

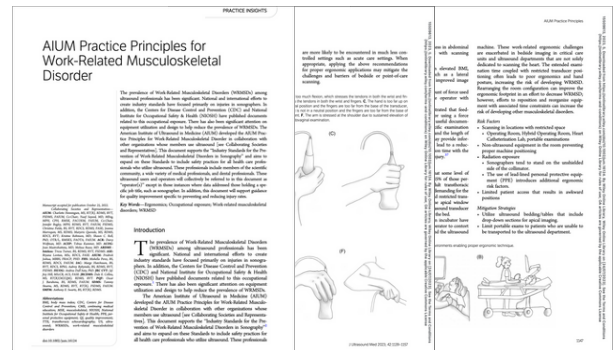
Industry Resources for Sonographer Wellness



AIUM Practice Principles for Work-Related Musculoskeletal Disorder

The American Institute of Ultrasound in Medicine (AIUM) developed the AIUM Practice Principles for Work-Related Musculoskeletal Disorder in collaboration with other organizations whose members use ultrasound. This document supports the "Industry Standards for the Prevention of Work-Related Musculoskeletal Disorders in Sonography" and aims to expand on these Standards to include safety practices for all health care professionals who utilize ultrasound.

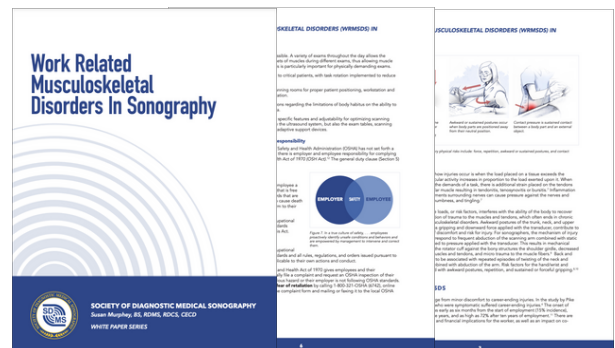
<https://doi.org/10.1002/jum.16124>



Work Related Musculoskeletal Disorders in Sonography: SDMS White Paper

This informational resource is provided by the Society of Diagnostic Medical Sonography (SDMS) to facilitate discussion of complex issues surrounding WRMSDs affecting the diagnostic medical sonography profession; including understanding the risks and impact, addressing the problem for both sonographers and employers, and the future of sonography.

<https://www.sdms.org/docs/default-source/Resources/work-related-musculoskeletal-disorders-in-sonography-white-paper.pdf?sfvrsn=10>



Occupational Safety and Health Administration

This Occupational Safety and Health Administration (OSHA) website eTool provides information for understanding the hazards of sonography, including WRMSDs due to ultrasound scanning, transporting patients, and computer workstations, and the recognized controls and work practices for each health topic.

<https://www.osha.gov/etools/hospitals/clinical-services/sonography>





Work-related musculoskeletal disorders in ultrasound: Can you reduce risk?

This article from The Journal of the British Medical Ultrasound Society provides background information about factors increasing the chance of developing work-related musculoskeletal disorders and potential ways to reduce risk. It highlights some of the associated risk factors for developing WRMSD and suggests ways to monitor and reduce risk.

<https://doi.org/10.1177/1742271X15593575>

Review
Work-related musculoskeletal disorders in ultrasound: Can you reduce risk?
Gill Harrison and Alison Harris
Abstract
Work-related musculoskeletal disorders are a common cause of pain and disability amongst ultrasound practitioners. This review examines the risk factors for WRMSD and provides information on potential ways to reduce risk. It highlights some of the associated risk factors for developing WRMSD and suggests ways to monitor and reduce risk.

Musculoskeletal Pain Relief in Sonographers: A Systematic Review of the Effects of Therapeutic Techniques

This Journal of Diagnostic Medical Sonography systematic review suggests that sonographers who are taught to use proper body mechanics, stretching, and/or therapeutic techniques experience less musculoskeletal pain, and indicates that sonographers need to incorporate the therapeutic techniques into their daily routines. It adds to the overall knowledge base available and may be helpful to managers, physicians, sonographers, and educators in the academic and clinical environments.

<https://doi.org/10.1177/8756479317721673>

Journal of Diagnostic Medical Sonography
Musculoskeletal Pain Relief in Sonographers: A Systematic Review of the Effects of Therapeutic Techniques
Abstract
Musculoskeletal pain and disability is a growing concern for sonographers. Systematic reviews of the literature suggest that sonographers who are taught to use proper body mechanics, stretching, and/or therapeutic techniques experience less musculoskeletal pain.

Work-related musculoskeletal disorders in sonographers: a review of causes and types of injury and best practices for reducing injury risk

This Reports in Medical Imaging article provides information on the multifactorial causes for WRMSD injuries, injury symptoms and the impact of injury, and best practices for mitigating and reducing sonographer occupational injury.

<https://www.dovepress.com/getfile.php?fileID=19015>

Reports in Medical Imaging
Work-related musculoskeletal disorders in sonographers: a review of causes and types of injury and best practices for reducing injury risk
Abstract
Work-related musculoskeletal disorders (WRMSD) are a common cause of pain and disability amongst ultrasound practitioners. This review examines the risk factors for WRMSD and provides information on potential ways to reduce risk.

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