

## Appendix 2 – Suggested Sports Ultrasound Milestones

Acute Trauma				
Level 1	Level 2	Level 3	Level 4	Level 5
Verbally describes the rationale for a diagnostic US assessment of an acutely injured athlete	Correctly acquires, labels, and saves images of all required protocols	Correctly identifies and labels <i>essential pathology</i> and generates an appropriate diagnostic report	Correctly identifies and labels <i>desirable pathology</i> and generates an appropriate diagnostic report	Consistently and independently performs and teaches the skills outlined in previous levels
Verbally lists indications for repeat US examinations or complimentary advanced imaging	Demonstrates appropriate patient positioning and physician ergonomics for <i>essential pathology</i> and protocols	Performs <i>essential protocols</i> , including appropriate image labeling, and generates an appropriate report	Performs <i>desirable protocols</i> , including appropriate image labeling, and generates an appropriate report	Correctly identifies and labels <i>optional pathology</i> and generates an appropriate diagnostic report
	Verbally describes all <i>essential pathology</i>		Integrates current research and literature with guidelines to recommend management or guidelines relevant to the protocol	Performs <i>optional protocols</i> , including appropriate image labeling, and generates an appropriate report
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Comments:</b>				Not yet achieved Level 1

Shoulder (including neck, chest, and upper arm)				
Level 1	Level 2	Level 3	Level 4	Level 5
<p>Verbally describes the indications for a diagnostic US of the shoulder and lists the structures needed to be imaged during a complete examination</p> <p>Verbally describes the indications, contra-indications, risks and benefits of US-guided shoulder injections</p>	<p>Correctly acquires, labels, and saves images of all required structures</p> <p>Demonstrates appropriate patient positioning and physician ergonomics for both diagnostic and procedural applications</p> <p>Verbally describes all <i>essential procedures</i></p>	<p>Correctly identifies and labels <i>essential pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>essential procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p>	<p>Correctly identifies and labels <i>desirable pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>desirable procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Integrates current research and literature with guidelines to recommend management or guidelines relevant to the procedure</p>	<p>Consistently and independently performs and teaches the skills outlined in previous levels</p> <p>Correctly identifies and labels <i>optional pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>optional procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Publishes peer-reviewed work related to sports ultrasound of the shoulder</p>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Comments:</b>				Not yet achieved Level 1

Elbow (anterior, medial, lateral, and posterior)				
Level 1	Level 2	Level 3	Level 4	Level 5
<p>Verbally describes the indications for a diagnostic US of the elbow and lists the structures needed to be imaged during a complete examination</p> <p>Verbally describes the indications, contra-indications, risks and benefits of US-guided elbow injections</p>	<p>Correctly acquires, labels, and saves images of all required structures</p> <p>Demonstrates appropriate patient positioning and physician ergonomics for both diagnostic and procedural applications</p> <p>Verbally describes all <i>essential procedures</i></p>	<p>Correctly identifies and labels <i>essential pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>essential procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p>	<p>Correctly identifies and labels <i>desirable pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>desirable procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Integrates current research and literature with guidelines to recommend management or guidelines relevant to the procedure</p>	<p>Consistently and independently performs and teaches the skills outlined in previous levels</p> <p>Correctly identifies and labels <i>optional pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>optional procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Publishes peer-reviewed work related to sports ultrasound of the elbow</p>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Comments:</b>				Not yet achieved Level 1

Wrist (volar and dorsal)				
Level 1	Level 2	Level 3	Level 4	Level 5
<p>Verbally describes the indications for a diagnostic US of the wrist and lists the structures needed to be imaged during a complete examination</p> <p>Verbally describes the indications, contra-indications, risks and benefits of US-guided wrist injections</p>	<p>Correctly acquires, labels, and saves images of all required structures</p> <p>Demonstrates appropriate patient positioning and physician ergonomics for both diagnostic and procedural applications</p> <p>Verbally describes all <i>essential procedures</i></p>	<p>Correctly identifies and labels <i>essential pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>essential procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p>	<p>Correctly identifies and labels <i>desirable pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>desirable procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Integrates current research and literature with guidelines to recommend management or guidelines relevant to the procedure</p>	<p>Consistently and independently performs and teaches the skills outlined in previous levels</p> <p>Correctly identifies and labels <i>optional pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>optional procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Publishes peer-reviewed work related to sports ultrasound of the wrist</p>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Comments:</b>				Not yet achieved Level 1

Hand and Finger				
Level 1	Level 2	Level 3	Level 4	Level 5
<p>Verbally describes the indications for a diagnostic US of the hand and finger and lists the structures needed to be imaged during a complete examination</p> <p>Verbally describes the indications, contra-indications, risks and benefits of US-guided hand and finger injections</p>	<p>Correctly acquires, labels, and saves images of all required structures</p> <p>Demonstrates appropriate patient positioning and physician ergonomics for both diagnostic and procedural applications</p> <p>Verbally describes all <i>essential procedures</i></p>	<p>Correctly identifies and labels <i>essential pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>essential procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p>	<p>Correctly identifies and labels <i>desirable pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>desirable procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Integrates current research and literature with guidelines to recommend management or guidelines relevant to the procedure</p>	<p>Consistently and independently performs and teaches the skills outlined in previous levels</p> <p>Correctly identifies and labels <i>optional pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>optional procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Publishes peer-reviewed work related to sports ultrasound of the hand and finger</p>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Comments:</b>				Not yet achieved Level 1

