

BEFORE YOUR TEST

Prepare for the test as instructed.
Be sure to:

- Shower or bathe, but don't use any cream, lotion, oil or powder. Your skin should be clean and free of excess oil.
- Wear loose clothing. Wear shorts if your legs (lower extremities) are being tested and wear a short sleeve shirt if your arms (upper extremities) are being tested. Otherwise, you may be asked to put on a gown.
- Take your routine medications unless otherwise instructed.



LET YOUR DOCTOR KNOW

For your safety and for the success of your test, tell the doctor if you:

- Have any bleeding problems.
- Take blood thinners (anticoagulants) or other medications.
- May be pregnant.
- Have any immune system problems.
- Have had neck or back surgery.
- Have a pacemaker or defibrillator.

You may also be asked questions about your overall health.

EMG INDICATIONS

Essentially, EMG is used to help diagnose problems relating to nerves in the spine, arms or legs. These conditions usually cause pain, numbness, tingling or muscle weakness in part of the body. Examples of some of these conditions include:

- Muscle disorders, such as muscular dystrophy or polymyositis.
- Diseases affecting the connection between the nerve and the muscle, such as myasthenia gravis.
- Disorders of nerves outside the spinal cord (peripheral nerves), such as carpal tunnel syndrome or peripheral neuropathies.
- Disorders that affect the motor neurons in the brain or spinal cord, such as amyotrophic lateral sclerosis or a herniated disk in the spine.



(855) EMG-NCV1
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EMG

Electromyography and Nerve Conduction Studies



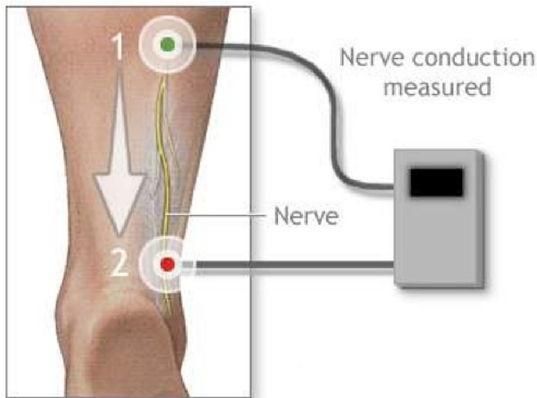
Testing Your Muscle And Nerve Function

Provided to you by:
Precision Occupational Medical Group, Inc.

WHAT ARE THESE TESTS?

Electromyography (EMG) and nerve conduction studies (NCS) are tests that measure muscle and nerve function. In most cases, both tests are performed. NCS is most often done first.

During NCS, mild electrical currents are applied to the skin on some parts of your body. This is done to see how quickly impulses travel between nerves.



EMG assesses muscle function. To do this, a fine needle is placed under your skin into the muscle being tested. This is repeated on other muscles.

The needle allows the electrical activity in your muscles to be measured. No electrical currents are applied with the needle. EMG is a low risk procedure and complications are rare.

WHAT TO EXPECT

You may have one or both of the following:

Nerve Conduction Study (NCS)

Small electrodes will be attached to your skin on the area of your body being tested. This will be done using water-based gel or paste. A doctor or technologist will apply mild electrical currents to your skin. Your muscles will twitch, but the test won't harm you. Currents may again be applied to the same area or the test may continue on other parts of your body.

Electromyography (EMG)

Most of the electrodes will be removed for EMG. The doctor will clean the area being tested. A fine needle will be placed under your skin into the muscle being tested. When the needle is inserted, you may feel as if your skin is being pinched. There is some discomfort when the needle is inserted, but not so much that sedatives or anesthesia is needed. Keeping calm with relaxed muscles during the test will help lessen any possible discomfort.



AFTER YOUR EMG

You may experience some muscular soreness, but most people have no difficulty immediately returning to their regular daily activities including work. Your test results will be shared with you either after your test or by your referring doctor.

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