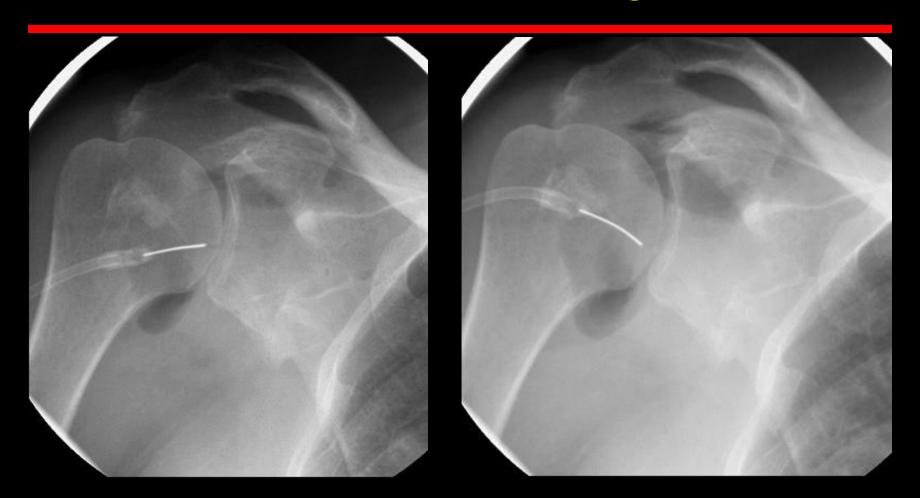


Shoulder Arthrography Radiography

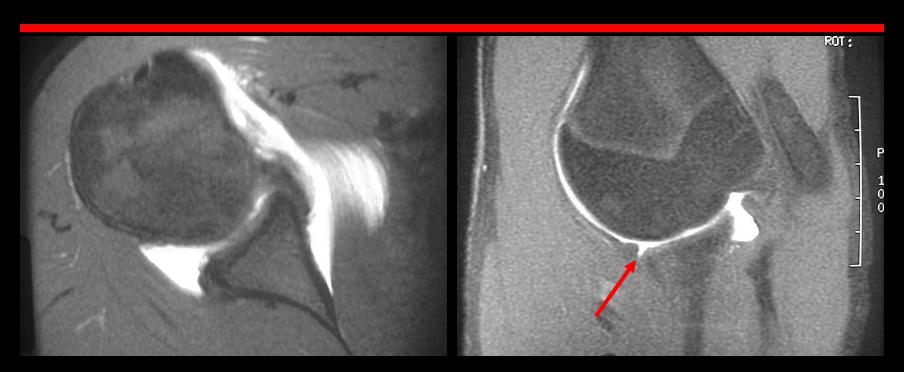


- AP + caudal
 - Internal Rotation
 - External Rotation
 - Traction
 - Abduction
- Lateral Y

Shoulder air arthrogram



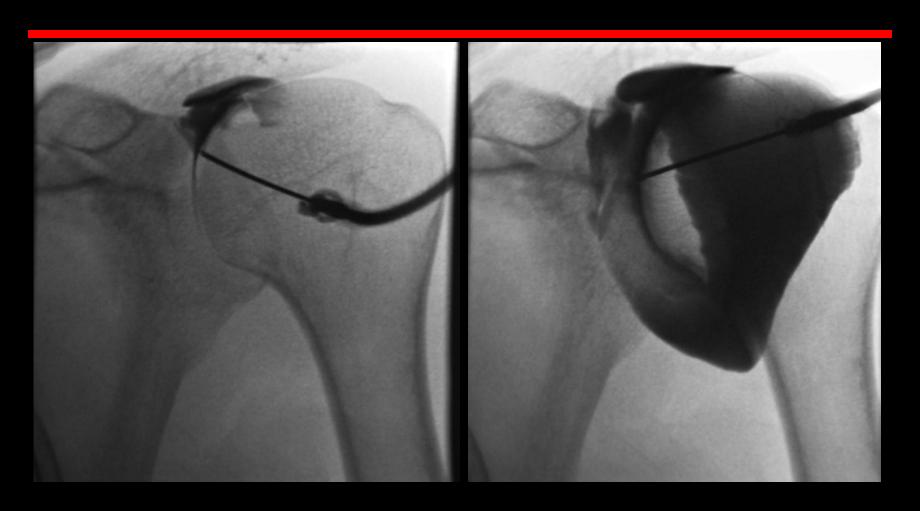
MRI Arthrography - ABER



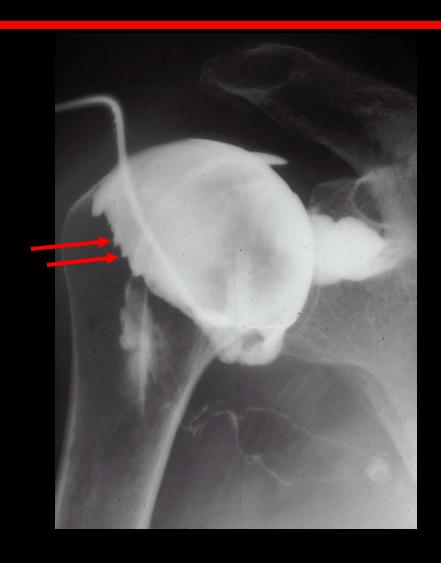
Briesment

- Treatment for adhesive capsulitis
- "Time out"
- Check for either F/U or physiotherapy appointment
- Inject 2-3mls LA (wait)
- Inject 40mg Kenalog or equivalent
- Inject dilute contrast 50% 240 slowly and intermittently
- Record comfortable volume
- Carry on distending joint until it ruptures/leaks

