

## EMG

Your physician may refer you to MDRI for an EMG (Electromyogram) if you are experiencing numbness and tingling, pain, muscle cramping and/or weakness. An EMG would be recommended to test if your muscles and nerves are working properly.

### Overview

The EMG is part of an electrodiagnostic study that is used to see if your muscles and nerves are working properly. The two-part test consists of a Nerve Conduction Study (NCS) as well as a needle EMG.

THE NCS shows how well the body's electrical signals are traveling to a nerve. This is done by applying small electrical shocks to the nerve and recording how the nerve responds. The shocks cause a mild, tingling feeling for a few moments.

The needle EMG uses a very thin needle that is inserted into the muscle to record electrical activity. There may be a minimal amount of temporary discomfort that may occur. However, most patients test without difficulty. Following the testing, muscles may be tender and sore. Patients may also experience some mild bruising for a few days. Your test will generally take between 30-60 minutes depending on the study that has been ordered.

Possible conditions that may result in an abnormal study are: radiculopathy, brachial plexopathy, carpal tunnel syndrome, peripheral neuropathy, spinal stenosis, and others.

### Preparation

How do you prepare for an EMG/NCS? There is minimal preparation required on the part of the Patient. You can do any of your normal activities such as eating, drinking, or exercising prior to the test. Patients are encouraged to take their normal medications as prescribed. Patients are urged to keep the area of testing clean and free of fragrance, lotion and/or cream.

Be sure to tell your provider about any medications that you are taking, specifically aspirin, blood-thinners (i.e., Coumadin), if you have any bleeding disorders, or implanted electrical device and/or stimulators. It is also important to report any allergies to your MDRI provider.

### Results

You will receive the results following the testing. If you are being treated by an MDRI provider, a treatment plan will be discussed with you. If you have been referred to us by another physician for the study only, we will provide you with the results and direct you back to your referring doctor for available treatment options. Your referring physician will receive preliminary results of your study the same day as your procedure. A comprehensive, detailed report will follow shortly for review.