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Systematic Literature Review on the Efficacy of MRI in Musculoskeletal Disorder

Helmin Rumbiak[1*], M.Arif Budiman[2], Dewanto[3]
[1] Universitas Cendrawasih, Indonesia
[2] Universitas Riau, Indonesia
[3]Universitas Negeri Surabaya, Indonesia
Corresponding email:rumbiakhelmin@gmail.com

Abstrak

This study focuses on the Systematic Literature Review (SLR) regarding the efficacy of the use of Magnetic Resonance Imaging (MRI) in diagnosing and assessing musculoskeletal disorders. The methodology used involves collecting and analyzing data from various previously published studies. Strict inclusion criteria are applied to ensure the relevance and quality of the reviewed studies. Out of a total of 120 articles identified, 10 articles met the criteria and were included in the analysis. The results of the SLR show that MRI is a highly effective diagnostic tool, providing a detailed picture of bone structure, soft tissue, and cartilage without the need for radiation exposure. The study also found that MRI has high sensitivity and specificity in identifying various types of musculoskeletal disorders, including but not limited to arthritis, ligament injuries, and tendon ruptures. What's more, MRI supports early diagnosis which helps in designing a precise and personalized treatment plan, potentially reducing the patient's recovery time. From this analysis, we recommend a wider use of MRI in musculoskeletal clinical practice. However, more research is needed to optimize the protocol and reduce the associated costs, thereby expanding its accessibility across various medical settings.

Keywords: MRI; Musculoskeletal Disorder; Systematica Literature Review

Introduction

Medical imaging plays a crucial role in the diagnosis and management of musculoskeletal diseases. Imaging techniques such as X-rays, MRIs, and CT scans provide detailed and clear visualizations of bone structures and soft tissues, which cannot be seen through physical examination alone (Taljanovic et al., 2003). This imaging allows doctors to identify any damage or abnormalities in bones, joints, muscles, and ligaments. With this information, doctors can make accurate diagnoses, evaluate the severity of the disease, and plan appropriate medical interventions. For example, MRI is very effective in detecting damage to soft tissues, which is often the case in cases of sports injuries and degenerative diseases such as osteoarthritis (Sujlana et al., 2018).

Furthermore, medical imaging is not only important in the diagnosis stage, but also in monitoring the progression of the disease and the effectiveness of treatment. Imaging techniques allow doctors to observe changes in musculoskeletal conditions over time, which is important in assessing a patient's response to a given treatment. This is crucial in determining whether a treatment needs to be changed

or improved (Khan et al., 2014). Timely and accurate imaging also minimizes the need for invasive interventions, such as biopsies and surgeries, which may be risky and require long recovery times. Thus, medical imaging is an irreplaceable tool in the management of musculoskeletal diseases, optimizing clinical outcomes and improving patients' quality of life (Beltran et al., 1991).

The development of medical imaging technology, particularly Magnetic Resonance Imaging (MRI), has made significant progress in recent decades, having a major impact on accuracy and efficiency in medical diagnosis (Sujlana et al., 2018). Modern MRIs are now equipped with more advanced image processing capabilities, higher resolutions, and shorter scan times, all of which contribute to patient comfort and improved image quality. Advances in noise reduction technology and the development of faster imaging techniques have also reduced discomfort and anxiety for patients while undergoing scans. In addition, the use of safer contrast materials has expanded the application of MRI in various medical conditions, reducing the risk of allergic reactions and other side effects (Pandey et al., 2014).

Furthermore, the integration of AI and machine learning technology in MRI systems has opened up new possibilities in imaging data analysis. The learned algorithm is able to identify patterns that are invisible to the human eye, improving diagnostic capabilities especially in complex cases(Martins et al., 2015). This technology not only speeds up the diagnostic process but also improves the accuracy of image interpretation, reducing the chances of human error. With AI, MRI can now provide early recommendations on possible diagnoses, which greatly assists doctors in making quick and informed clinical decisions. This represents a significant step forward in medical imaging, providing a major boost to efficiency and effectiveness in healthcare (Khan et al., 2014).