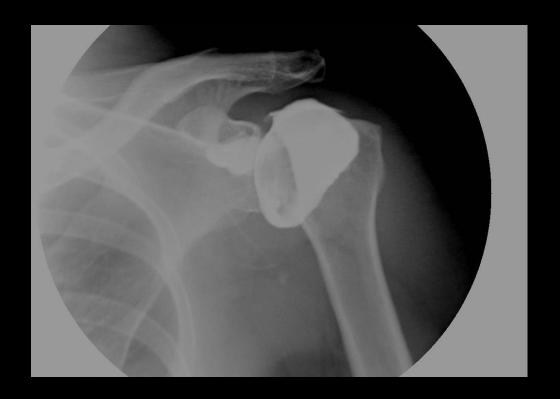
Briesment



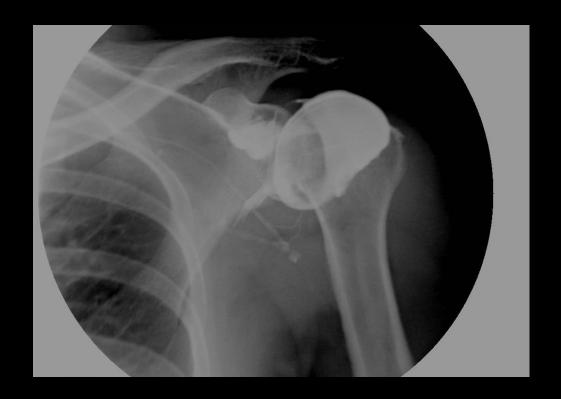
Shoulder Arthrography - Pathology



Shoulder Arthrography - Pathology



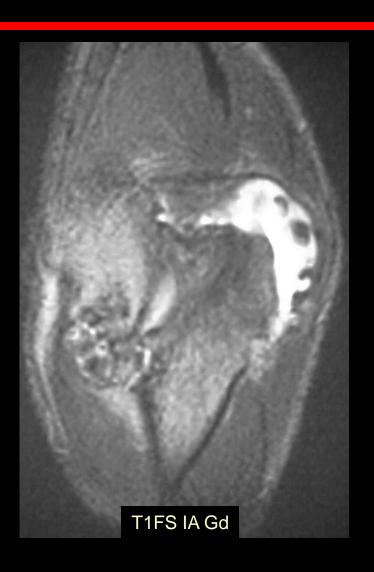
Shoulder Arthrography - Pathology



Elbow Arthrography - Indications

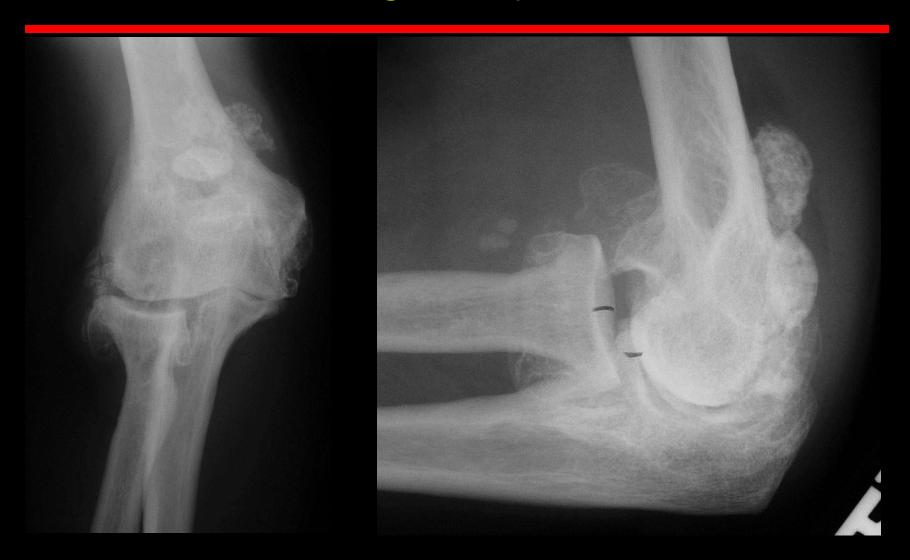
IA bodies

Internal derangement



1 Bodies

Elbow Arthrography - Indications



1 51M Bodies

- Hand on tummy
- Neutral rotation

Pad under elbow

• 38mm 21-23G





Prone

Arm above head





Sitting on chair

Arm on table

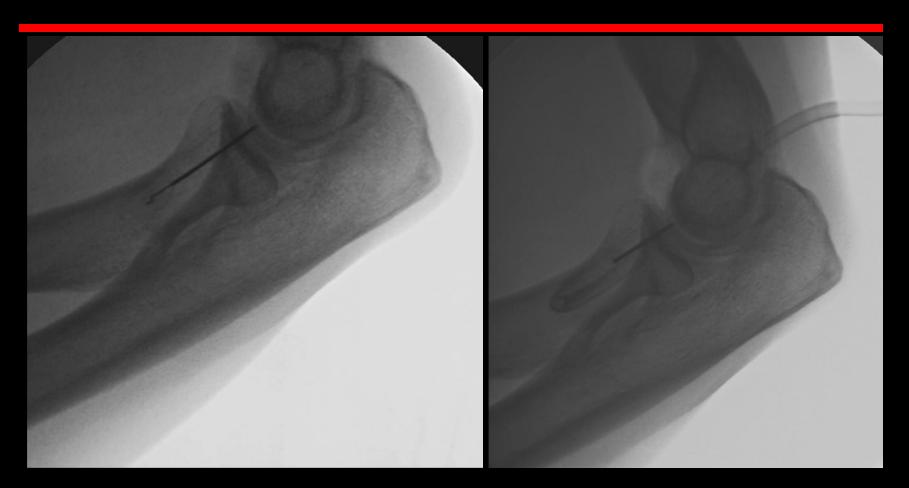
















2 39M

Elbow Arthrography - Pathology

- AP
- Lateral



IA bodies



RhA synovial cyst

Elbow Arthrography - CT

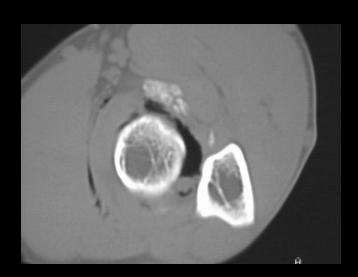
- Arm above head
- Avoid scanning in plane of radius and ulna
- Scan all injected contrast + or –
- <1 mm
- Recon all 3 orthogonal planes of elbow
- Less good arm by side

Elbow Arthrography - Pathology









Synovial osteochondromatosis

Wrist Arthrography - Indications

- Intercarpal ligaments.
- Triangular fibrocartilage
- Scaphoid nonunion

- Soft tissue ganglia
- Wrist prosthesis



Wrist Arthrography - Indications

- Intercarpal ligaments
- Triangular fibrocartilage
- Scaphoid nonunion
- Soft tissue ganglia
- Wrist prosthesis

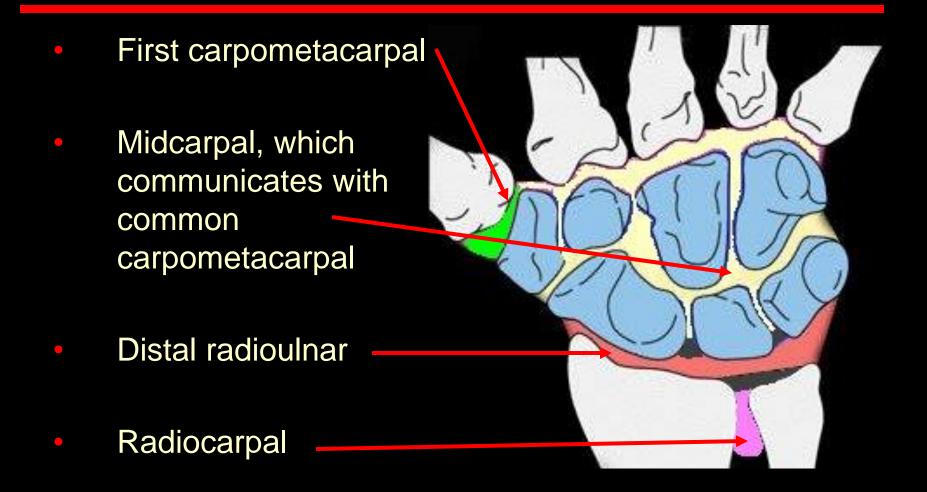


Wrist Arthrography - Indications

- Intercarpal ligaments
- Triangular fibrocartilage
- Scaphoid nonunion
- Soft tissue ganglia

