

Extremity (Hand, Wrists, Knee, Shoulder) MRI Test Request Tip Sheet

- Submit an examination of the joint involved with documentation of findings consistent with the suspected diagnosis as part of the clinical information when requesting an MRI.
- In cases of persistent pain or suspected fracture, a plain X-ray should be documented in submitted clinical information before an MRI is ordered.
- Four weeks of conservative therapy without significant pain relief should be documented in submitted clinical information before an MRI is ordered for chronic/persistent pain.

Radiation Exposure

MRIs have no radiation exposure.

We follow Choosing Wisely recommendations for MRI monitoring of rheumatoid disease.

Choosing Wisely Recommendations

As part of Choosing Wisely, each participating specialty society has created lists of “Things Physicians and Patients Should Question” that provide specific, evidence-based recommendations that physicians and patients should discuss to help make wise decisions about the most appropriate care based on their individual situations. The items below represent the recommendations associated with extremity MRI.

- **Do not perform MRI of the peripheral joints to routinely monitor inflammatory arthritis. Data evaluating MRI for the diagnosis and prognosis of RA are currently inadequate to justify widespread use of this technology for these purposes in clinical practice. (American College of Rheumatology)**

Choosing Wisely® is an initiative of the ABIM Foundation to help physicians and patients engage in conversations about the overuse of tests and procedures and support physician efforts to help patients make smart and effective care choices. Recognizing the importance of physicians and patients working together, leading specialty societies, along with *Consumer Reports*, have joined Choosing Wisely to help improve the quality and safety of health care in America.