# 1.0T Knee MRI

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#### 1. Introduction

#### 1.1 Background and rationale

The Multicenter Osteoarthritis (MOST) Study is a multicenter epidemiological study of risk factors for knee osteoarthritis, and includes a focus on structural changes in the knee assessed by MRI. Participants in this study must have symptomatic knee OA (defined in terms of frequent knee pain and X-ray findings of knee OA at baseline) or be at high risk of developing OA based on the presence of risk factors. MR images of the knee will be obtained in all participants without contraindications at baseline and at various follow-up visits.

# 1.2 Purpose of the manual (1.0 T)

This manual is intended for the MRI technologists, principal investigators, and study coordinators at the clinical centers. The purpose of this manual is to standardize the imaging techniques and administrative procedures related to the MRI component of the MOST for evaluating participants with OA of the knee. The manual describes the MRI techniques to be used along with the procedures for documentation and shipment of the MRI data to the MRI QA and Reading Center at the University of California, San Francisco (UCSF).

The role of the MRI QA and Reading Center will be to:

- train and certify the clinic OrthOne MRI technologists
- monitor the performance of the MRI technologists throughout the study
- check all OrthOne MRI scans for completeness, protocol adherence, and quality as soon as
  possible after they arrive at the MRI QA and Reading Center
- provide immediate feedback to the MRI technologists when quality and protocol problems are detected
- request repeat MRI scans as needed to correct problems
- inventory and archive all MRI scans
- provide bimonthly (every other month) Quality Assurance reports to the SF Coordinating Center and the MOST investigators on scans received, quality issues, and scans read in the previous month
- work with site MRI technologists and ONI, Inc. to evaluate scanner performance and need for maintenance and service during the study
- organize the OrthOne scans for reading
- read the OrthOne scans using the WORMS methods

# 1.3 Design of OrthOne study component

The MR component of the MOST comprises bilateral imaging, using the OrthOne scanner, of the knee joints in 2700 participants (about 90% of the study population) who do not have contraindications for the MR examination (see Section 3.1 of this manual - MRI contraindications).

15-month follow-up MR-imaging will be performed in a subset of the study population. Participants classified as "cases" (self-report of new frequent knee symptoms) will have bilateral knee MRI scans acquired and study participants that are designated as "controls" will have an MRI of the knee randomly selected to be the control knee (right, left or both knees). At the 30month visit bilateral knee imaging will be done on all participants who do not have contraindications for the MR examination.

These MRIs will be performed using a 1.0 T dedicated system (OrthOne) with a circumferential extremity coil. Imaging procedures will include axial, and sagittal proton density weighted sequences with fat saturation, and coronal STIR sequences on both knees. Additionally, the right knee only will be scanned with a 3-point Dixon sequence for cartilage evaluation when there is sufficient time to do so. Sequences completed on a participant's knee at baseline will be repeated on that knee during the follow-up MR-imaging at the 15 and 30 months visits. The total imaging acquisition time required for MRI of both knees including participant set-up will be approximately 60 minutes (30 minutes for one knee).

# 1.4 Training of MRI technologists

Each clinic will hire one or more dedicated MRI technologists to perform scans on the OrthOne scanner. This person must successfully complete the OrthOne training provided by the manufacturer, ONI Corporation.

A representative from the MRI QA and Reading Center will travel to the study clinic to further train and certify the technologists in the MOST procedures. The MRI QA and Reading Center will certify trained technologists in the MOST protocol. Certification will be based on the results of the training session and a review of 10 volunteer/participant knee scans.

Only designated and certified technologists should perform the MOST examinations. A unique MOST staff ID number will identify each technologist involved in the study.

#### 2. Equipment and supplies

The OrthOne is a Magnetic Resonance Imaging (MRI) system designed specifically for imaging the human extremities (knees will be imaged in MOST). ONI Incorporated manufactures the 1.0 Tesla MRI scanner. The OrthOne Operator's Guide - June 2002, and the OrthOne Viewer's Guide - May 2000, should be referenced for information about the equipment and software operation.

ONI Incorporated 301 Ballardvale Street

Wilmington, MA 01887

ONI Customer Service 1-978-658-0020

Toll free: 888-775-7788 FAX: 978-658-0898 Email: info@onicorp.com

## 2.1 Service and maintenance

The OrthOne is a complicated medical imaging device and must be maintained by ONI trained service personnel. The system requires preventive maintenance four times annually. Warranty and onsite service and preventive maintenance are specified in the sales agreement. Each clinical center is responsible for equipment service requests and preventive maintenance.

## 3. Safety issues and exclusions

Screening is required for all participants to determine if the participant is at risk of injury from the MRI exam. For safety reasons, participants will be screened for contraindications and hazards. The MRI technologist must thoroughly understand specific contraindications and hazards for the OrthOne system (OrthOne Operators Guide, pages 2-3 to 2-6).

#### 3.1 MRI contraindications

The following are contraindications for the 1.0 T MRI scanner:

- 1. weight greater than 350 lbs.
- 2. surgery in the past two months (except surgeries/procedures on approved list-see Appendix 6)
- 3. electronic implant or device, such as cochlear implant
- 4. magnetically-activated implant or device, such as magnetically-activated dental implant or dentures, or magnetic eye implant
- 5. heart pacemaker
- 6. implanted heart defibrillator
- 7. internal electrodes or wires, such as pacemaker wires or bone growth / bone fusion stimulator wires
- 8. neurostimulation system, such as spinal cord stimulator or gastric electrical stimulation system
- 9. surgically implanted insulin or drug pump
- 10. tissue expander with magnetic port, such as inflatable breast implant with magnetic port
- 11. brain aneurysm surgery, brain aneurysm clip(s) or coil(s)

The following implants/metal injuries may be MRI safe and require medical documentation showing that it is safe for the participant to have an MRI scan:

- 1. stent, filter, coil or clips
- 2. shunt (spinal or intraventricular)

- 3. surgically implanted hearing device (not a regular hearing aid) or prosthesis in your
- 4. eyelid spring, wire or weights
- 5. penile implant or prosthesis (men only)
- 6. heart valve
- 7. injury in which metal fragments entered your eye and you had to seek medical attention
- 8. injury by a metal object such as shrapnel, BB, or bullet

The following conditions are contraindications for a specific knee:

- 1. knee replacement or knee surgery with metal implants such as pins, screws, staples, etc (only knee with knee replacement or metal implants is not scanned)
- 2. leg does not fit in the knee coil

MRI exclusion questions are asked by the MRI technologist prior to the MRI scan to determine whether the participant will be excluded from this examination (see section 9. 1.0 T Knee MRI data collection form). The MRI technologist will sign the form after reviewing the MRI exclusion questions, and confirming that the participant does not have any specific potential safety hazards. If there are any special exceptions to a MRI safety question, and the participant has medical documentation confirming that the metal implant or metal injury is MRI safe, a photocopy of the medical documentation will be placed in the study participants chart and/or note made in the participant's chart. The onsite investigator will determine what is acceptable medical documentation for MRI safety and study staff authorized by the onsite investigator will sign the form confirming that acceptable medical documentation was received. Further MRI safety information can be found at http://www.mrisafety.com/.