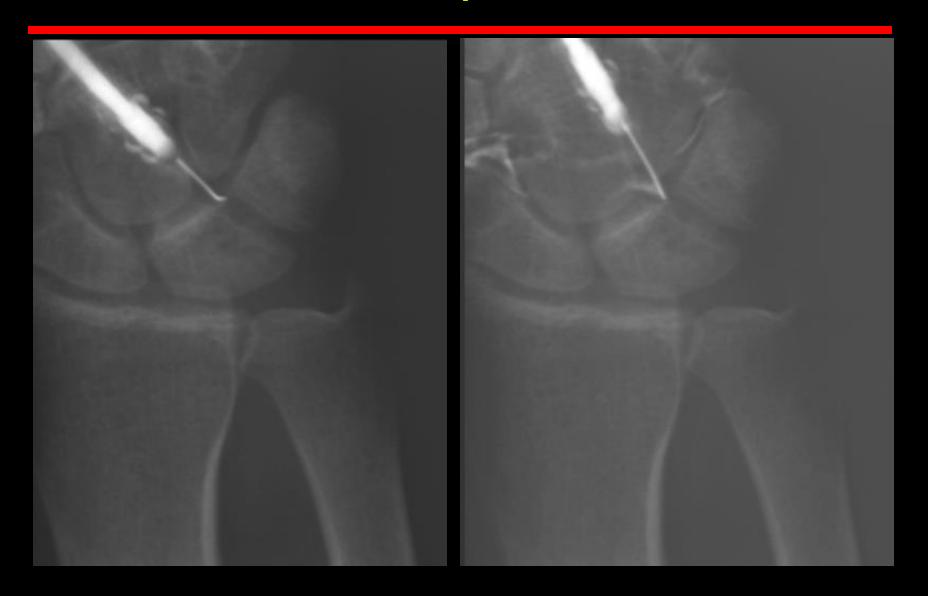
Wrist prosthesis





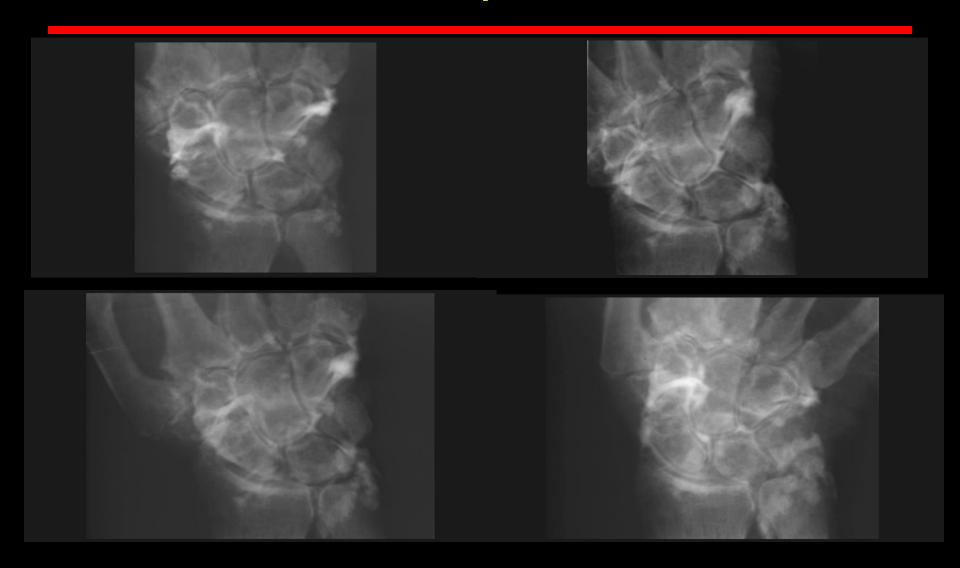












Wrist arthrography

- Controversy about which compartments and how many compartments need to be injected
- Most common single injection is radiocarpal



