

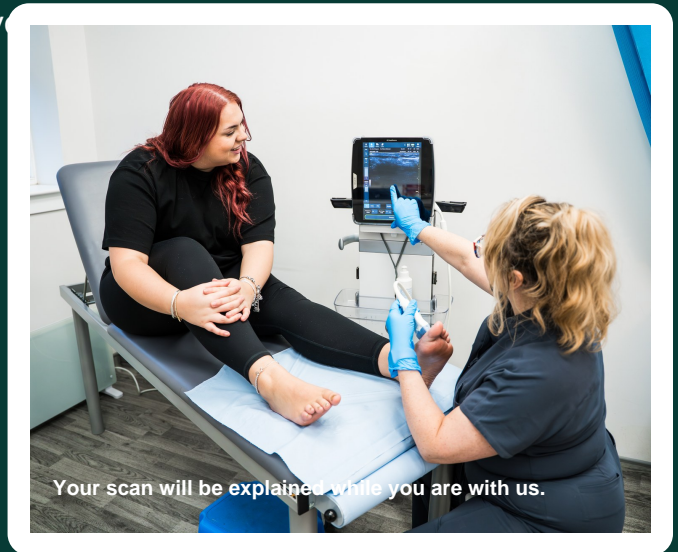


## The Hub Glasgow

We find the cause. We fix the problem. We keep you moving.

# Your Diagnostic Ultrasound Scan

A clear, patient-friendly guide to what ultrasound is, what happens during your appointment, and how your scan helps us plan the right next step.



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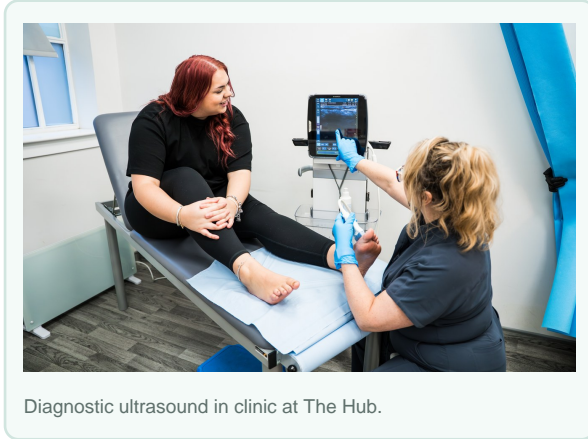
West End | Kinning Park | Dennistoun

West End: 31 Crow Road, Partick, Glasgow G11 7RT | Kinning Park: 32 Portman Street, Glasgow G41 1EJ

Dennistoun: 568 Alexandra Parade, Glasgow G31 3BP

# What Is Diagnostic Ultrasound?

Diagnostic ultrasound uses high-frequency sound waves to create live images of structures under the skin. For musculoskeletal problems, it helps us look at soft tissues such as tendons, ligaments, muscles, bursae, nerves and joints. It can also show movement, swelling and blood-flow signal in inflamed tissue.



Diagnostic ultrasound in clinic at The Hub.

## What this means in real life

You are not sent away with unexplained jargon. The scan is part of the appointment. We show you what we can see, explain why it matters, and link it back to the pain, movement or injury that brought you in.

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| <p><b>No X-rays or radiation</b></p>      | <p>Ultrasound does not use ionising radiation. It uses sound waves, so it is different from X-ray and CT scans.</p>                           |
| <p><b>Real-time assessment</b></p>        | <p>We can often scan while you move the sore area, contract a muscle, or point to the exact painful spot.</p>                                 |
| <p><b>Useful for soft tissue pain</b></p> | <p>It is especially helpful when the question involves tendons, ligament injury, fluid, swelling, inflammation or some soft tissue lumps.</p> |

## What Can It Help With?

At The Hub Glasgow, diagnostic ultrasound is used as part of a specialist MSK assessment. The scan is not just a picture-taking exercise. It helps answer a clinical question: what is irritated, injured, inflamed or not loading well, and what should we do next?



Arrive at The Hub



Talk through the problem



Scan with explanation



### Tendons

Tendinopathy, thickening, partial tears, sheath irritation and painful loading changes.



### Joints

Effusion, synovitis, osteoarthritic change and signs of active inflammatory change.



### Ligaments

Sprains, thickening, scar tissue and some partial tears close to the surface.



### Doppler signal

Blood-flow signal can help us judge active inflammation in the scanned area.



### Guided treatment

When appropriate, ultrasound can help guide injection placement accurately.



### Next steps

Findings are linked to your symptoms, movement, footwear, training load and goals.

## What ultrasound cannot always answer

Ultrasound is excellent for many soft-tissue questions, but it is not the best test for everything. It cannot see through bone in the way X-ray, CT or MRI can, and it may not fully assess very deep structures. If another scan, blood test, GP review or consultant opinion is more appropriate, we will explain why and advise you on the next step.