# 4. Participant and exam room preparation

Proper participant set up should ensure correct positioning of the knee and sufficient participant comfort to limit motion artifacts.

## 4.1 Participant positioning

Positioning of the participant's knee in the gantry must be reproducible from visit to visit to allow accurate comparison of serially acquired images. The MRI technologist should view the baseline knee MRI scan and match the baseline scan participant positioning in the knee coil as closely as possible. If the knee is in internal or external rotation on the baseline scans, match follow-up scans in the same degree of rotation. During follow-up scans, the technologist can put the knee further into the gantry to obtain more complete coverage. If the tibia was incompletely covered in the baseline sagittal and coronal sequences, this should be corrected in the follow-up scan positioning. Generally, the participant sits in a chair with the leg in neutral position and the patella pointing straight up rather than in slight external rotation, as is commonly done in clinical imaging protocols. External rotation is more difficult to reproduce on serial exams and complicates image interpretation in this study. Additionally, the knee must be

well immobilized in the circumferential extremity coil with foam padding. If possible, try to keep some space (even just a thin cotton cloth) between the knee and coil to reduce 'coil noise'.

How to properly position a participant's knee in the magnet is described in detail in the following section (for handling of the patient chair, positioning of the RF coil and handling of the laser alignment light, please refer to the OrthOne Operator's Guide as referenced):

- 1. Place the 180mm diameter RF Coil into the system (pages 4-1 and 4-2 OrthOne Operator's Guide).
- 2. Place the leg rest into the retracted position (page 4-8 OrthOne Operator's Guide).
- 3. Bring the chair back and chair base into the full upright position (page 4-5 OrthOne Operator's Guide).
- 4. Unlock the chair and position it in the approximate position leaving a gap for participant access between the magnet and chair. Relock the chair.
- 5. Adjust the heel rest.
- 6. Seat the participant in the chair.
- 7. Have the participant place their foot of the leg to be imaged in the entrance of the RF coil. The other foot should be placed on the footrest on the base of the chair or on the floor.
- 8. Measure 250 mm from the knee to the upper leg.
- 9. Unlock the chair and gently roll it until the reference point is aligned with the laser alignment light (page 4-3 OrthOne Operator's Guide).
- 10. Properly position the participant's heel into the heel rest and secure the heel rest.
- 11. Lock the chair wheels.
- 12. From the participant's side, insert foam wedges around the participant's leg for stability and comfort during the scan.

## 4.1.2 Participant comfort and prevention of motion artifacts

The comfortable positioning of the participant at the beginning of the examination is critical to limiting motion artifacts. Care should be taken in properly placing the cushions and pads around the knee in the extremity coil. Earplugs should be included along with pillows, blankets and verbal reassurance. The participant should be told to not move during the scan. When the technologist sees motion during the scan, the sequence(s) should be repeated.

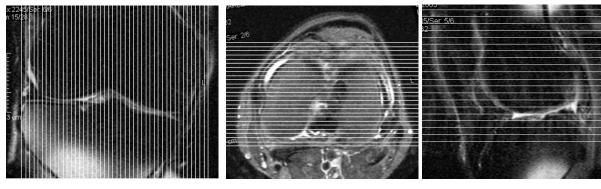
## 5. MRI sequence protocols

**MOST** 

# 5.1 Imaging planes set-up

Special care should be taken in the planning of the sequences. A complete anatomical coverage in each plane is very important for the reading. For follow-up scans, the MRI technologist should view the baseline MRI sequences and set-up the imaging planes exactly as was done during the baseline image acquisition. Whether baseline or follow-up, again, complete anatomical coverage in each plane is very important for the reading. See examples of correct planning (Fig.1). Internal/external rotation should be matched as closely as possible to baseline. Adjustments further in or out of scanner can be made at follow-up for best quality coverage and images (see MOST 1.0 T MRI Atlas).

Figure 1: Correct planning for complete coverage of anatomy



Sagittal Plane **Coronal Plane Axial Plane** 

#### 5.2 Imaging parameters

All parameters for MOST should be pre-programmed into the MRI computer to limit the potential for human error. The total examination time including 10 minutes for participant set-up, is approximately 60 minutes for both knees (30 minutes for one knee).

The MR system should be checked on a weekly basis and logged in the QA log to confirm that these pre-programmed sequence parameters are in adherence with the protocol as documented below.

If sequence parameters are individually adjusted to improve image quality, please indicate the non-standard sequence and explain why on the "comments" section of the 1.0 T Knee MRI Log (Appendix 1).

Localizer: 25 sec. Prescan: 15 sec.

The knee may require repositioning for the second repeat localizer before the main set of

sequences is performed.

# 1. Axial FSE PD Fat Sat

TR: 4700 msec. TE: 13.2 msec. Thickness: 3 mm

Gap: 0 Slices: 30-38

Frequency x Phase: 288 x 192

Band width: 45

NEx: 2

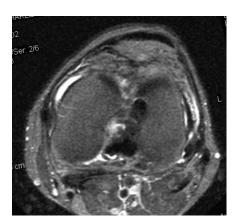
Prescan: water FOV: 140

Frequency direction: A/P

Echo train: 8

Set center frequency: water

Time: 2 min 59 sec.



# 2. Sagittal FSE PD Fat Sat

TR: 4800 msec. TE: 35 msec. Thickness: 3 mm

Gap: 0 Slices: 30-32

Frequency x Phase: 288 x 192

NEx: 2 Flip angle: 90 FOV: 140

Frequency direction: H/F

Echo train: 6

Set center frequency: water

Time: 4 min 44 sec (when Echo train is 6 time = 6 min 17 sec).



# 3. Coronal STIR sequence

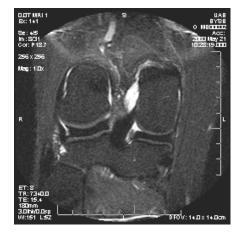
TR: 7820 msec. TE: 15 msec. TI: 100 msec Thickness: 3 mm

Gap: 0 Slices: 28-30

Frequency x Phase: 256 x 256

NEx: 2 Flip angle: 90 FOV: 140

Frequency direction: H/F Echo train length: 6-8 Time: less than 6 min



# 4. 3 Point Dixon 3D sequence

TR: 30 msec. TE: 6.6 msec. Thickness: 2 mm

Gap: 0

Frequency x Phase: 300 x 160

NEX: 3 Flip angle: 35

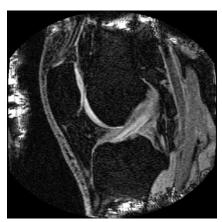
Bandwidth (kHz): 40

FOV: 140

Slices:  $\geq 42$  slices (enough slices to cover the entire knee)

Frequency direction: N/A

Echo train: 1 Center: 0,0,0 Time: ~ 9 minutes



Early in the study an extra set of images acquired in some knees:

## **Coronal FSE PD Fat Sat**

TR: 5300 msec. TE: 35 msec. Thickness: 3 mm

Gap: 0 Slices: 28

Frequency x Phase: 288 x 192

NEx: 2 Flip angle: 90 FOV: 140

Frequency direction: H/F

Echo train: 8

Set center frequency: water

Time: 4 min 06 sec (when Echo train: 6, Time: 5 min 27 sec).



