What is an electromyogram (EMG)?

EMG is a procedure that uses electrodes to transmit and detect electrical activity to help identify neuromuscular abnormalities. The technique measures the frequency, strength and speed of an electrical current between two points. EMG assesses a muscle's response to nerve stimulation of that muscle.

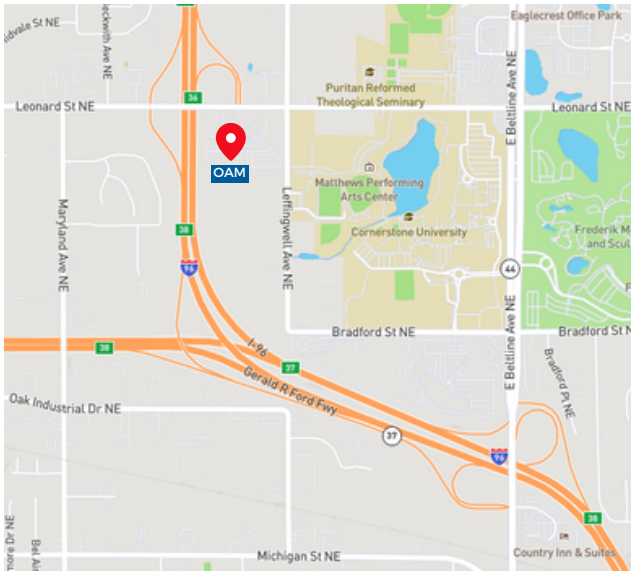
Why do I need an EMG?

Because you are experiencing numbness, tingling, pain, weakness or muscle cramping in your arm or leg. Your nerves are like electrical wires carrying signals between your body parts. When working properly, your nerves send electrical impulses to your muscles, and your muscles respond to the signals by moving. The physiatrist uses the test to determine if you have muscle or nerve damage and to formulate a diagnosis.

How does EMG work?

The electrical activity of your muscle is measured during periods of rest, slight contraction and forceful contraction. That information will be displayed on an oscilloscope (a monitor that shows the electrical activity in the form of waves) as well as in sounds or numerical values that your physiatrist can interpret.

Please contact your insurance carrier prior to the exam for possible co-pays related to EMG testing, as your co-pay will be collected at the time of service.



oamichigan.com
(616) 459-7101

Orthopaedic Associates of MICHIGAN

You are scheduled for an EMG exam.

Your appointment details:

Date _____

Time _____

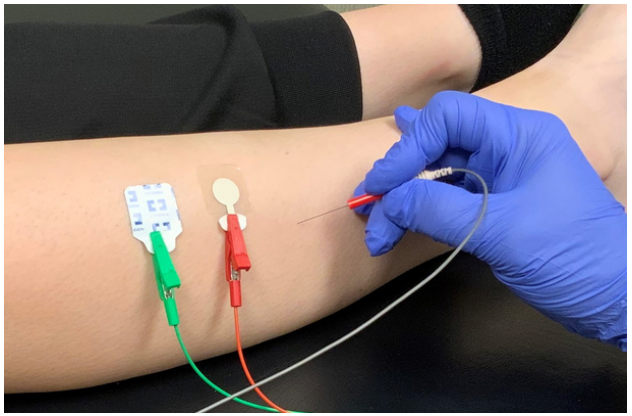
Location:
1111 Leffingwell Ave. NE
Grand Rapids, MI 49503

No shows: This appointment time is reserved especially for you. Therefore if you fail to attend, you will be charged a fee of $250.

Cancellations: Please provide us with at least 24 hours' notice by calling (616) 459-7101.

What can I expect during the EMG exam?

During the first part of exam, the physiatrist places adhesive electrode pads on your skin. Then a small, thin needle is inserted just under the skin into your muscle to record the electrical activity. You may be asked to contract a muscle by bending an arm or leg. The only muscle(s) tested are those necessary to determine what is causing your symptoms.



The second part of the exam is a Nerve Conduction Study (NCS). Various distances around the affected area are measured and marked. A stimulator is placed on your skin at the marked positions.

Prepare for the Exam

Prior to your exam, please review the following checklist:

- Tell your doctor if you take aspirin or blood thinners, have a pacemaker, or have hemophilia.
- Three days before your exam, scrub the dead/dry skin from the arm or leg being tested. Lather on lotion to help keep the skin from becoming dry.
- Twenty-four hours before your exam, do not use any skin products (lotion, creams, ointments, self-tanning products, perfume or cologne) on the area being tested. You may use deoderant.
- On the day of the test, take a bath or shower to remove the oil on your skin. For the area being tested, scrub the dead/dry skin and do not use any skin products. You may use deoderant.
- You can take any medication you are currently taking.
- You can eat and drink prior to your test.
- You can drive yourself home after the appointment.

At the Exam

OAM physiatrists are fellowship-trained or highly experienced in performing EMGs. You may feel an occasional twinge or a small degree of discomfort, but our physiatrists strive to give you the gentlest test possible. You will find their personable treatment will help make the test a more relaxing experience.

How long is an EMG test?

The length of the test is based on your symptoms so varies for each individual, but it typically takes 30-60 minutes. Please plan to be in our office for an hour.

When will I know the results of my EMG?

You will find out the results at the end of your exam. If you were referred to our EMG physiatrists, you will need to see your referring physician for treatment options.