

THE ERGONOMIC ECHO

Quarterly newsletter of the MCHP Diagnostic Medical Sonography Program

REMEMBER

ONLINE INFO SESSION

*Thursday
1/12
6 pm*

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BS IN MEDICAL
IMAGING AND DMS
CERTIFICATE.
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TOP 10 ERGONOMIC RULES

Here at MCHP, ultrasound ergonomics and healthy scanning practices are seen throughout our DMS program as frequently as learning how to adjust overall gain or how to tell the difference between echogenic and isoechoic. We have established ergonomic rules for our students to follow in lab, clinical, and their everyday lives that also very much pertain to the seasoned sonographer. See these guidelines below and ask yourself if you follow these when scanning...

1. Move the patient closer to you
2. Reduce your reach to the US machine
3. Position the monitor at or just below your line of vision
4. Raise the exam table to allow for a neutral spine
5. Maintain a neutral wrist position (both right and left)
6. Reduce your arm abduction to less than 30 degrees
7. Change the patient's position; make them work for you
8. Choose a comfortable chair or standing position
9. Keep moving! The next position is the best position
10. Practice self care...learn to listen to your body

Remember that injury prevention is key to staying healthy for a long, successful, pain free career!



DAILY STRETCHES

HANG THIS UP IN YOUR DEPARTMENT AS A REFERENCE AND REMINDER TO STRETCH!

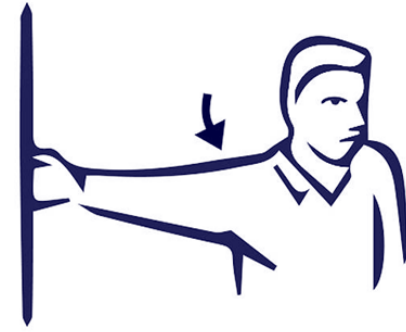
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MCHP

1. Arm Stretch

Place arm on doorway and rotate trunk away from arm.
Hold 30 seconds; perform stretch to both arms.



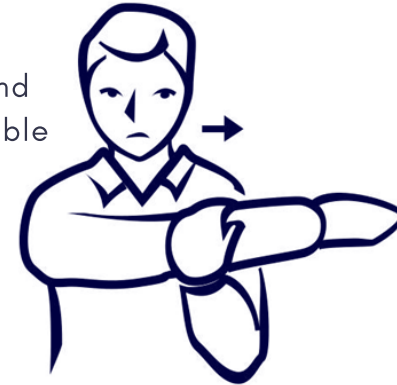
2. Head Tilts

From a sitting position, slowly tilt head forward until chin reached chest, hold for 5 seconds. Then tilt head backward until you are looking up at ceiling, hold for 5 sec. Perform 10 times.



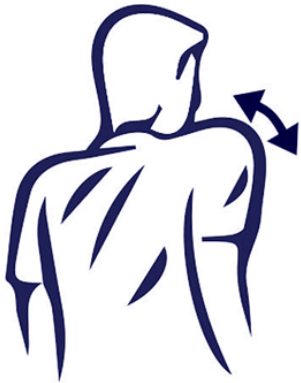
3. Cross Arm Stretch

Hold the elbow with the opposite hand in front of the body and slowly pull the elbow across the body until you feel a comfortable stretch. Hold 30 seconds; perform stretch to both arms.



4. Shoulder Rolls

Lift both shoulder and perform circular movements. Perform 10 repetitions with deep breathing.



5. Hamstring Stretch

Scoot to edge of chair, extend leg in front of you with toes pointed upward. Slowly lean trunk forward until you feel a comfortable stretch. Hold 30 seconds; perform stretch to both legs.



6. Hand-Wrist Stretch

Place palm of hands together with fingers pointing upward and slowly raise elbows upward while maintaining contact at the palms. Hold 30 seconds.



7. Piriformis Stretch

Cross ankle over opposite knee. Slowly lean trunk forward until you feel a comfortable stretch. Hold 30 seconds; perform stretch to both legs.

