

Obstetrical Scan

Know your risks:

OB scans can involve long forward reaches and awkward, static shoulder postures for prolonged periods of time. These postures can increase risk of pain and injury.



2. Have the patient roll onto their right side to bring them closer to you. This reduces reaching across their body.

Relax your hand periodically by releasing pressure on probe handle after capturing an image.



Consider Your Options:

1. Have the patient move close to the edge of the table. Get as close to the patient as you can. Support your shoulder and arm with a rolled up towel or a cushion. Ensure your wrist is straight.



3. Consider standing for some of the scan. A cut-out in the table allows the sonographer to get closer to the patient. Support the shoulder with padding under the forearm. A cable brace on the forearm reduces the torque on the wrist caused by the transducer cable.