Wrist arthrography - Technique 1



Wrist arthrography - Technique 2



Wrist arthrography - Technique 3

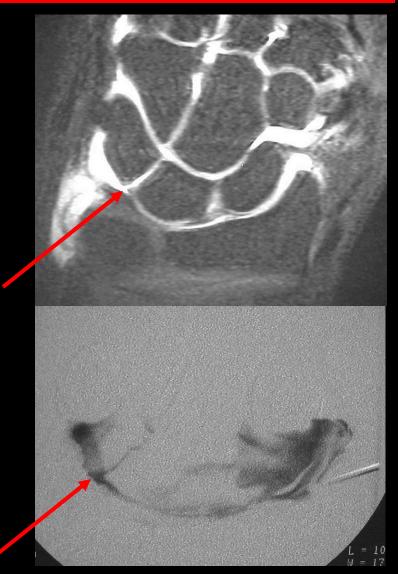


Normal study

Arthrographic technique

- Radioscaphoid
- Always obtain plain film series

 DSA 1 frame/sec preferred









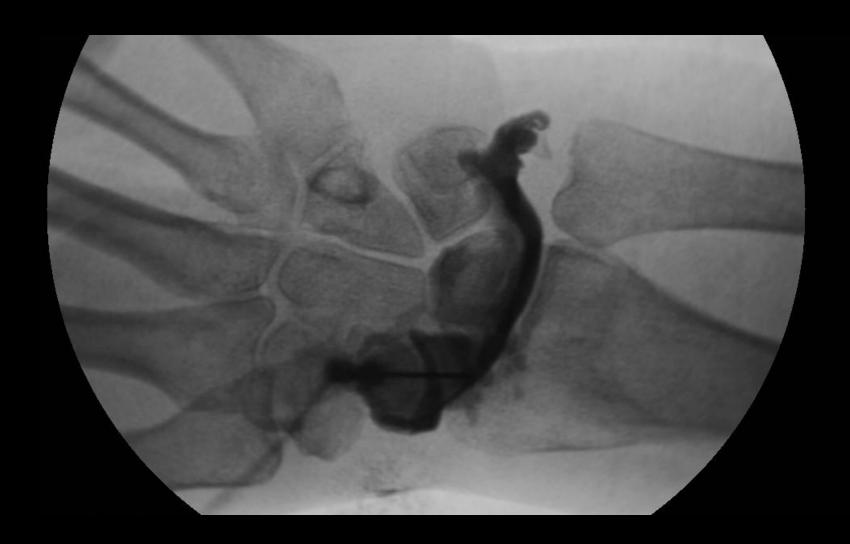




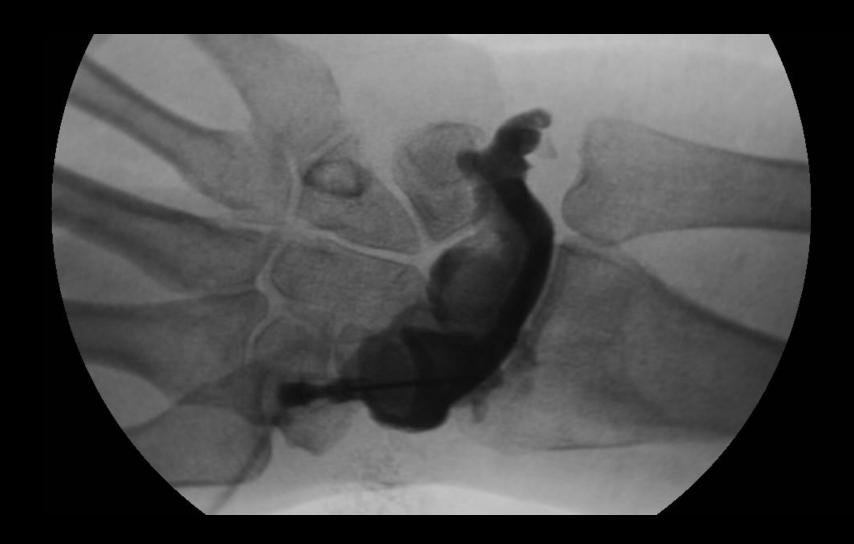
Wrist Arthrography - Distension



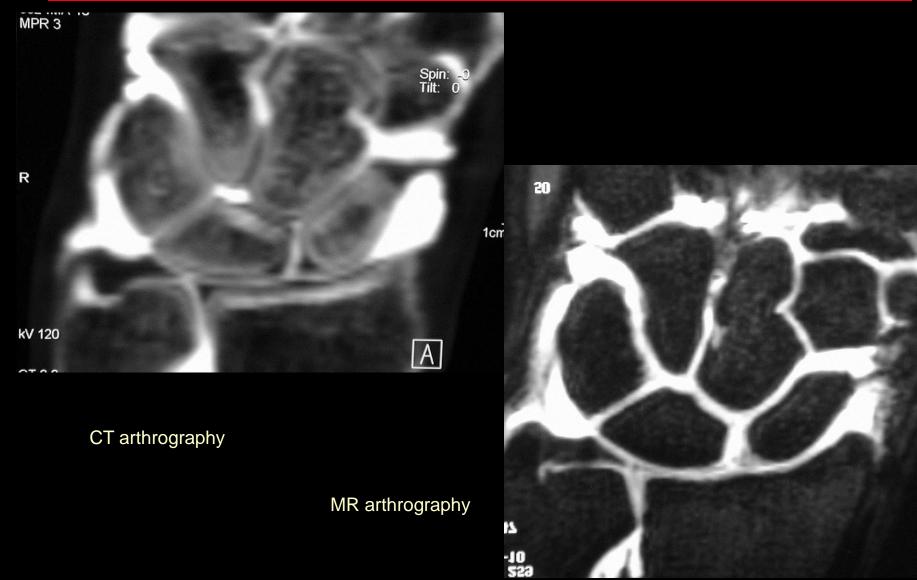
Wrist Arthrography - Distension



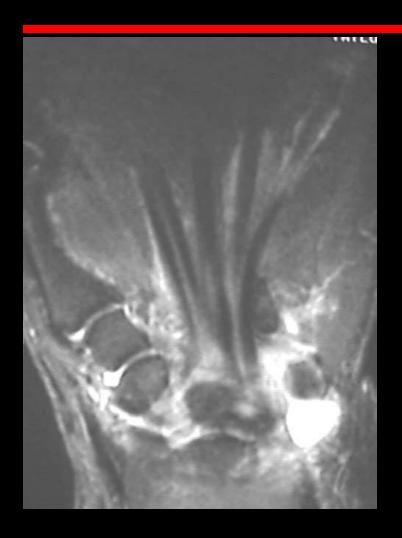
Wrist Arthrography - Distension



Wrist Arthrography



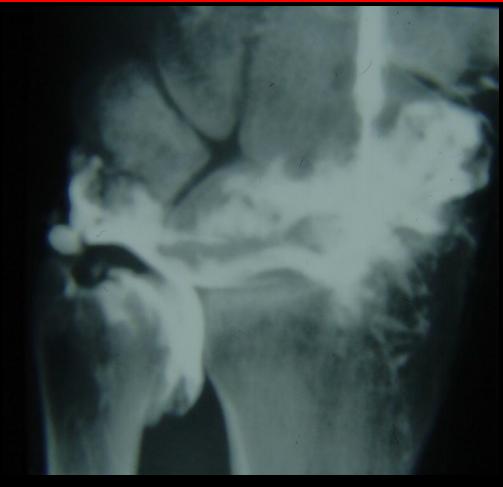
Wrist Indirect Arthrography





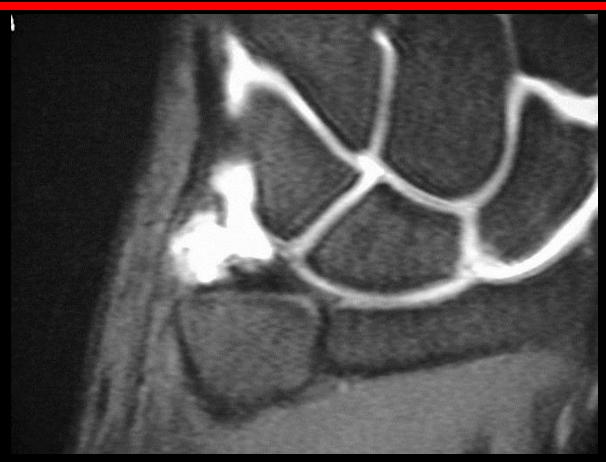
Cor T2FS Cor T1FS IV Gd

Wrist Arthrography - Pathology



Gout synovitis

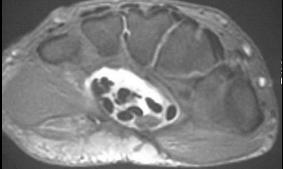
Wrist Arthrography - Pathology



TFCC ulna disruption T1FSGd

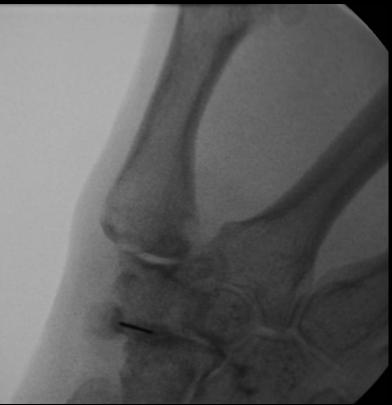
Wrist Arthrography - Pathology



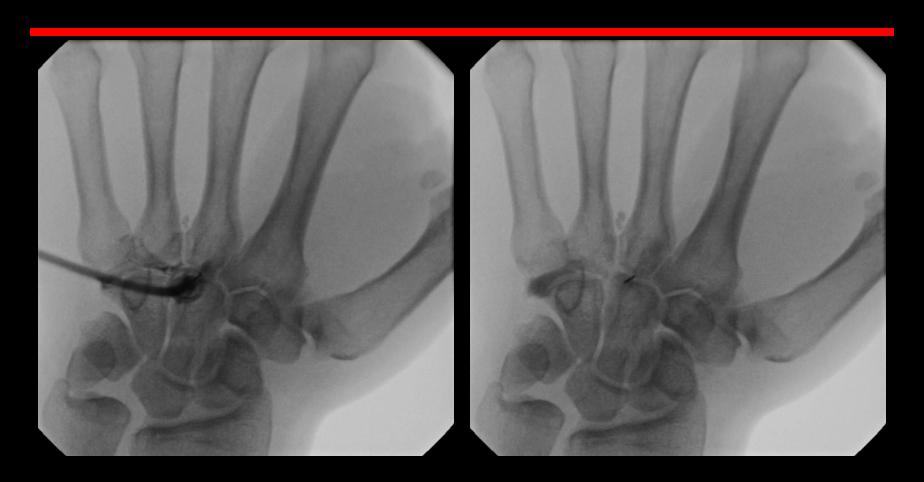


STTJ



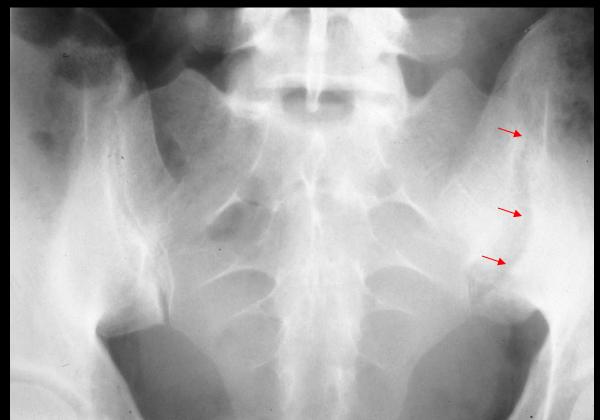


3rd CMCJ



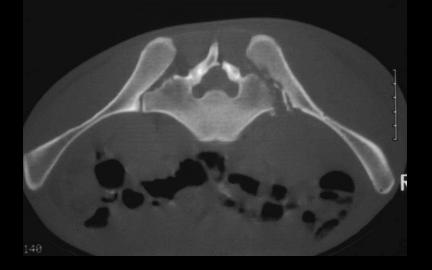
SIJ Arthrography - Indications

Usually steroid injection, or aspirate for infection



SIJ Arthrography - Technique

- Remember anatomy
- Joints close together posterior
- Wide apart anterior
- Patient prone
- Fluoro Roll onto side of interest to line
 - up joint
- Aim for inferior joint