This extra set of images was then dropped after it was shown that the Coronal STIR sequences provided equivalent information, but with less problems due to fat suppression failure.

## 6. Detailed measurement procedures

Refer to the OrthOne Operators Guide, section 5 *Prescribing a New Exam* for information about entering participant information and performance of an OrthOne MRI examination.

## 6.1 Labeling the images

The following information should be entered into the MRI header ("Patient Entry Screen" and "Scan Setup Screen" on the OrthOne computer) so that the information will appear on the images written to MOD/CD:

#### Patient Entry Screen

- 1. Patient ID = MOST Participant ID#
- 2. Patient Name = random 4-letter MOST Acrostic
- 3. Birth Date leave blank
- 4. Sex = enter gender (male or female)
- 5. Age = leave blank
- 6. Weight = enter weight from page 3 of the Clinic Visit workbook (exam will not begin unless weight value is entered)
- 7. Operator = enter staff MOST ID#

## Scan Setup Screen

Anatomy = select either Left Knee or Right Knee from the pull-down menu

#### **6.2** Examination

The procedures for the examination are outlined in the OrthOne Operator's Guide sections 5-9 through 6-6, and will be covered during the onsite OrthOne training provided by ONI, Corp. Each knee will have a unique examination number.

#### 6.3 Completing the 1.0 T Knee MRI data collection form

Data is recorded on the data collection form. Refer to MOST Data Management operations manual for instructions in completing scannable forms.

- The MOST ID# and Acrostic will be preprinted on the form, but must be verified by matching the ID badge the participant is wearing and the ID, ACROSTIC and name in the participant's study chart before the MRI is completed.
- The first section of the form is filled out before the participant goes for the MRI. These
  questions determine if the participant is ineligible for the MRI scan because of safety
  exclusions.
- The MRI technologist reviews eligibility questions to confirm that the questions have been completed and that there are no participant MRI hazards, and initials and dates the data collection form.
- The second section of the form confirm whether an MRI was obtained, and if not obtained, why not.

This form is scanned to the SF Coordinating Center with the rest of the clinic visit data collection forms.

#### 6.4 1.0 T Knee MRI Log

Specific information regarding the participant's MRI exam is recorded on the 1.0 T Knee MRI Log for each knee scanned (see Appendix 1). Prior to shipping the data, a photocopy of each participant's completed log must be made and kept in the participant's clinic visit folder at the study site. The original log should be included in the package sent to the MRI QA and Reading Center. A separate log must be used for each participant. A master log of all shipments will be kept by the clinical center.

# ALL OF THE FIELDS IN THE LOG MUST BE COMPLETED PRIOR TO FORWARDING THE DATA TO THE MRI QA AND READING CENTER

The 1.0 T Knee MRI Log can be found in Appendix 1. Download this form from the MOST website (<a href="http://www.keeptrack.ucsf.edu/">http://www.keeptrack.ucsf.edu/</a>) Study Documents section. Page 1 of this log sheet includes the following fields, which must be completed during the examination:

- 1. MOST Participant ID#
- 2. Acrostic
- 3. Date of MRI (use date format mm/dd/yy)
- 4. Gender (male or female)
- 5. Study Visit
- 6. Clinical Site
- 7. Transfer Medium (DICOM Electronic Transfer, CD# or MOD#)
- 8. Scan Type (new scan or repeat scan)
- 9. Exam # assigned by the MRI software (there is a unique number for both the right and left knee scans)
- 10. Size of knee coil used (if not 180 cm write this information in comment section)
- 11. Sequence "OK", "NOT OK", or "Not acquired" (See section 6.5)
- 12. Number of images
- 13. MRI Technologist QA reference list (See section 6.8) "Please use this QA shipping reference list on the left side of the MRI log to make sure the shipment is complete."
- 14. MRI Technologist MOST ID# and MOST ID# of staff who sent and checked the images (if different than the MRI Technologist)
- 15. Comments (See Section 6.5)

#### 6.5 QA checks of MRI images by MRI technologist

The MRI technologist is responsible for ensuring that the quality of the examination and images is evaluated <u>before</u> the participant is released from the examining room. Poor quality images (those that exhibit any of the quality problems described below) should be repeated. If the image cannot be improved, the reason should be stated in the "Comments" field on the MRI Log form. Please detail any participant or equipment issues, e.g. large knee/thigh or knee pain.

Each participant's scans should be checked for:

## 1. Completeness

Were all of the sequences done during the MRI scan acquired? If not, record which sequences were not obtained and why on the MRI log (check 'not acquired'-box on the MR log and explain why in the comments section).

#### 2. Protocol adherence

The data has been acquired using the correct MRI parameters in strict accordance to this MRI manual (see section 5). At the beginning of each week the MRI technologist should check the sequence parameters and make sure those programmed on the MR system matched those on the protocol. In some cases, the exact MRI parameters cannot be achieved for one reason or another, e.g., the TR or field of view may have to be increased slightly for an unusually large knee to achieve full anatomical coverage. Please indicate non-standard sequence and explain why on the "comments" section of the log sheet.

Note: Please indicate any deviation from the MRI protocol and explain the reason for deviation on the comments section of the MRI log.

#### 3. Image quality

Images should be checked at the time of the exam by the MRI technologist for possible problems listed below before the participant is released or the images are written to the DICOM server, MOD or CD. Images that do not meet these quality criteria should be reacquired. If the problem cannot be resolved with reacquisition, check "Not OK" on the MRI Log form for each sequence and knee (right/left) affected, and indicate the reason on the Comments section of the MRI Log form.

#### **Incomplete coverage of anatomy**

Complete coverage of anatomy in all planes is very important as otherwise the examination will be incomplete and the scans might not useful for radiologist reading. See section 5.1 (Fig.1) for examples of correct planning. In case anatomy is insufficiently covered the sequence should be repeated. Follow-up: If the baseline scan had incomplete coverage, the technologist should try to get more complete anatomical coverage during follow-up. Meniscus and/or tibia artifact should be avoided with complete tibia coverage in the sagittal sequence.

#### **Motion artifacts**

Positioning the participant comfortably using cushions and pads around the knee, and emphasizing the importance of lying still can minimize participant motion artifacts (Refer to section 4.1 Participant positioning). Images degraded by participant motion artifacts should be repeated after correcting any causes of participant discomfort or anxiety. Often verbal reassurance is sufficient to allay mild participant anxiety. However, physical limitations or severe claustrophobia may require that the participant not complete the MRI exam.