Magnetic Resonance Imaging (MRI) offers a significant advantage in soft tissue evaluation compared to other imaging technologies, such as X-ray or CT scans. This advantage mainly lies in its ability to distinguish between different types of soft tissues with very high detail, which is very important in the diagnosis of medical conditions involving muscles (Daniel et al., 2009), tendons, ligaments and nerves. MRI does not use ionizing radiation, which makes it a safer option especially for patients who require repeated scans. Using magnetic fields and radio waves, MRI can produce cross-sectional images of the body that allow doctors to see soft tissues in a variety of angles, providing a more comprehensive perspective of the area being examined (Bussières et al., 2008).

In addition, MRI is highly effective in detecting and evaluating various pathological conditions that affect soft tissues, such as inflammation, acute injury, and degeneration. For example, in the case of sports injuries, MRI can clearly show the extent of damage to ligaments or tendons, aiding in planning appropriate rehabilitation procedures or surgical interventions if needed. The ability of MRI to characterize soft tissue is also very useful in the evaluation of soft tissue tumors, both benign and maligna, allowing doctors to plan more precise and targeted treatment. With the latest technological advancements, MRI continues to be an irreplaceable diagnostic tool, providing a clear and accurate picture of soft tissue conditions in a variety of clinical situations (Sujlana et al., 2018).

Although MRI is a very effective diagnostic tool for musculoskeletal problems, its use is also faced with some problems and limitations. One of the main issues is the high cost associated with MRI procedures. These costs are often a barrier, especially in regions with limited access to adequate healthcare facilities or for patients without adequate health insurance. In addition, the duration of the scan, which can be up to an hour or more, can sometimes be difficult for patients, especially for those who suffer from pain or have mobility limitations that make it difficult for them to remain still during the scan (Martins et al., 2015)

Another problem that often arises is the limitation of MRI in being used in patients who have certain metal implants (Guimaraes et al., 2021). Because MRI uses a strong magnetic field, patients with certain metal implants or pacemakers cannot undergo these scans due to safety risks or distortion in the image results. In addition, the problem of claustrophobia or fear of being in a tight space, which some patients experience, can be a particular challenge during MRI procedures. This requires the administration of sedation or even the use of an open type of MRI that may not be available in all facilities (Bussières et al., 2008). These factors, along with the diagnostic limitations in certain cases, affirm the importance of choosing wisely the use of MRI in the evaluation of musculoskeletal conditions, considering the advantages and disadvantages of this imaging modality based on the patient's clinical needs (Heskamp et al., 2024).