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| <p><b>This is not a standalone diagnosis</b></p> | <p>Your scan findings are interpreted alongside your history, examination and movement assessment.</p> |
| <p><b>Normal scans can still be useful</b></p>   | <p>A scan that rules out a tear, marked swelling or active inflammation can still change the plan.</p> |

# What Happens During Your Appointment?

Everything will be explained as we go. You can ask questions at any point, and we will tell you what we are looking for, what we can see, and how the findings fit with your symptoms.



**1 Listen**

We clarify the painful area and clinical question.

**2 Position**

You sit or lie comfortably with the area exposed.

**3 Scan**

Gel is applied and the probe moves over the skin.

**4 Explain**

Images are interpreted in plain English.

**5 Plan**

You leave with clear next steps.

**It should feel calm, clear and human.**

We will talk you through positioning, gel, probe pressure, what we are looking at on the screen, and what the findings mean for your next step.



Questions are part of the appointment.

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| <b>Will it hurt?</b>           | Most scans are comfortable. The probe may press over the sore area for a clearer image, but we will keep checking in with you.                             |
| <b>What should I wear?</b>     | Wear loose clothing that lets us access the area being scanned. You may be asked to remove footwear, socks, jewellery or a tight layer.                    |
| <b>Do I need to prepare?</b>   | For most MSK ultrasound scans, no special preparation is needed. Bring any relevant letters, previous scan reports or medication details if you have them. |
| <b>Can I watch the screen?</b> | Yes. Many patients find it helpful to see the images while we explain what they show.  |

**After the scan:** you can normally return to your day as usual unless we advise otherwise. If treatment such as an ultrasound-guided injection is planned, we will explain the benefits, risks, consent and aftercare separately before anything is done.



## Why It Helps You Get A Better Plan

Many active adults arrive after weeks or months of vague answers: rest, change shoes, take painkillers, try exercises and see what happens. Sometimes that is enough. Often, persistent pain needs a more precise explanation.

Diagnostic ultrasound helps us connect three things: what you feel, how you move, and what the tissue looks like under the probe. That gives us a stronger basis for treatment, rehabilitation, footwear advice, injection decisions or onward referral.

|                                     |   |
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| <b>A clearer starting point</b>     | We can identify whether the main issue looks more like irritation, inflammation, fluid, tendon change, joint change or another pattern. |
| <b>A more specific rehab plan</b>   | Exercises can be matched to the tissue, the stage of healing, and the amount of load your body is ready for.                            |
| <b>Better treatment decisions</b>   | If shockwave, orthotics, injection, GP review or consultant referral is needed, the scan helps support that decision.                   |
| <b>Reassurance when appropriate</b> | Seeing what is not present can be just as useful as seeing what is. It can reduce uncertainty and help you move forward confidently.    |

### Onward referrals

If your findings suggest that you need GP blood tests, medication review, X-ray, MRI, consultant opinion or urgent medical care, we will explain the reason clearly. Where appropriate, we can provide a written summary or referral letter to support the next step.

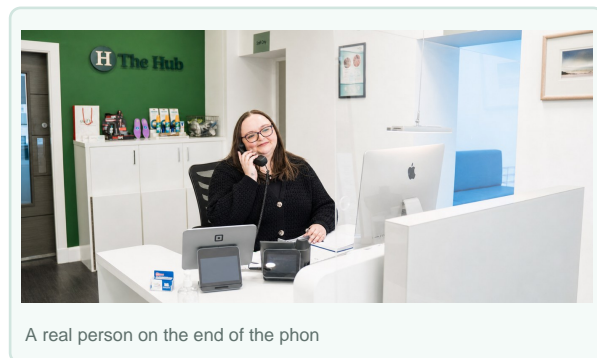
**You deserve to know what's actually wrong, what it means, and what should happen next.**

## Safety, Consent And Questions

Diagnostic ultrasound is widely used in healthcare and is considered safe when used for a justified clinical reason by a trained operator. We use it to answer a specific clinical question and to guide your care.

|                        |   |
|------------------------|---|
| <b>Consent</b>         | We will explain what we are scanning and why. Tell us if you are uncomfortable, need a break, or do not want to continue.   |
| <b>Privacy</b>         | Only the area being assessed needs to be exposed. We will keep you appropriately covered and comfortable.   |
| <b>Your report</b>     | If a written report or patient letter is needed, we will summarise the relevant findings in plain English.  |
| <b>Urgent symptoms</b> | If you feel acutely unwell, have spreading redness, fever, severe unexplained swelling, chest pain, shortness of breath, new neurological symptoms or a major injury, seek urgent medical help. |

### About The Hub Glasgow



The Hub Glasgow provides specialist-level MSK care with in-house diagnostic ultrasound, Run3D gait analysis, podiatry, physiotherapy and Clinical Pilates support under one roof. Led by SJ Walls, advanced MSK podiatrist and PhD researcher, our focus is simple: we find the cause, we fix the problem, and we keep you moving.

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|---|---|--|
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### Clinical sources used for this patient guide

NHS Inform: Ultrasound scan. RadiologyInfo.org: Musculoskeletal Ultrasound and Ultrasound preparation. FDA: Ultrasound Imaging. British Medical Ultrasound Society: Medical ultrasound safety and patient safety statements.