#### Fat saturation failure or omission

Frequency-selective fat saturation must be used in the proton density weighted fast spin echo sequences. It eliminates chemical shift artifacts along cartilage margins and is essential for detecting bone marrow edema. Fat saturation failure can occur in areas of irregularly shaped anatomy, such as the patella. Usually, this artifact does not extend to the patellar cartilage, but it can interfere with assessment of patellar marrow edema. Accidental omission of the frequency-selective fat saturation pulse is a significant oversight. If frequency-selective fat suppression was incidentally not applied, the sequence should be repeated. If incomplete fat saturation occurs, the FOV should be optimized. Complete coverage of the tibia will limit the partial fat saturation failure artifact in the sagittal sequence.

# Susceptibility artifacts/Metallic artifacts

Since ferromagnetic materials typically have large susceptibilities, field distortions and artifacts are prominent around implanted metal objects. As participants with prior knee surgery will be included in the study, metallic artifacts may occur at MR imaging. These artifacts cannot be avoided. These images should be sent to the MRI QA and Reading Center in the usual way, with the problem noted on the log sheet. The MRI OA staff will determine whether the image quality is sufficient for reading despite the artifacts.

# Wraparound/Aliasing

The use of "No-Phase-Wrap" software should avoid aliasing. Increasing the FOV to encompass the entire anatomic dimension of the knee in the affected direction will also help to eliminate aliasing. As an alternative strategy, the frequency and phaseencoding axis may be swapped so that the shorter dimension of the object (knee) is oriented in the phase-encoding direction.

#### Low SNR

Low signal to noise ratio (SNR) often manifests itself as images which are grainy and with low contrast between different types of tissue, and when no other problem such as motion or metallic artifacts are present.

#### 6.6.1 Longitudinal QA

Regularly scheduled image-based QA tests (Daily Quality Assurance or DQA) will be done to verify the proper working condition of the system (OrthOne Operator's Guide, section 3-15 to 3-20 and Appendix 4). Document the QA scan as "DQA" on the MRI Log. The oil-water phantom should be scanned weekly with the proton density fast-spin echo, coronal STIR, and 3-Point Dixon sequences.

#### 6.7 Labeling and creating optical disks MODs/CDs

Optical disks (MODs) and CDs have to be labeled very carefully.

On the optical disk or CD, write the study name (MOST), scanner type (1.0 T), sequential MOD/CD number (e.g. MOD #200), study site (UAB or UI), and the date that the MOD/CD (March 27, 2005) was created with a permanent marker pen (not paper label). Please save maximum number of exams on each MOD/CD but do not split a participant's exams on different disks.

Place a paper label on the outside of the plastic optical disk holder with the following information:

**MOST 1.0 T MRI Images** UI (or UAB) MOD# / CD#: 200 MI50001 (ID#) JSMI (Acrostic) (list all participants for that MOD/CD) Created on March 27, 2005

After the participant's exams have been written to MOD/CD, write the sequential MOD/CD number containing the exams on the participant's MRI Log form.

Please make sure that everyone who labels MODs/CDs fully understands the instructions.

#### 6.8 QA Checks of completed MRI log sheet and MODs/CDs

The MRI technologist is responsible for ensuring the correct completion of the 1.0 T Knee MRI Log and labeling of MODs/CDs after each participant is scanned and before the packages are assembled for shipment.

- a. MOST ID#
  - ✓ Check to see that the MOST ID# on the MRI data collection form matches the ID# in the participant's chart, and that this ID# also matches the ID# on the 1.0 T Knee MRI Log.
- b. Acrostic
  - ✓ Check to see that the Acrostic on the MRI data collection form matches that in the participant's chart, and that on the 1.0 T Knee MRI Log.
- c. MR exam date
  - ✓ Check to see that the exam date on the MRI data collection form matches that in the participant's chart, and that on the 1.0 T Knee MRI Log.

- d. Gender, Study Visit, Clinical Site, Transfer Medium, Scan Type
  - ✓ Check to insure that the above information is completed.
- e. Exam numbers (scanner study ID numbers)
  - ✓ Check to see that the exam numbers on the computer screen match those on the 1.0 T Knee MRI Log.
- f. Left knee image MRI technologist QA checks
  - ✓ See section 6.5
- g. Right knee image MRI technologist QA checks
  - ✓ See section 6.5
- h. MOD/CD number
  - ✓ Compare the number on the MOD/CD with the MOD/CD number written on the 1.0 T Knee MRI Log.
- i. MOD/CD images
  - ✓ Review the images as they are written on the MOD/CD and check for completeness of all acquired sequences.
- j. MRI technologist ID
  - ✓ Check that the MRI technologist ID# on the data collection form matches the MRI technologist ID# on the 1.0 T Knee MRI Log and on the header of the images.
- k. Shipment
  - ✓ Check that the MOST 1.0 T MRI Shipment Log is completed. Check that the package is complete, and the ID# of the person who is shipping the images and the date are on the 1.0 T Knee MRI Log (see Section 6.9 Shipment to MRI QA and Reading Center).
- 1. Comments
  - ✓ Are any participant or equipment issues documented? When acquiring a Daily QA scan, document this in the comments section of the 1.0 T Knee MRI Log.

#### 6.9 Shipment to MRI QA and Reading Center

Complete the MOST 1.0 T MRI Shipment Log (Appendix 3). Download this form from the study website. Complete this form and submit a copy with the shipment and keep a copy in an onsite MRI Shipment Log. A complete shipment consists of the following items:

- 1. A completed 1.0 T Knee MRI Log for each participant (and QA scans) whose scans are included in the shipment.
- 2. MOD/CD with the archived images for each participant. The MOD/CD should be labeled with the sequential MOD#, study site, participants ID#s, and date that the MOD/CD was created.

It is the responsibility of the person preparing the shipments (MRI technologist or Clinic Coordinator) to ensure the completeness of each shipment before sending it to the MRI OA and Reading Center. This includes checking that:

- all MODs/CDs are labeled correctly;
- every participant's 1.0 T Knee MRI Log has a corresponding entry on a MOD/CDs label, and vice versa;
- MODs/CDs and 1.0 T Knee MRI Log are included in the shipping package;
- the MOST 1.0 T Shipment Log is included.

If these procedures are followed, there should be no reason for the MRI QA and Reading Center to receive an incomplete shipment. If a shipment does not conform to the guidelines above, the MRI QA and Reading Center will contact the OrthOne MRI technologist directly.

Shipments of MRI materials should be sent to MRI QA and Reading Center at least every two weeks.

Send the shipment to:

Jing Li, MD MOST MRI QA and Reading Center University of California, San Francisco 185 Berry Street, Lobby 5, Suite 5700 San Francisco, CA 94107-1762

For each shipment, complete the MRI Shipment Notification Form (Appendix 2), and the MRI Log (Appendix 3). Email or fax the MRI Shipment Notification form to the MRI QA and Reading Center to Jing Li, MD (Email: ili@psg.ucsf.edu / Fax: (415) 514-8150). Please include a copy of both the MRI Shipment Notification Form and the MRI Log with the shipment to MRI QA and Reading Center.

