

RSI Working In Vascular Ultrasound



A pain in the neck, arm or wrist...

Working in Vascular Ultrasound can be particularly hard on the body and in order to prevent injury as best we can, Clinical Vascular Scientists and Sonographers should ensure they stretch and strengthen their upper and lower bodies.

A regular [strengthening program](#) and [stretching routine](#) after each scanning day is key to preventing injury.