



Before the Scan

- ☐ Adjust the bed and chair height to maintain neutral posture.
- ☐ Ensure all necessary equipment is within easy reach.
- ☐ Stretch shoulders, neck, wrists, and back.
- ☐ Check room lighting and screen brightness for optimal visibility.

During the Scan

- ☐ Maintain a straight spine and avoid twisting the torso.
- ☐ Keep shoulders relaxed and elbows close to the body.
- ☐ Use a light, comfortable grip on the transducer.
- ☐ Support the cable to reduce wrist strain.
- ☐ Shift your stance or foot position regularly.
- ☐ Take micro-breaks between patients or during long exams.

After the Scan

- ☐ Do quick mobility exercises to reset posture.
- ☐ Hydrate to support joint and muscle recovery.
- ☐ Reflect on discomfort and adjust technique if needed.
- ☐ Report any persistent pain to your supervisor.

Self-Care & Maintenance

- ☐ Incorporate strength training and stretching into your weekly routine.
- ☐ Use ergonomic accessories (arm supports, stools, braces).
- ☐ Prioritize rest and recovery outside of work.
- ☐ Advocate for safe scheduling and equipment upgrades.