



An EMG is an electrical test of nerve and muscle that helps in the diagnosis of conditions involving nerve or muscle. The test is done frequently on the arms or legs. The study sometimes involves checking muscles along the spine, on the neck, or low back. It is sometimes necessary to perform the test on more than one arm or leg.

# ELECTROMYOGRAPHY

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The test takes around 1 hour per extremity. So if you have a 2 extremity EMG study, the procedure will last about 2 hours. Studies that are requested on all four extremities take about 4 hours to complete.

The first part of the test involves applying an electric shock sensation to nerves to calculate the speed at which the nerves are conducting. This is frequently described as a thumping sensation over the nerve, and most patients find this to be strange or weird rather than painful. The second part of the test involves some small needle sticks. The needles are very small recording electrodes that record how well the nerve supplying a given muscle works. A small number of patients develop a mild bruise at the site of the needle stick, but this is not common and typically resolves

without specific treatment. The study has no lasting effects, and patients should feel free to resume their usual activities after the study. It is not necessary to bring a driver with you.





We ask that family members remain in the waiting area during the test. We invite family members into the EMG lab after the test is completed to discuss the results. The test provides useful information, even if no abnormalities are identified.

## DAY OF TEST INSTRUCTIONS

Please bathe or shower thoroughly on the day of your appointment. Please do not use lotions or oils on your skin the day of your appointment, as these prevent the electrodes from sticking to the skin properly.

Please wear underwear to your appointment if the study is scheduled for one or both legs. Please bring a pair of gym shorts or similar clothing for a study on the legs. For arm studies, please wear a tank top or a loose-fitting short sleeve shirt, as we need to access the shoulder region.

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