

## **EMG & NERVE CONDUCTION STUDY**

### **1. What is an EMG/Nerve Conduction Study?**

EMG is an abbreviation for electromyography. Electromyography means a study of electrical muscle tracings. The study consists of two parts. Your physician will request that either or both parts of the study be performed. The nerve conduction study determines how well the nerves conduct electrical impulses down the arm or leg. The EMG involves a wire electrode to test selected muscles. This study helps determine if there is damage to your nerves or muscles.

### **2. Are any preparations needed for this study?**

Please do not wear jewelry. Please do not apply baby oil or lotions to your skin on the day of your test. Please wear loose fitting clothing.

Notify our office if you have an implanted cardiac defibrillator or if you are taking any blood thinners/anticoagulants.

### **3. How is the EMG performed?**

After the physician takes a brief history and performs a physical examination, you will be asked to lie down. One or more wire electrodes are gently inserted into the muscle. You may experience a slight pain or pressure as the electrode is inserted. Other electrodes are applied to your skin.

### **4. Which muscles will be tested?**

The physician will determine which muscles/nerves to test based on your symptoms and his evaluation.

### **5. How long will the test take?**

The total time for the test is usually 30-60 minutes. The length of time is related to the number of muscles/nerves that needed to be tested.

### **6. How should I care for myself after the EMG?**

You may have some soreness or tenderness in the tested areas for a few hours after the EMG. To relieve the discomfort you may apply ice to the affected area(s). Do not apply ice directly to your skin. Wrap the ice in a cloth. Apply the ice intermittently- 20 minutes on/20 minutes off.

You may take a mild pain medication if the discomfort is too intense. You will be able to drive yourself home after the EMG and should resume your usual activities.

The results of your EMG will be sent to the physician who referred you to our facility.