

Appendix 2 – Suggested Sports Ultrasound Milestones

Acute Trauma				
Level 1	Level 2	Level 3	Level 4	Level 5
<p>Verbally describes the rationale for a diagnostic US assessment of an acutely injured athlete</p> <p>Verbally lists indications for repeat US examinations or complimentary advanced imaging</p>	<p>Correctly acquires, labels, and saves images of all required protocols</p> <p>Demonstrates appropriate patient positioning and physician ergonomics for <i>essential pathology</i> and protocols</p> <p>Verbally describes all <i>essential pathology</i></p>	<p>Correctly identifies and labels <i>essential pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>essential protocols</i>, including appropriate image labeling, and generates an appropriate report</p>	<p>Correctly identifies and labels <i>desirable pathology</i> and generates an appropriate diagnostic report</p> <p>Performs <i>desirable protocols</i>, including appropriate image labeling, and generates an appropriate report</p> <p>Integrates current research and literature with guidelines to recommend management or guidelines relevant to the protocol</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 protocols</i>, including appropriate image labeling, and generates an appropriate report</p> <p>Publishes peer-reviewed work related to sports ultrasound evaluation of trauma and other acute conditions</p>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments:				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"/>
Comments:				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"/>
Comments:				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"/>
Comments:				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>
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Comments:				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"/>
Comments:				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"/>
Comments:				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"/>
Comments:				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"/>
Comments:				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"/>
Comments:				Not yet achieved Level 1

