



Anne Wilcox has completed this personal reflection on **20/05/2020**

Paper: Spring 2020 CPD questions

Personal Reflection:

Work-related musculoskeletal disorders in ultrasound: Can you reduce risk?

Work-related musculoskeletal disorders in sonographers: a review of causes and types of injury and best practices for reducing injury risk

Two informative and valuable papers with pertinent information and recommendations for anyone who performs ultrasound scans.

I will certainly be more aware of how to reduce my risk of WRMD in the future.