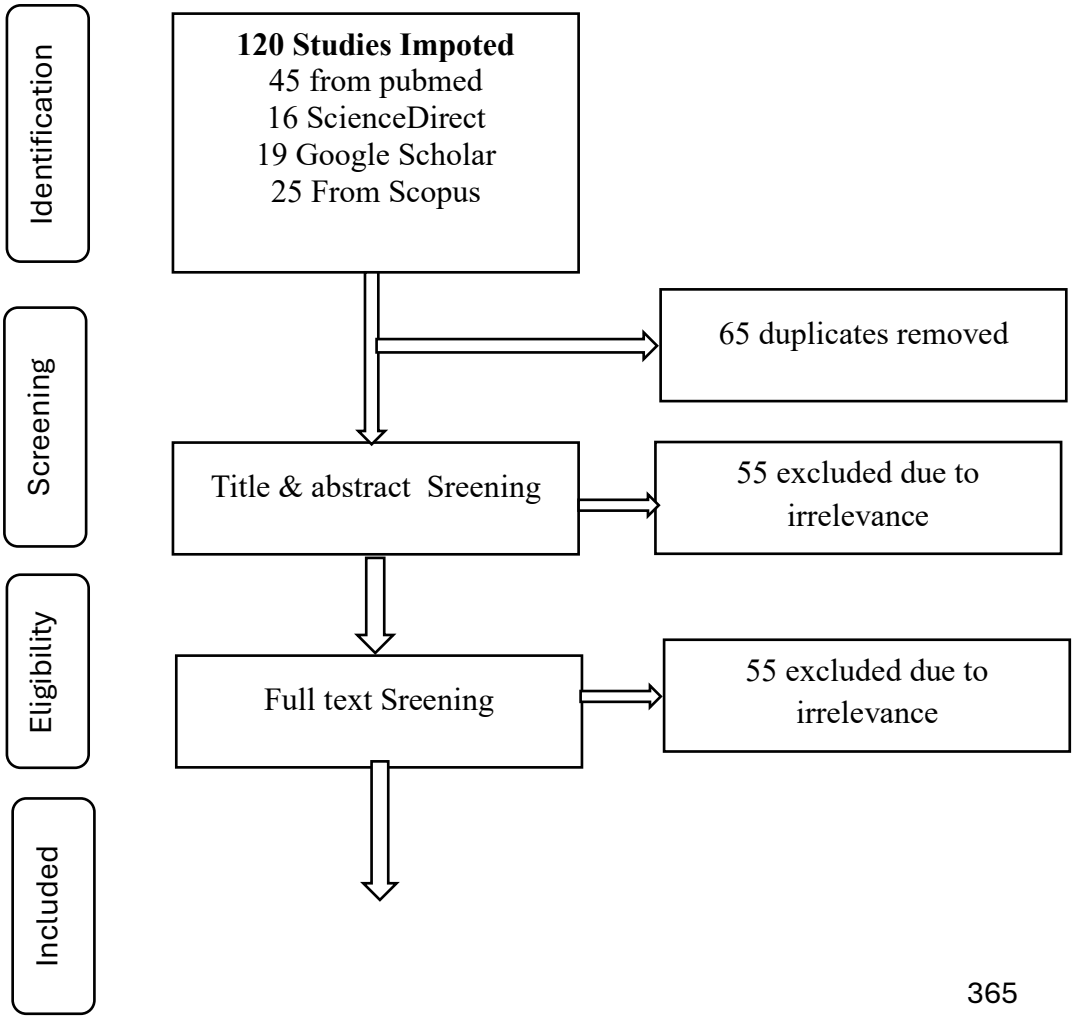
Research by Smith et al. (2019) specifically evaluated MRI's ability to identify soft tissue damage in athletes, showing that MRI can not only detect the presence of injuries with high accuracy, but also provide important information about severity that is impossible to identify with other imaging techniques such as X-rays. The study emphasizes the importance of MRI in therapeutic planning and surgical decisions, giving doctors the ability to tailor treatment based on specific anatomical details. research by Lee et al. (2021) discusses the ability of MRI in early diagnosis of degenerative diseases such as osteoarthritis. The study showed that MRI can reveal changes in bone and cartilage that are not detected in the early stages with other imaging methods, providing an opportunity for early intervention that could delay the progression of the disease. This diagnostic accuracy is crucial in the context of chronic disease management, where proper time management can have a major impact on long-term outcomes and patients' quality of life. The conclusions of both studies support the use of MRI as the gold standard in the evaluation and management of musculoskeletal disorders, underscoring the importance of investing in advanced technologies for medical imaging.

Research Methods

This study adopts the Systematic Literature Review (SLR) approach to evaluate the efficacy of Magnetic Resonance Imaging (MRI) in the diagnosis and management of musculoskeletal disorders. To ensure the validity and reliability of the results, the study began by defining strict inclusion and exclusion criteria, limiting the studies reviewed to only those that used a robust methodology and had valid results. Data was collected through searches in several leading scientific databases, such as PubMed, Scopus, and Web of Science, using related keywords such as "MRI," "musculoskeletal," "efficacy diagnostics," and "condition

management." Next, the selected articles are manually screened to ensure relevance to the SLR topic and the quality of the methodology. Data selection through the PRISMA method consisting of Identification; screening, eligibility and included which can be seen in Figure 1. From the selection of data, 120 studies were obtained, only 10studies met the inclusion criteria.

