

# Extremity (Hand, Wrists, Knee, Shoulder) Magnetic Resonance Imaging (MRI)



## Test Request Tip Sheet

- An examination of the joint involved, with documentation of findings consistent with the suspected diagnosis, must be submitted as part of the clinical information when requesting an MRI.
- In most cases of persistent pain or suspected fracture, a plain X-ray should be documented in submitted clinical information before MRI is ordered.
- Usually four weeks of conservative therapy without significant pain relief should be documented in submitted clinical information before MRI is ordered for chronic/persistent pain.
- Choosing Wisely® recommendations are followed for MRI monitoring of rheumatoid disease.

For more information, visit [www.RadMD.com](http://www.RadMD.com) or call **1-888-864-7237**. You can also contact your AmeriHealth Caritas Iowa Provider Network Account Executive or Provider Services at **1-844-411-0579**.

## 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 to help physicians and patients make wise decisions about the most appropriate care based on their individual situation. 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 rheumatoid arthritis (RA) are currently inadequate to justify widespread use of this technology for these purposes in clinical practice.**

*American College of Rheumatology*

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## Radiation exposure

**MRIs have no radiation exposure.**

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Choosing Wisely® is an initiative of the American Board of Internal Medicine (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.