Complete the form by filling in:

- 1. Sender's name, site ID (Iowa or Alabama), and Fax#
- 2. Date of shipment, expected delivery date,
- 3. Courier (preferably FedEx) and airbill number (remember to keep a copy of the airbill)
- 4. Range of exam dates included in shipment (mm/dd/yy to mm/dd/yy)
- 5. Number of Log Sheets
- 6. MOD#s/CDs (e.g., MODs #200-205)

## 7. Image QA at MRI QA and Reading Center

# 7.1 QA review of participant images

Upon receiving the images, the MRI QA and Reading Center Reading Center will check the images against the 1.0 T Knee MRI Log (Appendix 1) to ensure that all sequences in the protocol were included and that the pulse parameters used were in agreement with the protocol. The images will also be checked for adequate anatomical coverage and the presence of artifacts.

The MOST MRI QA center staff will send the repeat and/or resend requests for MRI scans to the clinical sites as a MOST numbered memo every 2 – 4 weeks. Repeat examinations should be performed as soon as possible.

If problems with image quality or protocol adherence are encountered, the MRI QA and Reading Center will work directly with the clinical site to correct the problem.

Request for repeat scans, in the event that the initial scan is unusable or missing, will be sent as a MOST numbered memo. While it is important to have usable scans on all eligible participants, we realize that practical considerations may make it difficult for some participants to return for a repeat MRI. Therefore, it will be left up to the clinical and professional judgment of the study coordinator and onsite investigator to decide whether to re-contact the participant. If a participant is not re-contacted or refuses to undergo a repeat MRI, the study coordinator must notify the MRI QA and Reading Center, so that this can be noted in the database comments field, and the repeat request cancelled.

#### 7.2 QA Review of daily phantom scans

During the first several weeks of the study, the MRI QA and Reading Center performed QA of the daily phantom scans as soon as the scans are received. Thereafter, QA of the phantom scans is done on a weekly basis.

#### 8. Questions

Questions regarding the MRI techniques outlined in this manual should be directed to: John Lynch, Ph.D. or Ali Guermazi, MD

Questions regarding completion of log forms, writing to and labeling MODs, shipments to the MOST MRI QA and Reading Center, or data management should be directed to: Jing Li, MD

#### **8.1 Contact information:**

John Lynch, Ph.D. MOST MRI QA Director Phone: (415) 514-8092 (415) 514-8150 Fax: jlynch@psg.ucsf.edu

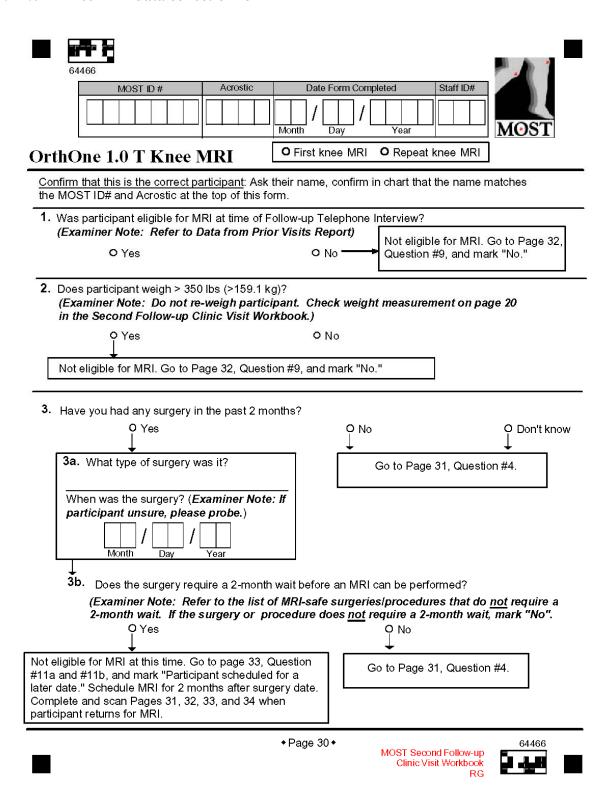
Ali Guermazi, MD MOST MRI QA Radiologist and MRI Reader Phone: (617) 414-3893 ali.guermazi@bmc.org

Jing Li, MD MOST MRI QA Research Associate Phone: (415) 514-8173 Fax: (415) 514-8150 jli@psg.ucsf.edu

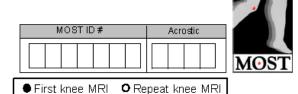
# The mailing address is:

MOST MRI QA and Reading Center Department of Epidemiology and Biostatistics University of California, San Francisco 185 Berry St., Lobby 5, Suite 5700 San Francisco, CA 94107-1762

#### 9. 1.0 T Knee MRI data collection form







# OrthOne 1.0 T Knee MRI

4.	The next few questions will be about specific implants. Plean have any of the following implanted in your body:	ase tell n	ne whet	her y ou <u>currently</u>
i.	Electronic implant or device, such as a cochlear implant	O Yes	O No	○ Don't know/Refused
ii.	Magnetically-activated dental implant or dentures, or magnetic eye implant	O Yes	O No	O Don't know/Refused
iii.	Heart pacemaker	O Yes	O No	○ Don't know/Refused
iv.	Implanted heart defibrillator	O Yes	O No	O Don't know/Refused
V.	Internal electrodes or wires, such as pacemaker wires or bone growth/ bone fusion stimulator wires	O Yes	O No	O Don't know/Refused
vi.	Neurostimulation system, such as spinal cord stimulator or gastric electrical stimulation system	O Yes	O No	O Don't know/Refused
vii	. Surgically implanted insulin or drug pump	O Yes	O No	O Don't know/Refused
Viii	.Tissue expander with magnetic port, such as inflatable breast implant with magnetic port	O Yes	O No	O Don't know/Refused
i×.	Brain aneurysm surgery, brain aneurysm clip(s) or coil(s)	O Yes	O No	O Don't know/Refused

# 4a. Examiner Note:

Are any of the above items in Question #4 marked "Yes" or "Don't Know/Refused"?

O Yes → Not eligible for MRI. Go to Page 32, Question #9, and mark "No."

5.	Please tell me whether any of the following is <u>currently</u> imp	lanted in	your b	ody:
i.	Stent, filter, coil, or clips	O Yes	0 No	O Don't know/Refused
ii.	Shunt (spinal or intraventricular)	O Yes	O No	○ Don't know/Refused
iii.	Vascular access port or catheter, such as a central venous catheter or PICC line	O Yes	O No	○ Don't know/Refused
iv.	Surgically implanted hearing device (not a regular hearing aid) or prosthesis in your ear	O Yes	O No	O Don't know/Refused
V.	Eyelid spring, wire or weights	O Yes	O No	O Don't know/Refused
vi.	Penile implant or prosthesis (men only)	O Yes	O No	O Don't know/Refused
Vii.	Heart valve	O Yes	O No	○ Don't know/Refused

- **5a.** Since your last visit to the MOST clinic on [month/year], have you OYes ONO ODon't know/Refused had an injury in which metal fragments entered your eye and you had to seek medical attention? (Examiner Note: Refer to Data from Prior Visits Report for month/year of last MRI scan.)
- 5b. Since your last visit to the MOST clinic, have you had an injury in which metal fragments such as shrapnel, BB, or bullet entered your body?

