

Sound Ergonomics announces results of the 2008 symptom survey

The response to our Sonographer Symptom Survey was tremendous with 3024 of you taking the time to complete the survey. We are very grateful to all of you for participating in this project. Your input will help to make our profession safer. If you have questions or comments go to our [Sounding board](#) or e-mail jobaker@soundergonomics.com

Below is a brief summary of the results.

Survey Highlights

68.1% of sonographers are age 40 and above.

52.1% have been scanning more than 16 years.

88.2% female

59.6% perform 9 or more scans per day.

Only 54.5% were actually shown how to use the ergonomic features of new equipment.

90% have experienced pain while scanning.

Top areas for pain:

Shoulder	17%
Neck	15%
Wrist	11.4%
Hand/Fingers	10.2%
Upper Back	10.1%

Reasons given for pain:

- Sustained shoulder abduction
- Applying pressure
- Twisting of neck & trunk
- Venous reflux studies
- Bedside exams
- Endovaginal exams

What one thing would you change at your workplace to improve ergonomics?

- Reduce the number of scans
- Height adjustable bed
- New ultrasound system
- Vary the type of exams
- Height adjustable chairs