Hip (anterior, medial, lateral, and posterior)				
Level 1	Level 2	Level 3	Level 4	Level 5
<p>Verbally describes the indications for a diagnostic US of the hip and lists the structures needed to be imaged during a complete examination</p> <p>Verbally describes the indications, contra-indications, risks and benefits of US-guided hip injections</p>	<p>Correctly acquires, labels, and saves images of all required structures</p> <p>Demonstrates appropriate patient positioning and physician ergonomics for both diagnostic and procedural applications</p> <p>Verbally describes all <i>essential procedures</i></p>	<p>Correctly identifies and labels <i>essential pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>essential procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p>	<p>Correctly identifies and labels <i>desirable pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>desirable procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Integrates current research and literature with guidelines to recommend management or guidelines relevant to the procedure</p>	<p>Consistently and independently performs and teaches the skills outlined in previous levels</p> <p>Correctly identifies and labels <i>optional pathology</i> and generates an appropriate diagnostic report</p> <p>Performs optional procedures, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Publishes peer-reviewed work related to sports ultrasound of the hip</p>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Comments:</b>				Not yet achieved Level 1

Thigh (anterior, medial, and posterior)				
Level 1	Level 2	Level 3	Level 4	Level 5
<p>Verbally describes the indications for a diagnostic US of the thigh and lists the structures needed to be imaged during a complete examination</p> <p>Verbally describes the indications, contra-indications, risks and benefits of US-guided thigh injections</p>	<p>Correctly acquires, labels, and saves images of all required structures</p> <p>Demonstrates appropriate patient positioning and physician ergonomics for both diagnostic and procedural applications</p> <p>Verbally describes all <i>essential procedures</i></p>	<p>Correctly identifies and labels <i>essential pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>essential procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p>	<p>Correctly identifies and labels <i>desirable pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>desirable procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Integrates current research and literature with guidelines to recommend management or guidelines relevant to the procedure</p>	<p>Consistently and independently performs and teaches the skills outlined in previous levels</p> <p>Correctly identifies and labels <i>optional pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>optional procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Publishes peer-reviewed work related to sports ultrasound of the thigh</p>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Comments:</b>				Not yet achieved Level 1

Knee (anterior, medial, lateral, and posterior)				
Level 1	Level 2	Level 3	Level 4	Level 5
<p>Verbally describes the indications for a diagnostic US of the knee and lists the structures needed to be imaged during a complete examination</p> <p>Verbally describes the indications, contra-indications, risks and benefits of US-guided knee injections</p>	<p>Correctly acquires, labels, and saves images of all required structures</p> <p>Demonstrates appropriate patient positioning and physician ergonomics for both diagnostic and procedural applications</p> <p>Verbally describes all <i>essential procedures</i></p>	<p>Correctly identifies and labels <i>essential pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>essential procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p>	<p>Correctly identifies and labels <i>desirable pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>desirable procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Integrates current research and literature with guidelines to recommend management or guidelines relevant to the procedure</p>	<p>Consistently and independently performs and teaches the skills outlined in previous levels</p> <p>Correctly identifies and labels <i>optional pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>optional procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Publishes peer-reviewed work related to sports ultrasound of the knee</p>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Comments:</b>				Not yet achieved Level 1



Leg and Ankle (anterior, medial, lateral, and posterior)				
Level 1	Level 2	Level 3	Level 4	Level 5
<p>Verbally describes the indications for a diagnostic US of the leg and ankle and lists the structures needed to be imaged during a complete examination</p> <p>Verbally describes the indications, contra-indications, risks and benefits of US-guided leg and ankle injections</p>	<p>Correctly acquires, labels, and saves images of all required structures</p> <p>Demonstrates appropriate patient positioning and physician ergonomics for both diagnostic and procedural applications</p> <p>Verbally describes all <i>essential procedures</i></p>	<p>Correctly identifies and labels essential pathology and generates an appropriate diagnostic report</p> <p>Performs <i>essential procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p>	<p>Correctly identifies and labels <i>desirable pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>desirable procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Integrates current research and literature with guidelines to recommend management or guidelines relevant to the procedure</p>	<p>Consistently and independently performs and teaches the skills outlined in previous levels</p> <p>Correctly identifies and labels <i>optional pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>optional procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Publishes peer-reviewed work related to sports ultrasound of the leg and ankle</p>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Comments:</b>				Not yet achieved Level 1

Foot (hindfoot, midfoot, and forefoot)				
Level 1	Level 2	Level 3	Level 4	Level 5
<p>Verbally describes the indications for a diagnostic US of the foot and lists the structures needed to be imaged during a complete examination</p> <p>Verbally describes the indications, contra-indications, risks and benefits of US-guided foot injections</p>	<p>Correctly acquires, labels, and saves images of all required structures</p> <p>Demonstrates appropriate patient positioning and physician ergonomics for both diagnostic and procedural applications</p> <p>Verbally describes all <i>essential procedures</i></p>	<p>Correctly identifies and labels <i>essential pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>essential procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p>	<p>Correctly identifies and labels <i>desirable pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>desirable procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Integrates current research and literature with guidelines to recommend management or guidelines relevant to the procedure</p>	<p>Consistently and independently performs and teaches the skills outlined in previous levels</p> <p>Correctly identifies and labels <i>optional pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>optional procedures</i>, including appropriate image labeling, and generates an appropriate procedure report</p> <p>Publishes peer-reviewed work related to sports ultrasound of the foot</p>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Comments:</b>				Not yet achieved Level 1

