



## **Electrodiagnostic Testing (aka EMG)**

### **What is an EMG?**

An EMG is a test that records the normal or abnormal electrical activity of your nerves. The test consists of two parts: **Nerve Conduction Studies** and **Electromyography (EMG)**. It is used along with the clinical assessment by the doctor to assist in the diagnosis of multiple conditions.

### **What are some symptoms that EMG and nerve conduction studies evaluate?**

This study can evaluate many symptoms including pain, numbness/tingling, spasms, muscle atrophy, weakness and fatigue.

### **Who does this testing?**

At our office, one of our physicians will do the entire test. Our doctors are specialists in physical medicine and rehabilitation and have specialized training in EMG.

### **What is the Nerve Conduction Study part of the test like?**

Nerve conduction studies look at how the nerves conduct a signal. A nerve is stimulated with a small (safe) electrical stimulus and the response is measured. This gives your doctor information on how well the nerves are functioning.

### **What is the EMG part of the test like?**

The needle EMG shows how the muscles and nerves are communicating. During this portion a very thin needle electrode is placed into the muscle to evaluate the electrical activity. The number of muscles tested depends on the condition being evaluated, but this part is overall brief and typically causes only minimal discomfort.

### **Preparation:**

- No special preparation necessary
- You may take all medication as usual
- The use of skin moisturizing creams the day of testing is discouraged