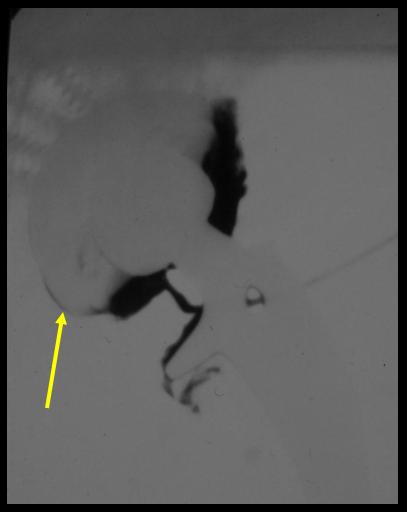
S IJ Radiography

- Radiography
 - Show distribution of contrast
- CT
 - Scan Joint top to bottom
 - + any extravasated contrant



Hip Arthrography - Indications

- Labral pathology with MRI
 - Tear
 - Paralabral cyst
 - DDH
- Steroid injection
- Post THR for loosening/infection
- Fistula confirmation
- Intraarticular bodies



Hip Arthrography - Positioning

Patient supine

- 15 degrees internal rotation of the hips
 - Toes taped together
- Knees slightly bent
 - Pillow under the knees



- Feel artery
- Draw artery on skin
- Nerve lateral to artery
- Mark mid neck
- Mark intertrochanteric
- Aim in line of femoral neck



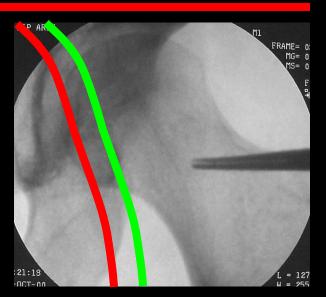


- Feel artery
- Draw artery on skin
- Nerve lateral to artery
- Mark mid neck
- Mark intertrochanteric
- Aim in line of femoral neck



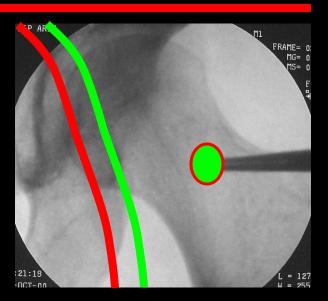


- Feel artery
- Draw artery on skin
- Nerve lateral to artery
- Mark mid neck
- Mark intertrochanteric
- Aim in line of femoral neck



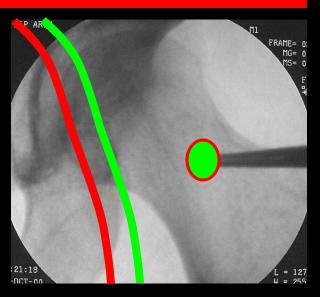


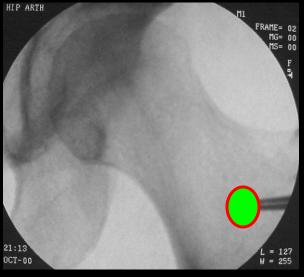
- Feel artery
- Draw artery on skin
- Nerve lateral to artery
- Mark mid neck
- Mark intertrochanteric
- Aim in line of femoral neck



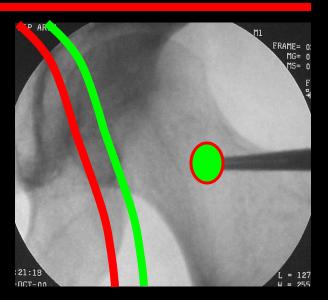


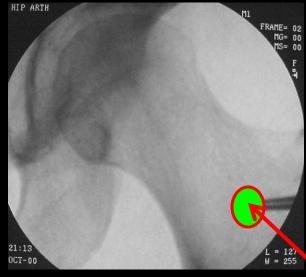
- Feel artery
- Draw artery on skin
- Nerve lateral to artery
- Mark mid neck
- Mark intertrochanteric
- Aim in line of femoral neck





- Feel artery
- Draw artery on skin
- Nerve lateral to artery
- Mark mid neck
- Mark intertrochanteric
- Aim in line of femoral neck





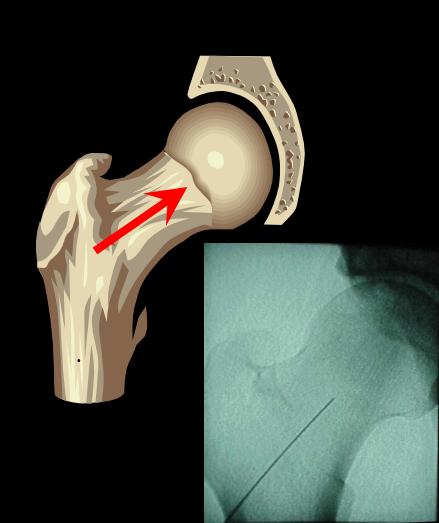
Needle

- Injection
 - 22G or 20G

- Aspiration
 - 20G or 18G

Keep your finger on the tip of the stylet

- Local anesthesia
- Anterolateral approach to femoral head-neck junction
- Confirm needle position with <1 cc contrast
- Inject 12 cc of diluted Gd-DTPA

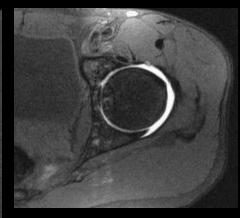


MR Hip Arthrography - Sequences

Inject 12-15 cc of 1:200 Gd-DTPA

3 planes of imaging with T1 fat-sat





Coronal IR or T2-w FSE

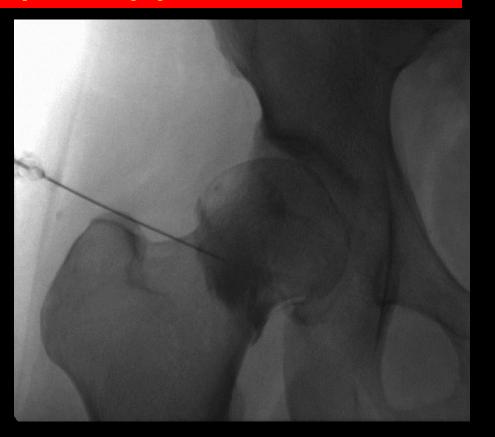
Axial T1





Hip Arthrography Lateral Oblique Approach

- Lateral Oblique
- Inferior Oblique
- Medial
- Lateral



Hip Arthrography Inferior Oblique Approach

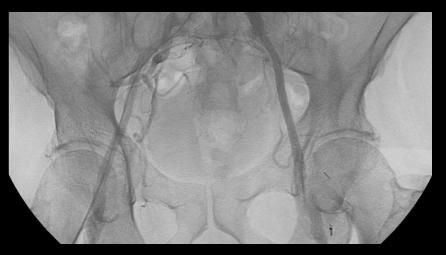
- Lateral Oblique
- Inferior Oblique
- Medial
- Lateral