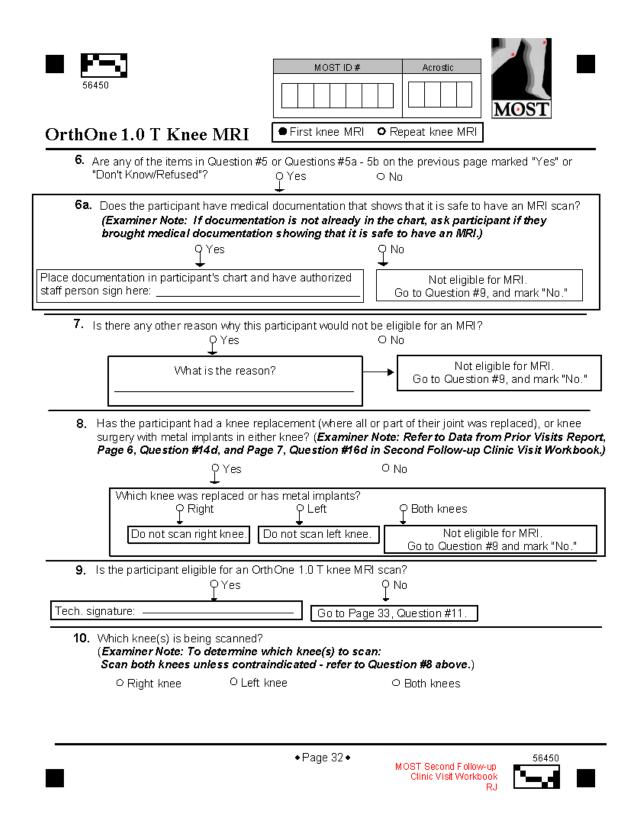
O Yes O No O Don't know/Refused

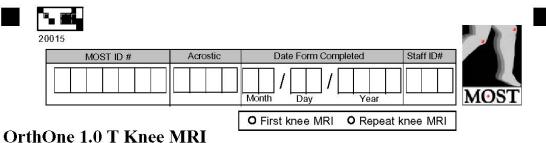
• Page 31•

MOST Second Follow-up Clinic Visit Workbook RH



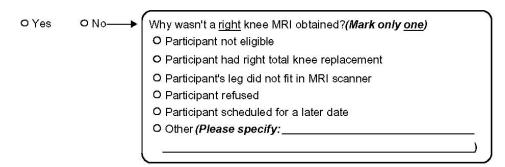




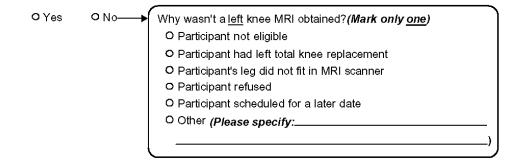


#### Ortholie 1.0 1 Knee Wiki

11. a. Was an MRI obtained of the right knee?



b. Was an MRI obtained of the left knee?



◆ Page 33◆

MOST Second Follow-up Clinic Visit Workbook RK







MOST ID#	Acrostic	Date of Scan	
		Month / Day / Year	MOST

# OrthOne 1.0 T Knee MRI

MRI Technologist ID#							
Г							
L							

Mae an O	
Nas an Oi	rthOne 1.0 T knee MRI reviewed and obtained for each of the following sequences?
a. <u>Rig</u> l	ht knee scan
i.	Was the baseline right knee scan viewed?
	O Yes O No
ii.	Axial
	O Yes O No
iii.	Sagittal
	O Yes O No
iv.	Coronal STIR
	O Yes O No →Reason:
v.	3 Point Dixon (Examiner Note: Refer to Data From Prior Visits Report to
•	O F OHIT DINOH (LAUMING) HOLD, HOLD TO DUTE FOR FINE TO POST TO
	see if 3 Point Dixon should be obtained.)
b. <u>Left kı</u>	see if 3 Point Dixon should be obtained.)
	See if 3 Point Dixon should be obtained.)  O Yes O No → Reason:
	See if 3 Point Dixon should be obtained.)  O Yes  O No  → Reason:  nee scan  Was the baseline left knee scan viewed?
i.	see if 3 Point Dixon should be obtained.)  O Yes  O No  →Reason:  nee scan  Was the baseline left knee scan viewed?  O Yes  O No  → Reason:
i.	see if 3 Point Dixon should be obtained.)  O Yes  O No  Reason:  nee scan  Was the baseline left knee scan viewed?  O Yes  O No  Reason:  Axial
i. ii.	see if 3 Point Dixon should be obtained.)  O Yes  O No  →Reason:  nee scan  Was the baseline left knee scan viewed?  O Yes  O No  → Reason:  Axial  O Yes  O No  → Reason:
i. ii.	see if 3 Point Dixon should be obtained.)  O Yes  O No  Reason:  nee scan  Was the baseline left knee scan viewed?  O Yes  O No  Reason:  Axial  O Yes  O No  Reason:  Sagittal
i. ii. iii.	see if 3 Point Dixon should be obtained.)  O Yes  O No  Reason:  nee scan  Was the baseline left knee scan viewed?  O Yes  O No  Reason:  Axial  O Yes  O No  Reason:  Sagittal  O Yes  O No  Reason:
i. ii. iii.	see if 3 Point Dixon should be obtained.)  O Yes  O No  Reason:  nee scan  Was the baseline left knee scan viewed?  O Yes  O No  Reason:  Axial  O Yes  O No  Reason:  Sagittal  O Yes  O No  Reason:  Coronal STIR
i. ii. iii. iv.	See if 3 Point Dixon should be obtained.)  O Yes  O No  Reason:  Nee scan  Was the baseline left knee scan viewed?  O Yes  O No  Reason:  Axial  O Yes  O No  Reason:  Sagittal  O Yes  O No  Reason:  Coronal STIR  O Yes  O No  Reason:
i. ii. iii. iv.	see if 3 Point Dixon should be obtained.)  O Yes  O No  Reason:  nee scan  Was the baseline left knee scan viewed?  O Yes  O No  Reason:  Axial  O Yes  O No  Reason:  Sagittal  O Yes  O No  Reason:  Coronal STIR

