



REFERRAL GUIDELINES UKSONO LTD

Justifying the need for
medical ultrasound.



INTRODUCTION:

- Medical ultrasound is a valuable tool in diagnosis of certain pathology in our body.
- The sound waves are safe with no known effect based on available data; however, we are always encourage to justify the purpose of every scan performed.
- The underlisted “referral justifications” are not exhaustive; however, they represent the common reasons for medical ultrasound referral.
- For any other special cases, kindly contact us: info@uksono.com.

MUSCULOSKELETAL ULTRASOUND

Shoulder:

- Ascertaining the cause of pain and/or limited range of movement of the shoulder joint.
- Tendon tears, tendinopathy, Impingement, and bursitis.
- Acromioclavicular joint injury/arthropathy.
- Long head of biceps tendon tears, tendinopathy, tenosynovitis, dislocation.
- Assessment of Adhesive capsulitis (Frozen shoulder)
- Glenohumeral joint effusions.
- Overlying muscle injuries.



MUSCULOSKELETAL ULTRASOUND

ELBOW

- Common extensor & flexor origins pathology (Tennis & Golfer's elbow).
- Distal Biceps tendon tear & injury.
- Elbow joint for arthropathy.



MUSCULOSKELETAL ULTRASOUND

Hand and Wrist:

- Tendon & joint injuries, tendinopathy, effusions, synovitis.
- Dupuytren's contracture.
- De Quervain's Tenosynovitis.
- Carpal Tunnel Syndrome.





MUSCULOSKELETAL ULTRASOUND

HIP JOINT/UPPER LEG:

- For effusions and Greater Trochanteric bursitis.
- Tears of muscles within the proximal leg.
- Hamstring injury assessment.

MUSCULOSKELETAL ULTRASOUND

Knee:

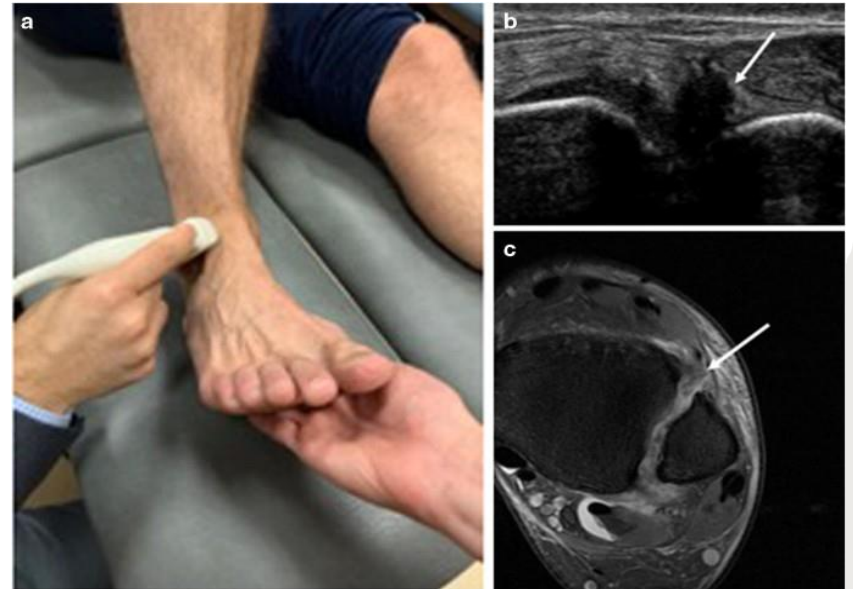
- Bursitis (deep and superficial).
- Patellar tendon tears/tendinopathy.
- Medial & lateral tendon injury.
- Knee effusions, Baker's cysts, Popliteal artery aneurysms.
- Meniscal cysts.