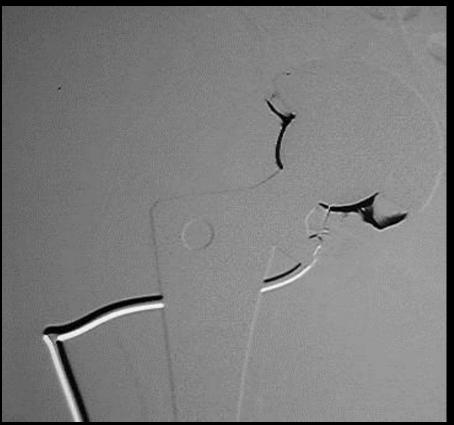
Stay over bone, can't miss bone



Hip Arthrography Medial Approach

- Lateral Oblique
- Inferior Oblique
- Medial
- Lateral

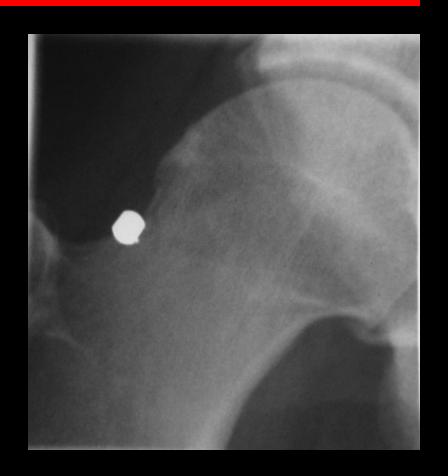




Hip Arthrography Lateral Approach

- Lateral Oblique
- Inferior Oblique
- Medial
- Lateral





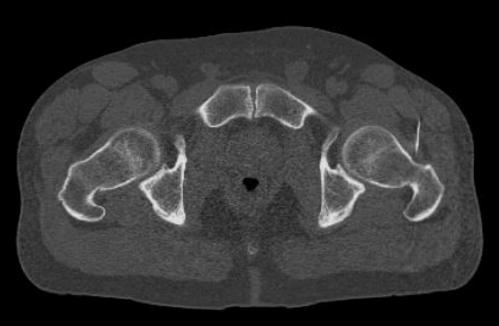
Less worry about femoral nerve and artery, but miss bone could hit Sciatic nerve

Hip Arthrography Where is this contrast?



Hip Arthrography - Approach

CT guided



Hip Arthrography - Radiography

AP

- 20deg side PO
 - AP
 - Cranial
 - Caudal
- Abduction

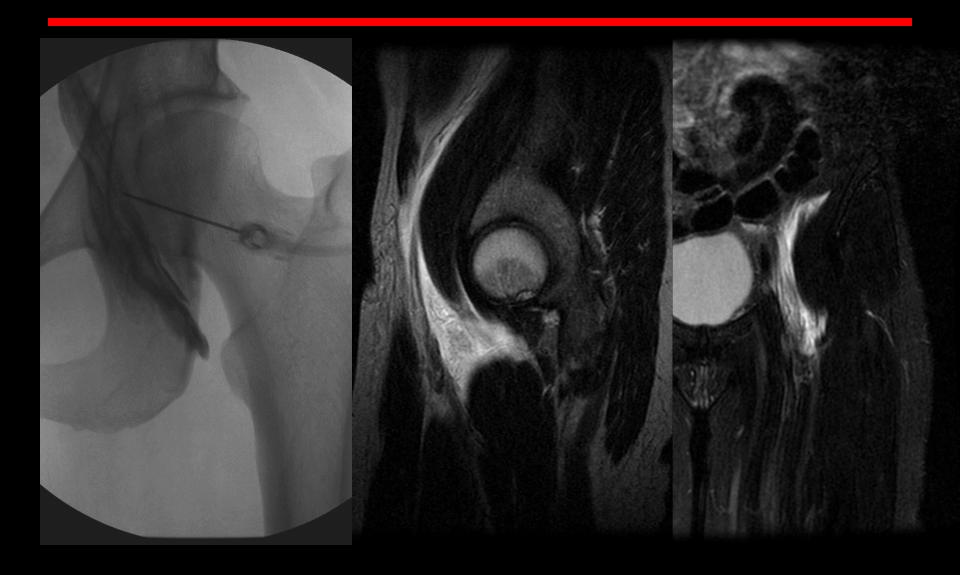


Joint + Iliopsoas





lliopsoas only, no contrast in joint



Snapping Hip Syndrome

 Pain and snapping sensation (sometimes audible) with movement of hip



Snapping Hip Syndrome

- Etiologies
 - Intra-articular bodies
 - Slipping of iliopsoas tendon over iliopectineal eminence
 - Slipping of fascia lata or gluteus maximus over greater trochanter
 - Slipping of tendon of long head of biceps femoris over ischial tuberosity
 - Slipping Iliofemoral ligaments over the anterior portion of the hip capsule

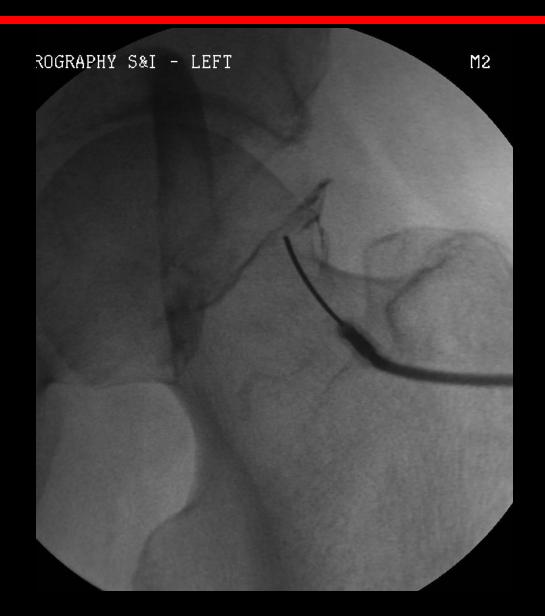
Iliopsoas Bursography

- Indication
 - Snapping hip syndrome
 - Infection
- Stick lateral to palpated femoral artery
- Target medial aspect acetabular roof
- Place 20 gauge vertically down to bone
- Withdrawal 1mm and inject contrast

