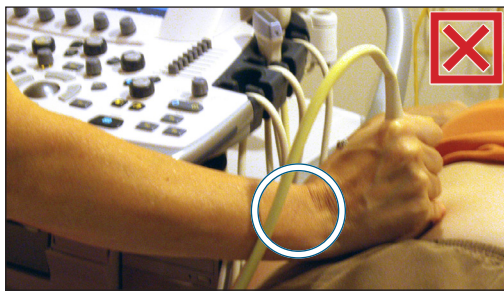


Gripping the Transducer

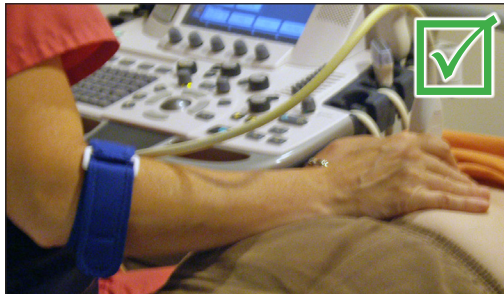
Know Your Risks

- Forceful gripping or pushing on the transducer, especially with a bent wrist can increase risk of pain and injury in wrists and forearms. The pull from the transducer cable can also contribute to the strain at the wrist.



Consider Your Options

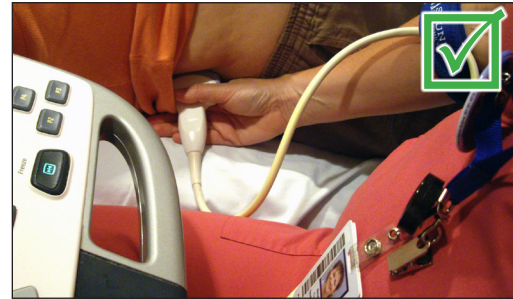
- Grip the transducer as lightly as possible
- Try to keep the wrists straight. Adjust the table height so the forearm is parallel to the floor
- Support the weight of your arm on the patient or use a rolled up towel or cushion



- Consider a cable brace to eliminate the pull from the cable



- Frequently change your grip on the transducer to reduce strain on the wrist and shoulder



- Use your free hand to turn the probe rather than bending the wrist



- Relax your hand periodically by releasing pressure on the probe after capturing an image
- Alternate the hand used for scanning
- Take frequent micro-breaks during a scan to relax tired hand and arm muscles before pain occurs
- Ensure gloves are not too loose or tight

