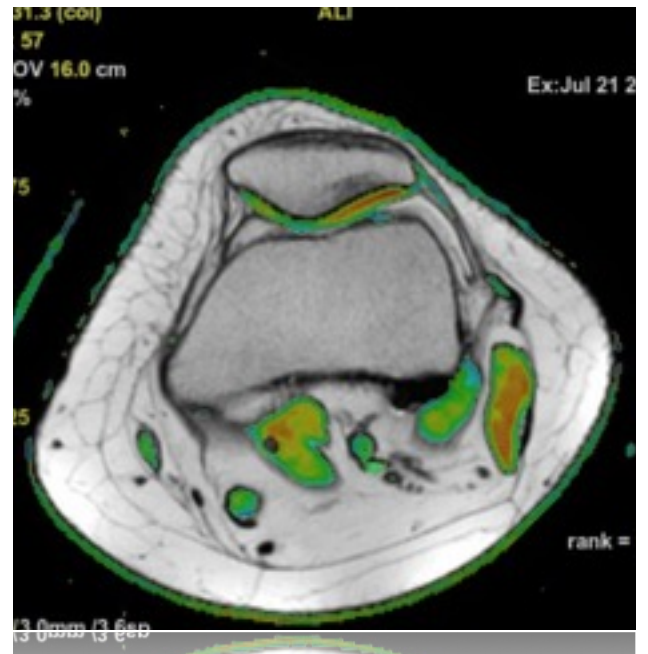
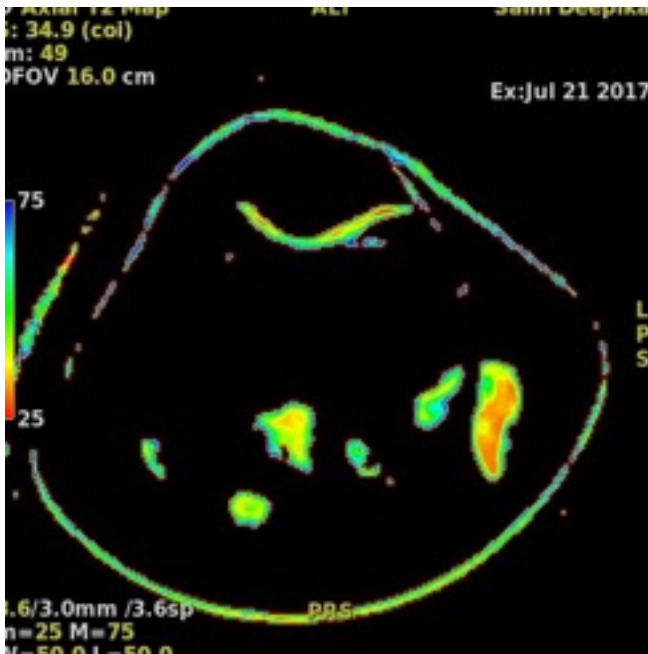


# Knee Mri Made Easy

## Podcast transcript



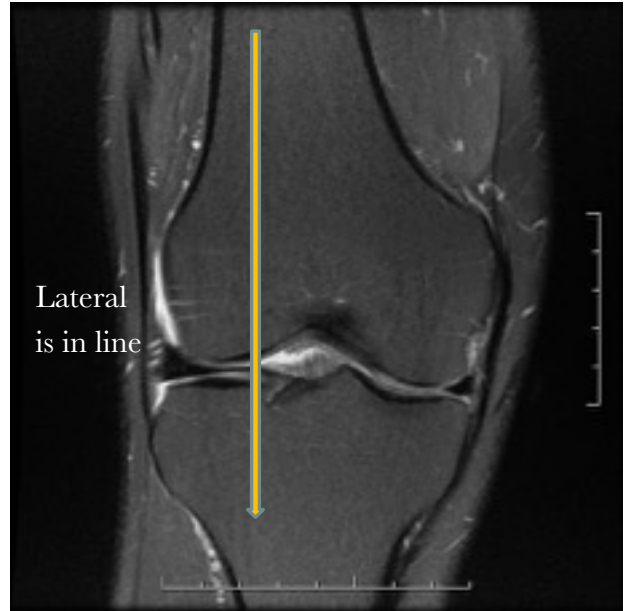
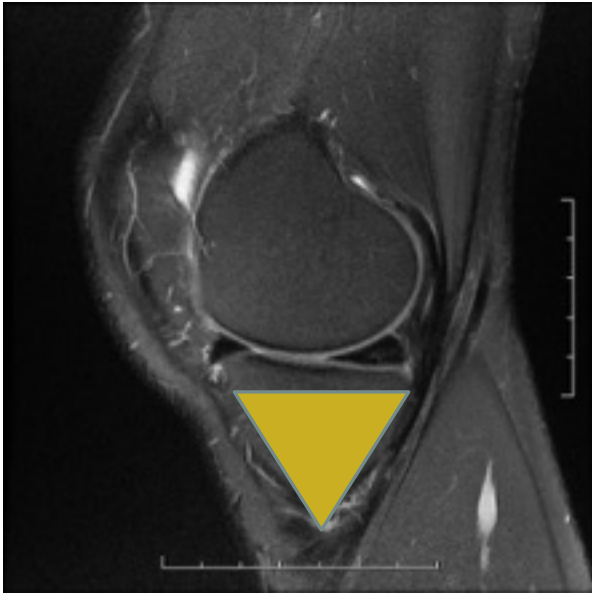
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## What To Look At ... And How?

- HAVE A MENTAL FLOW CHART
- LOOK FROM OUTSIDE TO INSIDE
- SEE ALL CORNERS
- IDENTIFY EVERY MRI SEQUENCE CORRECTLY
- ALWAYS SEE A PATHOLOGY IN AT LEAST 2 DIFFERENT PLANES
- LOCATE YOURSELF CORRECTLY AND QUICKLY WHEN SWAPPING THROUGH IMAGES.



Medial side of the knee (above) & Lateral side of the knee (below)

FAT SAT PD AND STIR	T1 AND T2/PD
BONE IS DARK	BONE IS BRIGHT
MARROW IS DARK	MARROW IS WHITE
FLUID IS BRIGHT, LOOK AT LIGAMENTS, MENISCI, TENDON	DIFFERENCE IN T1 AND T2
	FLUID IS BRIGHT IN T2



### JUST LIKE GOOGLE MAPS

#### Medial Condyle

TOWARDS THE MIDDLE  
LIKE A ISOCELES TRIANGLE

#### Lateral Condyle

ALWAYS IN LINE WITH FEMUR  
LIKE AN INVERTED L – L FOR LATERAL

### T1 CORONAL : YOUR FIRST LOOK

- BEST FOR BONES !
- FRACTURES, FRAGMENTS, LOOSE BODIES
- GOOD FOR FAT !
- LOOK AT THE MARROW, SYNOVIUM, SUBCUTANEOUS TISSUES

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