STERNOClavicular Joint

1. **Patient position:** Sitting

2. **Probe/transducer position:** The probe is placed on the sternoclavicular (SC) joint bridging the clavicle and manubrium. The orientation of the probe is oblique, with the medial end of the probe rotated downward to align the probe along the LX of the articulating surface (Figure 4-26).

![Figure 4-26. SC joint. (A) Probe placement. (B) SC joint.](image)

3. **Relevant anatomy:** The SC joint is a double arthrodial synovial joint. There is an articular disk interposed between articulating surfaces of the clavicle and manubrium. The articular disk attaches to the posterosuperior aspect of the medial articulating surface of the clavicle and the anterosuperior aspect of the first costal cartilage, with remaining disk covered by capsule. The disk is thicker in the periphery and at the attachment sites. The ligaments around the joint area include the anterior SC ligament, posterior SC ligament, costoclavicular ligament, and interclavicular ligament. The posterior SC ligament is the primary stabilizer of the SC joint (Figure 4-27).

![Figure 4-27. Relevant anatomy of the SC joint.](image)

4. **Points to remember:** Movement occurs in the anteroposterior and vertical axis. In elevation and depression, movement occurs between the articular disk and clavicle. In protraction and retraction, movement occurs between the articular disk and sternum.