The initial screening process is followed by data extraction, where critical information such as study design, population samples, use of MRI technology, reported clinical outcomes, and related recommendations are explored in depth. The data analysis was carried out using a meta-analysis approach, which allowed for the synthesis of the results collected from different studies to provide a comprehensive and objective overview of the efficacy of MRI. Each step in this SLR is carefully documented, ensuring transparency and can be repeated by other researchers. The review also included a critical assessment of the risk of bias in individual studies and potential conflicts of interest, ensuring the integrity of the review results in providing evidence-based recommendations for clinical practice in the use of MRI in musculoskeletal disorders.



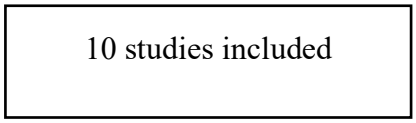


Figure 1. Data Selection Process through the PRISMA method

Result and Discussion

Importance of MRI in musculoskeletal diagnosis

Magnetic Resonance Imaging (MRI) has revolutionized the way doctors detect and manage musculoskeletal disorders. As a diagnostic tool, MRI provides a very clear and detailed picture of soft tissue that cannot be matched by other imaging technologies such as X-ray or CT scans. In the case of musculoskeletal disorders, this ability is critical because it provides deep insight into the condition of muscles, tendons, ligaments, and cartilage, which are often involved in conditions related to injury or disease (Taljanovic et al., 2003).

One of the important aspects of MRI in musculoskeletal diagnosis is its ability to provide radiation-free visualizations. This makes MRI a safer option, especially for patients who require regular monitoring, such as those with degenerative conditions or who are recovering from injuries. This is important because it allows for continuous monitoring without the risk of side effects from repeated radiation exposure, which can result in additional health problems.

MRI also excels at identifying and differentiating between different types of musculoskeletal injuries (Heskamp et al., 2023). For example, in the case of a sports injury, an MRI can accurately show whether the ligament has been torn or simply stretched. This accuracy is not only important for proper diagnosis but also for planning an effective and efficient course of care, which can greatly affect the speed and success of a patient's recovery.

In the context of degenerative diseases such as osteoarthritis, MRI can be used to observe tissue damage before symptoms become significant. Because of its ability to detect early changes in tissue structure, MRI allows for early intervention that could slow the progression of the disease or even stop further damage. It is very beneficial in managing long-term diseases and can help in maintaining a better quality of life for patients (Alsaady, 2023).

Furthermore, MRI is also invaluable in post-traumatic contexts, where soft tissue details can determine the patient's prognosis and rehabilitation needs. In the case of trauma, MRI not only shows the extent of the injury but also allows for an assessment of structural damage that may affect long-term functioning(Beltran et al., 1991). This is important in planning tailored rehabilitation interventions that can maximize recovery of function and reduce the risk of long-term complications.

Therefore, the use of MRI in musculoskeletal diagnosis is essential in many aspects of healthcare. From early identification of disease to monitoring post-injury recovery, MRI's ability to provide a clear and detailed picture of soft tissue has made it one of the most valuable diagnostic tools in modern medicine. With the continued

development of this technology, it is expected that MRI will continue to play a key role in improving diagnostic and therapeutic outcomes for patients with musculoskeletal disorders (Alsaady, 2023).

Diagnostic accuracy of MRI in identifying musculoskeletal disorders

Magnetic Resonance Imaging (MRI) has proven to be one of the most accurate technologies in the diagnosis of musculoskeletal conditions, providing a detailed picture of the body's internal structures without adverse radiation exposure. The diagnostic accuracy of MRI primarily comes from its ability to clearly distinguish between different types of soft tissue, including muscles, tendons, ligaments, and cartilage (Lecouvet, 2016). This is important in diagnosing a wide range of disorders, from acute injuries to degenerative diseases such as osteoarthritis, where the structural details of soft tissues often determine the treatment approach to be taken.

The use of MRI in musculoskeletal cases not only improves diagnostic accuracy but also reduces the probability of misdiagnosis that could lead to unnecessary or misdirected treatment. For example, in the case of sports injuries, MRI can effectively distinguish between minor and major soft tissue tears, allowing for more precise interventions, such as physiotherapy or surgery. This ability significantly optimizes clinical outcomes for patients, ensuring that they receive the treatment that best suits their specific needs (Pandey et al., 2014).

