Yes! Ultrasound is very safe. It does not involve any radiation and can be completed even if you have a cardiac pacemaker, defibrillator, or metallic implants. You should wear comfortable, loose-fitting clothing for your ultrasound exam. No other preparations are needed or required. You will have to remove clothing and jewelry in the procedural area to be examined, but modesty will be maintained with drapes as needed. A physician will be performing the entire exam and will share the results with you immediately. The images will be saved to your electronic medical record along with a formal report. Often, you will follow up with your original physician for further treatment planning.

Is ultrasound safe?

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How should I prepare for my procedure?

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Who interprets the results?

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How do I get my results?

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What can be seen on an ultrasound image?

An ultrasound image is a useful way of examining the musculoskeletal system of the body to detect problems with muscles, tendons, ligaments, joint surfaces, and soft tissues such as blood vessels. Ultrasound cannot penetrate bone and, therefore, cannot be used to diagnose all bone problems. For visualizing the internal structure of bones or certain joints, other imaging modalities, such as MRI or CT scan, might also be needed.

An ultrasound image can diagnose:
- Strains or tears (rotator cuff)
- Tendon irritation (tendinitis, tendinopathy)
- Ligament tears (UCL)
- Soft tissue masses (ganglion cyst, neuroma)
- Foreign bodies
- Fluid collections