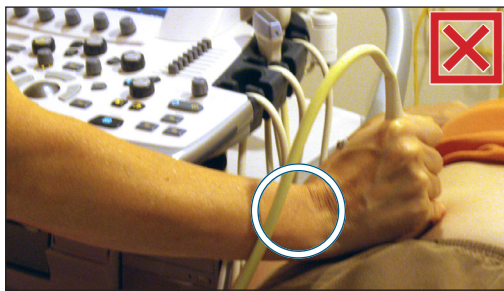


## Gripping the Transducer

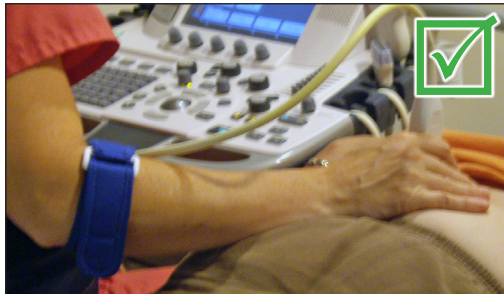
### Know Your Risks

- 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

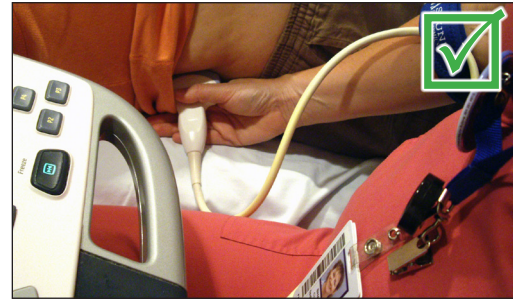
- Grip the transducer as lightly as possible
- Try to keep the wrists straight. Adjust the table height so the forearm is parallel to the floor
- Support the weight of your arm on the patient or use a rolled up towel or cushion



- 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