Iliopsoas Bursography



Iliopsoas Bursography



Snapping Hip Syndrome



Iliopsoas Bursography Ultrasound technique

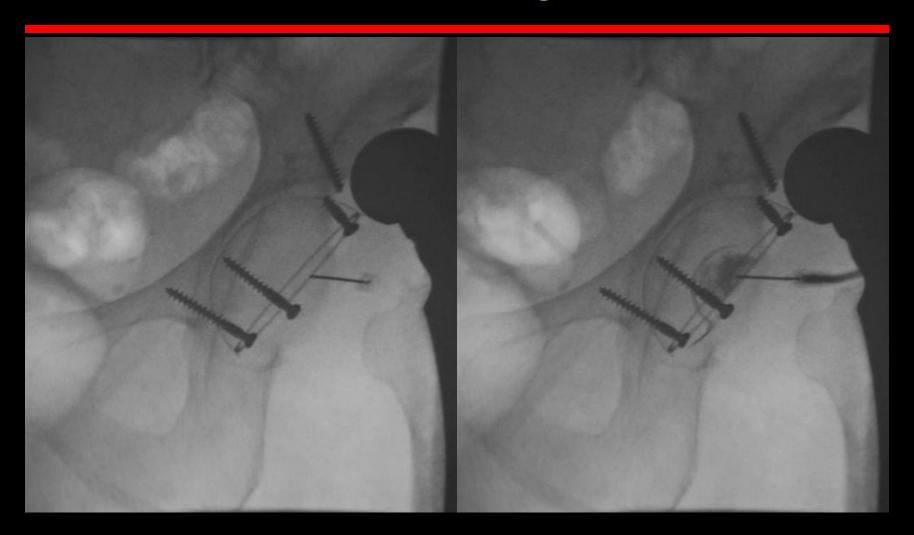


THA Arthrogram





THA Arthrogram



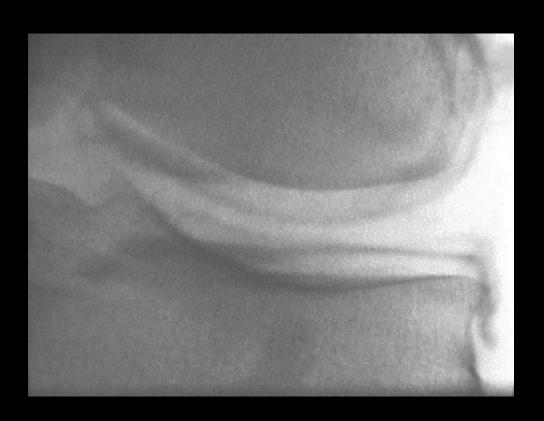
Hip Arthrography – Loose





Knee Arthrography - Indications

- Conventional arthrogram for meniscal injury
- Recurrent meniscal tear post surgery
- OCD stability

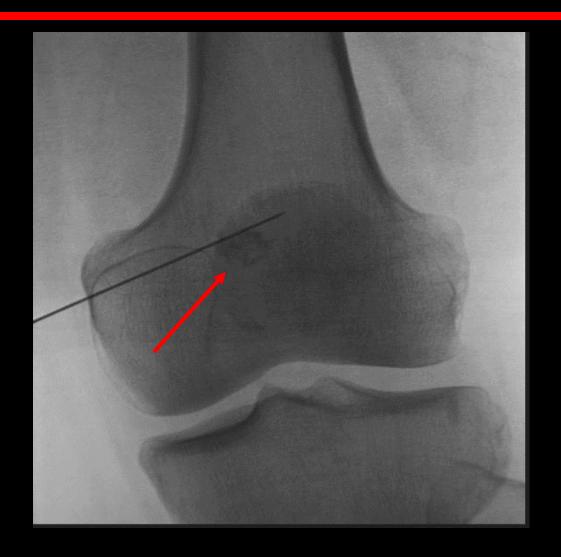


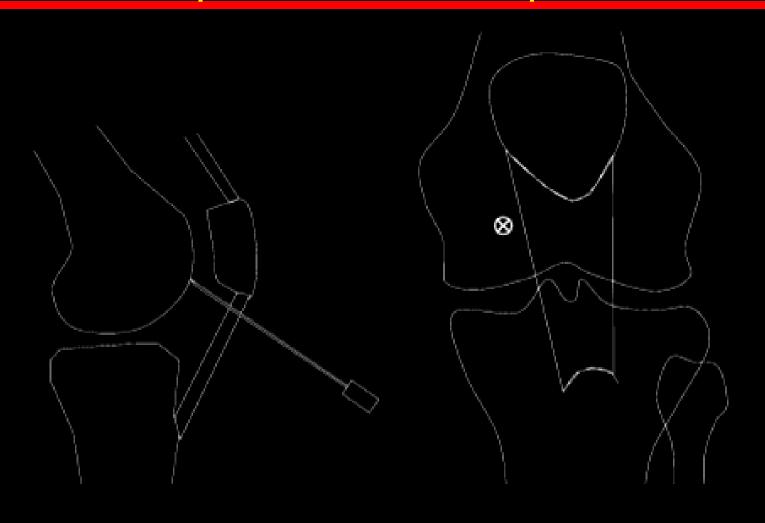
- Lateral V's medial
- 38mm 21G
- Prime needle and connecting tube
- Feel PF groove.
- Imagine angle
- Single stab.
- Finger on patella
- Alternative
 - Infrapatellar
 - Medial or lateral
 - Aim upwards

- Lateral V's medial
- 38mm 21G
- Prime needle and connecting tube
- Feel PF groove
- Imagine angle
- Single stab
- Finger on patella
- Alternative
 - Infrapatellar
 - Medial or lateral
 - Aim upwards















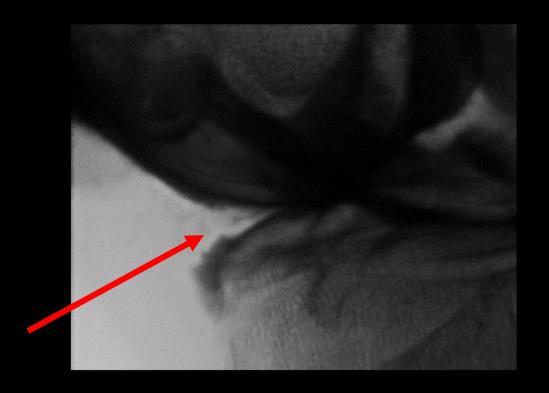




Knee Arthrography - Radiography



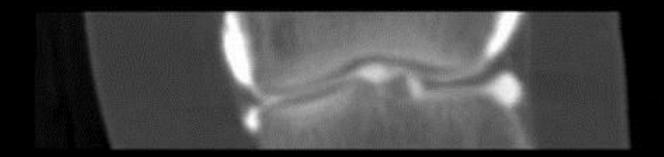
Knee Arthrography - Radiography



Knee Arthrography - Radiography



Knee Arthrography CT – 0.625 reformats



Knee Arthrography CTA







Ankle Arthrography - Indications

OCD

Steroid



- Feel dorsalis pedis
- Mark on skin.
- Fluoro AP
 - Mark middle of joint
- Turn lateral
 - 38mm needle
 - 21 gauge
 - Either side of artery
 - Aim for joint

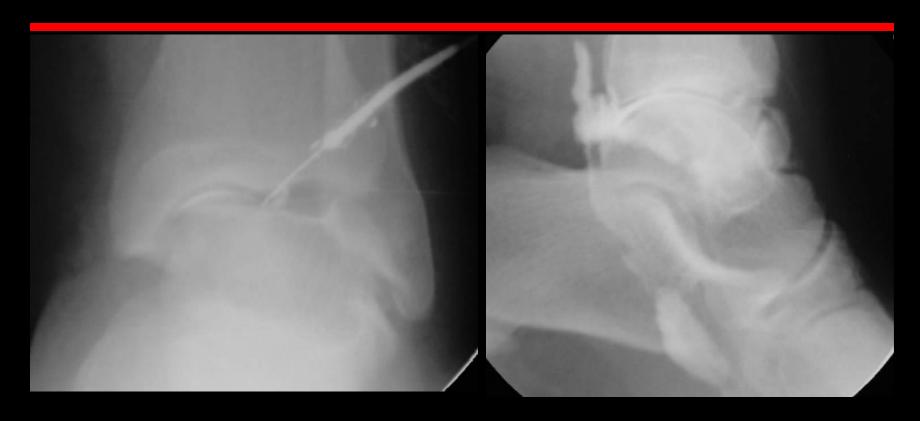


- Feel dorsalis pedis
- Mark on skin
- Fluoro AP
 - Mark middle of joint
- Turn lateral
 - 38mm needle
 - 21 gauge
 - Either side of artery
 - Aim for joint



- Feel dorsalis pedis
- Mark on skin
- Fluoro AP
 - Mark middle of joint
- Turn lateral.
 - 38mm needle
 - 21 gauge
 - Either side of artery
 - Aim for joint