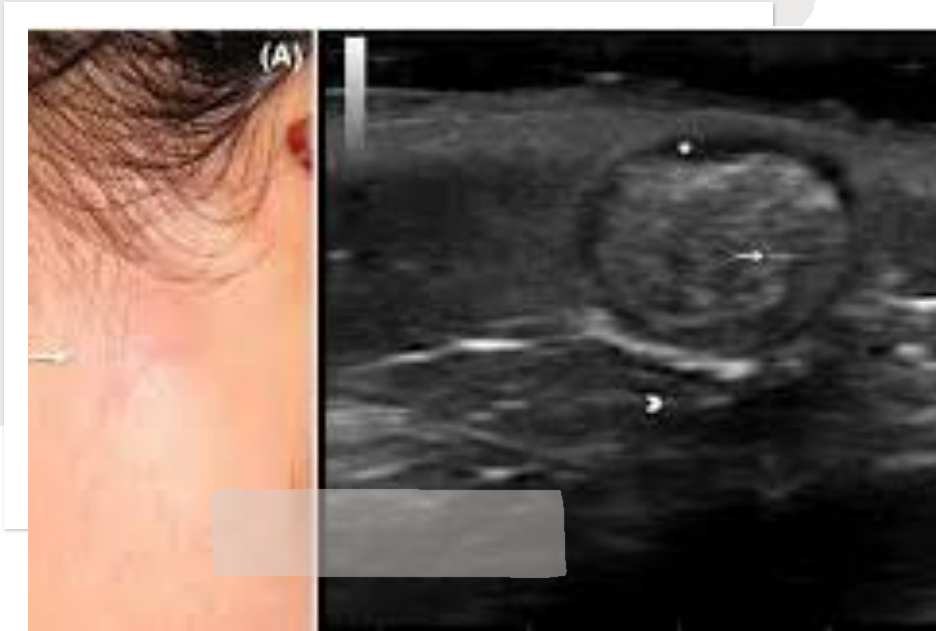
MUSCULOSKELETAL ULTRASOUND

- **Foot and Ankle:**

- Achilles' tendon tears & tendinopathy.
- Gastrocnemius muscle tears.
- Medial, lateral, anterior, posterior Ankle tendons & ligaments tears & tendinopathy.
- Plantar fasciitis, fibroma, & plantar plate tears.
- Morton's neuroma.
- Bursitis.



MUSCULOSKELETAL ULTRASOUND



Lumps and Bumps:

- Query Ganglion
- Foreign body detection
- Lumps & bumps, including lipoma, epidermoid cysts, & other soft-tissue masses.
- Other areas can be discussed with the Sonographer to assess suitability for Ultrasound.

ABDOMEN ULTRASOUND



- To assess the Liver, Gallbladder, Biliary Tree, Kidneys, Spleen, Pancreas & Aorta.
- Typical reasons for an Ultrasound of Abdomen:
- ? Gallstones
- Upper abdominal pain
- Abnormal Liver Function (LFT) blood test.
- Preparation instructions:
- Please do not eat or drink anything for 4 hours before your appointment time.

RENAL ULTRASOUND

- ? Kidney stones
- Renal colic
- Urinary Tract Infection
- Incomplete bladder emptying
- ? Prostate enlargement
- Kidney cysts
- Renal masses
- Hydronephrosis
- Preparation Instructions:
- Drink 2 pints of water 1 hour before appointment time.



AORTA ULTRASOUND

Male patient, over 65 for screening of Aorta, to rule out an Abdominal Aortic Aneurysm (AAA).

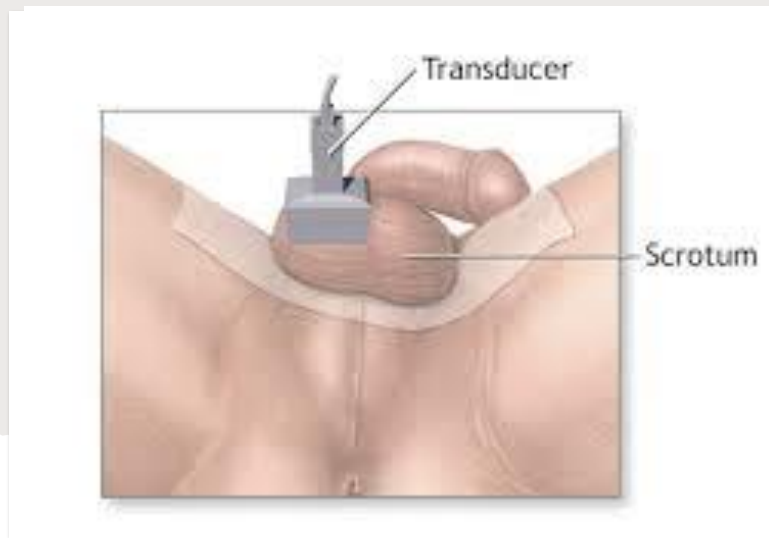
Pulsatile central abdominal mass ? Aneurysm.

Family history of AAA.

Preparation instructions:

Nothing to eat or drink 6 hours before appointment time.

SCROTAL ULTRASOUND



- Testicular or scrotal sac lump
- Swelling of the scrotum
- Infection, such as epididymitis or Epididymo-orchitis
- Testicular pain
- Recent change in testicle size
- ? Varicocele
- Male infertility
- No preparation is required for this scan.

CAROTID ARTERY ULTRASOUND

- Suspected transient ischaemic Attack (TIA)
- Narrowing or blockage of Carotid arteries by a build up of plaque
- Provides a general indicator of subclinical vascular disease
- No preparation is required for this scan



THYROID ULTRASOUND

- Goitre
- Thyroid swelling
- Abnormal thyroid function blood test
- Hyper or hypo thyroidism
- Check for and characterisation of thyroid nodules.
- No preparation is required for this scan.



NECK ULTRASOUND

- Neck lumps
- Salivary gland lump/swelling
- Dry mouth ? blocked salivary gland duct
- ? Enlarged and or reactive neck lymph nodes
- Epidermoid cysts
- No preparation is required for this scan