◆ Page 34 ◆

MOST Second Follow-up Clinic Visit Workbook RL





# Appendix 1 1.0 T Knee MRI Log

# **MOST 1.0 T KNEE MRI LOG**

				•			-			
MOST ID		A	crostic	Da	ate of MRI		Gender	Study Visit		
			1 1		/		O Male	O Baseline		
					O Female	O 15-month				
				Month	Day Year	,		O 30-month		
			o DICOM Electronic Transfer  fransfer  O CD #:  O MOD #:			Scan O New scan Type O Repeat scan				
TO BE COMPLETED BY MRI CENTER:										
				Left			Rig	ht		
MRI QA O Images label QA			Exa	m#			Exam#:			
- MOST ID # - Acrostic - MRI Date - Knee Scanned	1) Axial FSE P	D		O Not OK C		C	OK ONot OK Number of in	O Notacquired		
(Left/ Right) O Log sheet QA - MOST ID #	2) Sagitta FSE P	al PD		O Not OK C		C	OK ONot OK Number of in	Notacquired		
- Acrostic - MRI Date - Exam#	3) Coron STIR	al		O Not OK C		C	OK ONot OK  Number of in	O Notacquired		
O <u>Data collection form</u> completed and returned to chart	4) 3D-Db (Use s knee a baselii	ame as at		O Not OK C		C	OK ONot OK Number of in	O Notacquired		
MRI Tech I	D	1	l	_eft Knee Con	nments:		Right Knee (	Comments:		
Exam done & checked by: Images sent & checked by:										
TO BE COMPLE	TED D	V D5	ADINO O	ENTED						
TO BE COMPLE  Correct number of					Correct num	ber of	images receiv	red: O Yes O No		
	ee Comme		ecerveu.O	162 0 140			rinages receiv	Od. O Tes O NO		

MRI Log form HAND 07.20.05

# Appendix 2 1.0 T Knee MRI Shipment Notification Form



# 1.0 T Knee MRI DICOM Transfer or Shipment Notification

TO:	Jii	ng L	i (jli@psg.ucsf.edu/ FAX:	415-514-8150)
FROM	1: _			O UAB O U Iowa
STAF	F or T	ech	ID: PHONE #	t:
RE:	1.0 M	RI D	OICOM Transfer or Shipmen	nt of MOST Participant Data
	for de	elive	ry on this date:	<u></u>
	via	0	DICOM Electronic Transfe	er
		0	FedEx	
		0	UPS	Tracking #
		0	Other:	-
Exam	Date	Ran	ge of Participants Include	ed:
			through	
Total	numb	er o	f the following items inclu	ıded:
		Nu	mber of MRI Log Sheets (o	ne per participant):
		CD	or MOD Numbers (if applic	cable):
		Oth	ner (e.g., Number of DQA s	cans):
To be	comp	lete	d by Reading Center:	
Comn	nents:			

# Appendix 3 1.0 T Knee MRI Shipment Log

# MOST 1.0 T MRI SHIPMENT LOG

	Site Name ( [ ] Universi [ ] Universi	please check ty of Alabam ty of Iowa		Date Shipped:			
MOD	/CD#						
#	MOST ID#	Acrostic	Knee(s)	Study ID#	Scan Date	Operator ID	Comments
1						Ò	
2							
3							
4							
5							
6							
7							
8							
MOD	)/CD#						
1							
2							
3							
4							
5							
6							
7							
			1	l			1

# **Appendix 4 Daily Quality Assurance Procedures**



#### ONI Memorandum

TO: MOST Study Staff

FROM: Jon Trudeau, Xiaole Hong, Pete Roemer SUBJECT: System Daily Quality Assurance Testing

DATE: 03/21/2003

CC: Bob Kwolyk, Mike Balistreri

#### **Purpose**

The following is a recommendation from ONI Inc. for tests to be run on the OrthOne MRI system to ensure proper operation during the MOST study. This recommendation is related to ongoing testing as opposed to the tests to be run prior to initial system turnover. It is not ONI's intent to impose specific tests but rather make recommendations for consideration by the MOST study investigations.

The tests described below are recommended based on the importance of maintaining the highest possible fat suppression volume. A summary of the tests described is:

- Monitor and maintain magnet room temperature. Large changes in room temperature affects shim as noted below.
- 2. Run top-level signal-to-noise tests on all RF coils being used.
- 3. Monitor the fat suppression volume on an Oil/Water phantom using the 3D Dixon Sequence.
- Monitor the fat suppression volume on an Oil/Water phantom using a frequency selective Fast Spin Echo sequence.

Over time the amount of testing may be reduced. For example, it may be perfectly acceptable to use the human images en lieu of the images of the Oil/Water Phantom.

Attached is an example data sheet for recording information. Some pass-fail criteria remain as TBD (To Be Determined) and should be adjusted based on initial experience with the system.

#### **Room Temperature**

Due to the nature of the Magnet design and the use of passive shimming, the magnet homogeneity can vary with room temperature. It is therefore important to maintain temperature stability of the magnet room in order to maintain the largest possible fat suppression volume for frequency selective suppression methods. Inversion Recovery and the 3D Dixon sequence are not sensitive to small variations in shim.

ONI's recommendation is the maintenance of the magnet room temperature to 3 degrees Celsius or better if feasible. Given the importance of the temperature, it is also recommended that the temperature be recorded for trending analysis.



#### **Imaging Tests**

The following tests should run by the MRI technologist at the beginning of each day. These tests should be run under a single exam so the results may be backed-up and viewed at a later date for reference. Sample test data sheets are provided.

- 180mm RF Coil SNR: This test verifies the proper operation of the system as a whole in addition to verifying the proper operation of the 180mm RF coil.
  - 1. Run the procedure outlined in the 'Running the Daily QA Test' section of the Operator's Guide.
  - In the resulting image (viewed from the 2D Viewer or Scan Display), a summary line will be displayed (refer to Figure 1). Record the following values:
    - » Test results (pass/fail)
    - » Receiver Gain (RXG)
    - » Transmitter Gain (TXG)
    - » Signal Mean (IS)
    - » Signal-to-Noise Ratio (SNR)
    - » Artifact-to-Noise Ratio (ASR)
- 123mm RF Coil SNR: This test verifies proper operation of the 123mm RF coil. <u>It should be run only on days when the 123mm RF coil will be used</u>
  - Run the procedure outlined in the 'Running the Daily QA Test' section of the Operator's Guide except use the 123mm RF coil and change the following scan parameters in the Daily QA sequence: Thickness=3.5 (keep number of slices = 1), Freq=512, Bandwidth=50. Record the values of Receive Gain (RG) and Transmit Gain (TG) set by Automatic Prescan (use the manual prescan window).
  - When the acquisition is complete (it will report that the test failed due to the wrong coil being used), bring up the image in Scan Display.
  - 3. Record/calculate the following values:
    - » Receiver Gain
    - » Transmitter Gain
    - » Mean of center ROI (A)
    - » Average of Stdv of right and left ROIs (B)
    - » Average of Stdv of top and bottom ROIs (C)
    - » Signal-to-Noise Ratio (A/B)
    - » Artifact-to-Noise Ratio (C-B)/A

As an example, from Figure 1, A=577.4, B=(4.4+4.2)/2=4.3, C=(4.5+4.4)/2=4.45, SNR=577.4/4.3=134.3, ASR=(4.45-4.3)/577.4=0.03%.