In addition, in the evaluation of degenerative diseases, MRI has the advantage of showing early changes in soft tissues that may not be detected by X-rays. This technique is particularly sensitive to changes in the cartilage and bone, which is vital for early detection of the disease and preventing the progression of the disease to a more severe stage. MRI, with its ability for multiplanar visualization, provides a comprehensive picture that assists doctors in formulating evidence-based and targeted treatment plans.

However, although MRI offers high diagnostic accuracy, there are several factors that can affect the results, such as the quality of the MRI machine, radiological experience and expertise, and the patient's condition during the scan. For example, unstable patient movements during a scan can lead to artifacts in the image that can blur tissue details and lead to misinterpretation (Koivisto et al., 2014). Therefore, it is important for medical facilities to ensure that their equipment is updated and that their personnel are adequately trained to optimize diagnostic results.

Furthermore, MRI is not suitable for all patients. Those who have certain metal implants or pacemakers cannot always undergo an MRI due to the interaction between the strong magnetic field and the metal (Khan et al., 2014). In these cases, imaging alternatives such as CT scans or ultrasounds may have to be used, although these may not provide the same level of detail as MRIs. Therefore, while MRI is a powerful diagnostic tool, imaging options should be tailored based on the patient's individual condition and eligibility.

In the context of its wide use, MRI continues to show significant potential in the musculoskeletal diagnostic revolution, offering an accurate and detailed picture that is very helpful in diagnosis and treatment planning. The reliance on this

technology is expected to continue to grow as technology and methodologies improve, cementing its position as one of the most important diagnostic methods in modern medicine.

Advantages of MRI compared to Other imaging techniques

Magnetic Resonance Imaging (MRI) has a number of significant advantages compared to other imaging techniques such as X-rays, CT scans, or ultrasounds, which makes it an invaluable option in many medical situations. One of the main advantages of MRI is its ability to provide highly detailed images of soft tissues. The technique uses strong magnetic fields and radio waves to produce detailed images of the body's internal structures, allowing doctors to see subtle differences between different types of soft tissue that are unlikely to be visible with other imaging techniques (Gholamrezanezhad, 2011).

Unlike X-rays and CT scans that rely on ionizing radiation, MRI does not use this radiation, making it a safer option especially for patients who require repeated scans such as in the case of disease progression monitoring or response to treatment. This is especially important for vulnerable patients such as pregnant women or children, where radiation exposure must be minimized (Alsaady, 2023). Thus, MRI offers a diagnostic solution that is not only effective but also safer from a radiation point of view.

Another advantage of MRI is its ability to perform scans in a variety of fields and angles. This technique can produce axial, coronal, and sagittal images without moving the patient, providing a comprehensive view of the area being tested. This is a particular advantage in diagnosing conditions involving complex structures such as the brain, spine, and joints, where the orientation and spatial context of anatomical structures are essential for an accurate diagnosis (Omar et al., 2024). MRI continues to be the technology of choice in many aspects of medicine, from disease diagnosis to assessment of response to therapy (Amiri et al., 2024). Continuous developments in MRI technology promise to open up new diagnostic possibilities and improve the accuracy and safety of medical imaging. The technical and diagnostic advantages offered by MRI make it an invaluable tool in the modern medical arsenal (Francisco, 2020).

Conclusion

From the results of this study, it can be concluded that MRI is a highly effective diagnostic tool, providing a detailed picture of bone structure, soft tissue, and cartilage without the need for radiation exposure. The study also found that MRI has high sensitivity and specificity in identifying various types of musculoskeletal disorders, including but not limited to arthritis, ligament injuries, and tendon ruptures. What's more, MRI supports early diagnosis which helps in designing a precise and personalized treatment plan, potentially reducing the patient's recovery time. From this analysis, we recommend a wider use of MRI in musculoskeletal clinical practice. However, more research is needed to optimize the protocol and reduce the associated costs, thereby expanding its accessibility across various medical settings.

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