



Colette Choiseul has completed this personal reflection on **29/07/2020**

Paper: Spring 2020 CPD questions

Personal Reflection:

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

Work-related musculoskeletal disorders in ultrasound: Can you reduce risk? Gill Harrison and Allison Harris

Two excellent papers detailing the importance of best practices for reducing the risk of WRMSD.

Will review my own work practices to ensure I am optimising equipment, assess posture and examine how I am holding transducer ie palmer grip recommended and not pincer grip.