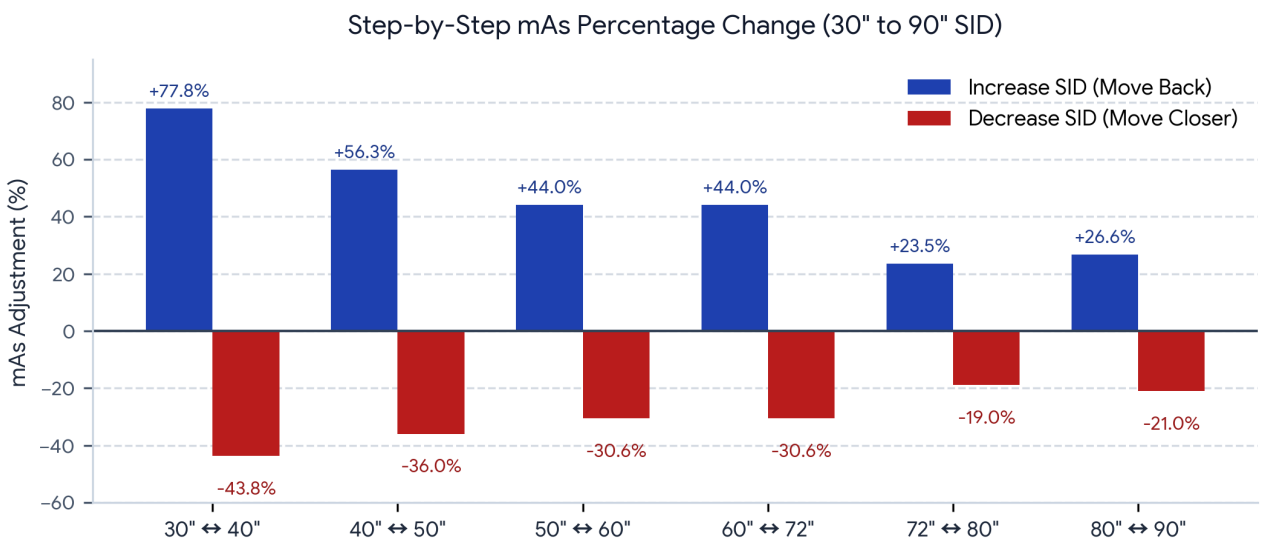
X-Ray SID mAs Percentage Pocket Reference

Direct Square Law Quick Adjustments for 30", 40", 50", 60", 72", 80", and 90" SID



1. STEP-BY-STEP DISTANCE ADJUSTMENTS

Move Back (Increase SID)	Exact %	Fast Field Rule	Move Closer (Decrease SID)	Exact %	Fast Field Rule
30" → 40"	+77.8%	**Add 75%**	**90" → 80"**	-21.0%	**Cut 20%**
40" → 50"	+56.3%	**Add 55%**	**80" → 72"**	-19.0%	**Cut 20%**
50" → 60"	+44.0%	**Add 45%**	**72" → 60"**	-30.6%	**Cut 30%**
60" → 72"	+44.0%	**Add 45%**	**60" → 50"**	-30.6%	**Cut 30%**
72" → 80"	+23.5%	**Add 25%**	**50" → 40"**	-36.0%	**Cut 35%**
80" → 90"	+26.6%	**Add 25%**	**40" → 30"**	-43.8%	**Cut 45%**

2. JUMPING FROM STANDARD BASELINES (40" & 72")

Target SID	From 40" Baseline (Exact)	From 40" Fast Rule	From 72" Baseline (Exact)	From 72" Fast Rule
30"	-43.8%	**Cut 45%**	-82.6%	**Cut 80%–85%**
40"	*Baseline (0%)*	*Baseline*	-69.1%	**Cut 70%**
50"	+56.3%	**Add 55%**	-51.8%	**Cut 50%**
60"	+125.0%	**Add 125%**	-30.6%	**Cut 30%**
72"	+224.0%	**Add 225%**	*Baseline (0%)*	*Baseline*
80"	+300.0%	**Add 300%**	+23.5%	**Add 25%**
90"	+406.3%	**Add 400%**	+56.3%	**Add 55%**

Quick Field Memory Rules:

- **The 20 / 30 / 45 Rule (Moving Closer):** Drop 1 step above 72" = **Cut 20%** | Drop 1 step between 72"–50" = **Cut 30%** | Drop 40"→30" = **Cut 45%**.
- **50"–60"–72" Symmetry:** Moving up 1 step (50"→60" or 60"→72") always **Adds 45%**. Moving down 1 step always **Cuts 30%**.
- **Tight Room Chest Shortcut:** Starting from a 72" chest technique, moving in to **60"** = **Cut 30%**; moving in to **50"** = **Cut 50%** (half mAs).

This is for informational purposes only. For medical advice or diagnosis, consult a professional. AI responses may include mistakes.