Ankle Arthrography - Radiography

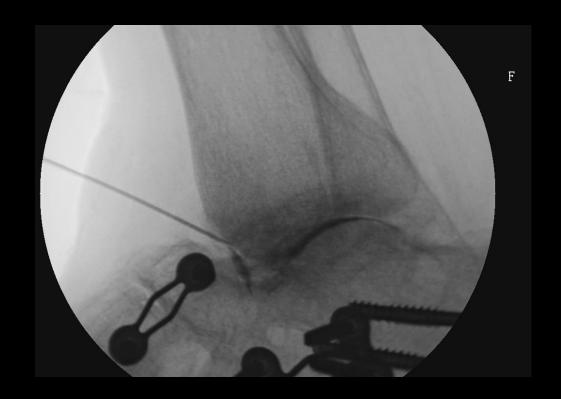
- AP
 - With dorsiflexion and plantarflexion
- Lateral

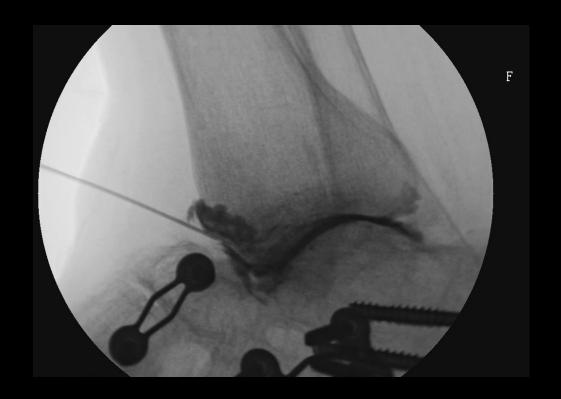
Ankle air CT arthrogram













Subtalar Arthrography - Indications

 Usually anesthetic arthrogram to determine source of pain



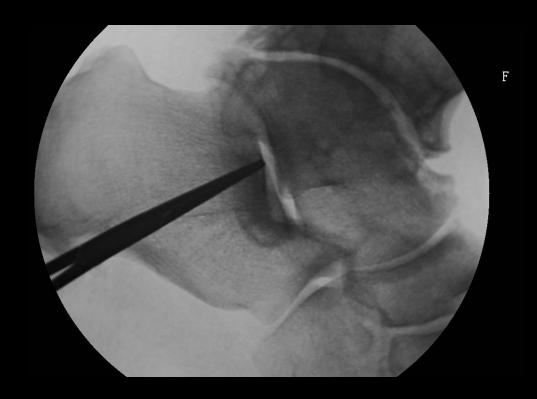
Subtalar Arthrography - Technique

- Lateral approach
- Roll foot to work out which is lateral
- Fluoro mark anterior aspect of posterior joint
- Must record communications of joint



CT may be helpful

Subtalar Arthrography



Subtalar Arthrography



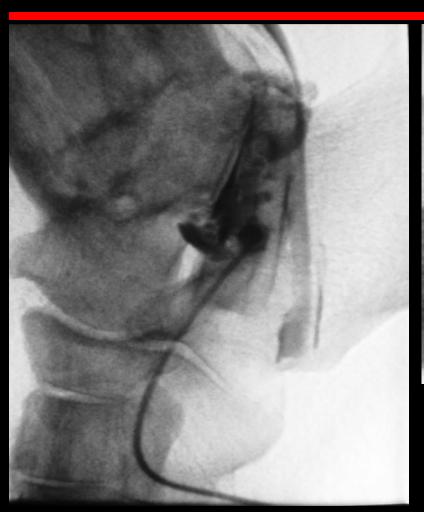
Subtalar Arthrography - Radiography

AP, Lateral and Axial (Harris Beath) to show communications





Subtalar Arthrography - Radiography





Subtalar Arthrography - Radiography





Subtalar Arthrography - Radiography





1st TMTJ arthro 64F

2





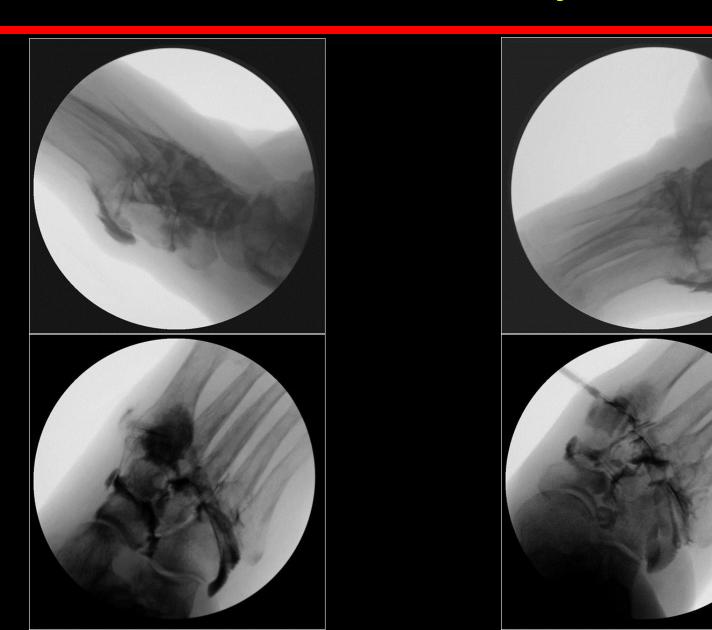
1st TMTJ arthro 64F



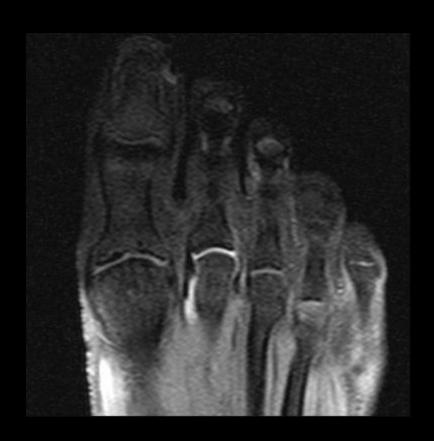


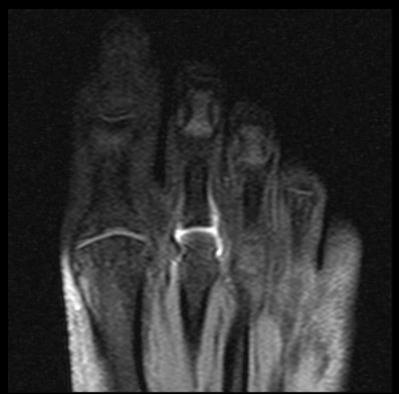


Tarsometatarsal injection















TMJ Arthrography - Indications

Clicking

Pain

Instability

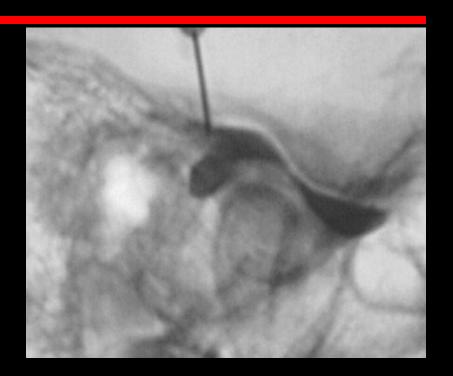
Negative conventional MRI

TMJ Arthrography - Technique

Palpate joint

Mark

- Pray
 - Screening difficult



TMJ Arthrography - Technique

Open the mouth with the needle on the condyle, then advance



TMJ Arthrography - MRI

- Open and closed
- Sag T1FS and T2
- Cor T1FS



Arthrography - Summary

Various approaches

Reasons for various recipes

Bonepit.com





http://www.bonepit.com/Reference/Reference.htm