

# **Appendix 1: Sonographic Technique to Visualize Superficial**

## **Posterior Compartment of the Lower Leg**

1. The patient should move into the prone position with their feet hanging off the edge of the examination table.
  - a. Given the superficial nature of the structures desired for evaluation, a high-frequency transducer of at least 10 MHz is typically recommended.
2. Ultrasound examination begins with the probe in a transverse position over the posterior proximal third of the lower leg. At this view, the medial and lateral heads of the gastrocnemius can be identified superficial to the larger soleus muscle.
3. The transducer is then centered over the medial gastrocnemius and then moved distally until the muscle tapers into the Achilles tendon.
4. The transducer is returned to the original starting position then centered over the lateral gastrocnemius, and this too is followed from the origin distally to the common Achilles tendon.
5. The transducer is returned to the original starting position then turned 90 degrees to visualize the medial gastrocnemius head over the soleus in a longitudinal (sagittal) axis and again followed from origin to the common Achilles tendon.
6. The lateral gastrocnemius is then evaluated in a similar manner as that described in steps 2 through 5.