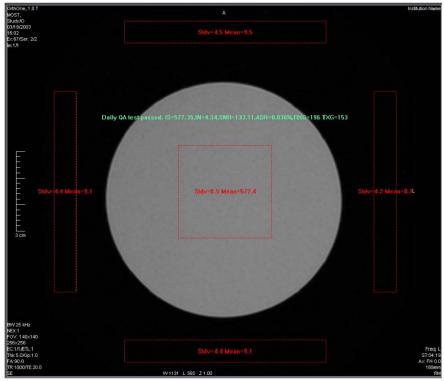


Figure 1: Example of SNR image in Scan Display using the 180mm RF coil

- 3-point Dixon Fat Separation: This test verifies the proper operation of the system (shim, RF, etc.) as it relates to the Dixon sequence.
  - With the 180mm RF coil in the magnet bore, place the Oil/Water phantom into the DQA foam holder and place the phantom in the RF coil.
  - 2. Using a sagittal single slice spin echo sequence with Freq Dir set to H/F and FOV=160, set the center frequency using the Center Frequency Fine mode of the Manual Prescan page.
  - 3. Run Receive Gain mode and move the phantom along the direction of the bore until the object projection is centered in the field of view (refer to Figure 2).

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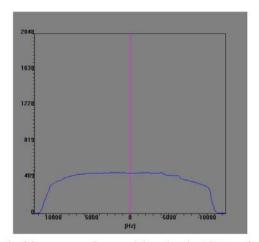


Figure 2: Example of the projection of a sagittal slice when the Oil/Water phantom is centered

- 4. Run the Gradient Shim function.
- Exit the Manual Prescan window, select and run the sagittal Dixon sequence after reducing the number of slices to 20.
- In slice number 11, draw a 10cm long ROI using the ROI tool in the water part of the phantom (refer to Figure 3).
- 7. Record the Mean (Av) of the ROI.
- 8. Calculate and record the intensity uniformity (1 [Mx Mn] / [Mx + Mn]).
- 9. Draw an ROI using the ROI tool in the oil part of the phantom (refer to Figure 3).
- 10. Record the Mean (Av) of this ROI.
- 11. Calculate and record the ratio of the mean of the oil signal divided by the mean of the water signal.

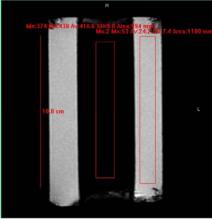


Figure 3: Example of ROIs for the 3-point Dixon sequence test

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- FSE with Fat Suppression: This test gives an indication of the imaging volume in which frequency selective
  fat suppression will work properly.
  - 1. If not already placed properly, center the Oil/Water phantom in the 180mm RF coil as described above
  - 2. Run the sagittal fat-suppressed FSE sequence except reduce the number of slices to 11, reduce the TR to 2000 msec, and decrease NEX to 1.
  - 3. Set the W/L Width value to 10 and the Level value to half of the Mean of the water signal.
  - 4. In slice number 6, measure and record the distance of proper fat suppression along the center of the phantom (refer to Figure 4).

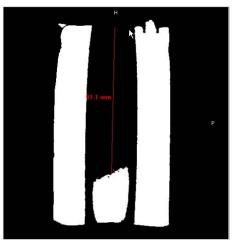


Figure 4: Example measurement for the FSE Fat Suppression test



#### Sample Daily Test Data Sheet

Site:	Date:

#### 180mm RF Coil Test

Variable	Min	Measured	Max
Test results (pass/fail)	1-		-
Signal Mean (IS)	1-3		-
Signal-to-Noise Ratio (SNR)	110		140
Artifact-to-Noise Ratio (ASR)	0		1%
Receiver Gain (RXG)	-		-
Transmitter Gain (TXG)	120		160

#### 123mm RF Coil Test

Variable	Min	Measured	Max
Mean of center ROI (A)	-		-
Average on Stdv of right and left ROIs (B)	-		-
Average on Stdv of top and bottom ROIs (C)	-		-
Signal-to-Noise Ratio (A/B)	114		136
Artifact-to-Noise Ratio (C-B)/A	0		1%
Receiver Gain	-		-
Transmitter Gain	40		60

# 3-point Dixon Test

Variable	Min	Measured	Max
Water Signal Mean	-		-
Uniformity	TBD		-
Oil Signal Mean	-		-
Oil/Water Ratio	-		TBD

#### FSE Fat Suppression Test

- io io io i io i io i i					
	Variable	Min	Measured	Max	
	Fat Suppression Distance	TBD		l -	

Page 6 of 6

# **Appendix 5** 1.0 T Knee MRI Technologist Certification Form

This form is to be used to request OrthOne MRI technologist certification. Each technologist will receive a technologist ID for the MOST study. Be certain that each OrthOne knee MRI is obtained according to the protocol. OrthOne knee MRI's should be sent in the regular biweekly shipment to:

UCSF MRI QA AND READING CENTER Department of Epidemiology & Biostatistics University of California, San Francisco 85 Berry Street, Suite 5700 San Francisco, CA 94107 Phone: (415) 514-8092 ♦ Fax: (415) 514-8150 ♦ E-mail: jli@psg.ucsf.edu Please complete the following information, & fax the completed form to Jing Li: Fax (415) 514-8150: 1. MOST Field Center: ☐ University of Alabama ☐ University of Iowa 2. Clinic Coordinator: 3. Certification of an OrthOne knee MRI technologist is requested for: Name: \_\_\_\_\_\_MOST Staff ID#\_\_\_\_\_ 4. Date(s) MRIs were sent: 5. The 10 sets of OrthOne knee MRIs submitted to the Knee MRI Coordinating Center for certification are: Participant ID **Knee MRI Date** 2. 6. Clinic Coordinator signature:\_\_\_\_\_\_ Date \_\_\_\_\_ This section to be completed by the Reading Center: 1. Date Request Received: 2. Action Recommended: Pass without comment: Pass with comment: Fail: resubmit 3. Comments: 4. Signature of certifier: \_\_\_ Date\_\_\_\_\_

5. This completed form has been faxed to Susan Averbach: (415) 514-8150 Date:

# **Appendix 6 MRI-safe surgeries**

## MRI Safety: Surgeries on this list do <u>not</u> require a 2-month wait period:

- adhesion destruction or manipulation (nonsurgical)
- biopsy without surgical incision
- cyst removal with needle
- dental bridgework
- dental fillings
- destruction of kidney, bladder, or urethral stones by forced ultrasound energy
- dilation and curettage (D&C) not for terminating pregnancy and not following delivery
- injections:
  - injection of anesthetic into peripheral nerve
  - injection of anesthetic into spine
  - injection of non-anesthetic into spine
- joint or ligament injection
- insertion of catheter for intravenous fluids into vein (not indwelling catheter)
- non-metallic foreign body removal (such as glass)
- periodontal surgery
- radial keratotomy
- rubber-banding of hemorrhoids
- skin biopsy / skin cancer removal
- spinal tap without implant
- suturing of a superficial cut
- wart removal