



Ohio Valley Orthopaedics and Sports Medicine, Inc.

ABOUT YOUR **EMG** TEST

Your doctor has referred you for an EMG (electromyogram) test. This study is performed by an M.D., as a workup for pain, numbness or tingling in an arm or leg. It tests the condition of the nerves from the spine into the extremity to the hand or foot. There are two parts to the test, the nerve conduction study and the needle EMG study.

During the nerve conduction portion of the study, mild electrical impulses are sent along the course of a nerve in the arm or the leg. You will feel a brief snapping sensation on the skin. The intensity of the impulse will be increased until the desired response is obtained. The electrical impulse will make the muscles in your arm or leg contract. The sensation you feel is much like that of a static electric shock.

The needle EMG portion of the study involves the insertion of very thin pin electrode into the skin. The electrode is moved around slightly after insertion. Several muscles are tested in the extremity. You may feel discomfort at the area of needle insertion during the test. The electrodes that are used are disposable and are used only on one patient. They are designed for minimal pain and discomfort. A small bruise could develop because of the pin and may cause temporary discomfort.

The EMG and nerve conduction study is a mildly uncomfortable test. Many patients come in for their test anxious because they have heard how painful it is. Almost all leave the appointment feeling that they have worried for nothing. Every effort is made to make you as relaxed and comfortable as possible. The test takes anywhere from 30 to 90 minutes depending the extremities tested. Results take 1 to 3 days.

The most common reasons for this testing include but are not limited to:

- find diseases that damage muscle tissue, nerves or neuromuscular junctions.
- diagnose disorders such as herniated disc or carpal tunnel syndrome
- locate the cause of weakness, numbness or muscle twitching
- problems in a muscle or the nerves supplying a muscle
- find damage to the peripheral nerves and other nerve disorders

HOW TO PREPARE FOR YOUR EMG TEST.

Let your doctor's scheduler know if you have a pacemaker or defibrillator.
Take a bath or shower to remove oils from the skin.
Do not use hand or body lotions or oils the day of the test.
Let your doctor's scheduler know if your are taking the blood thinner
Coumadin. We will need to obtain a current INR prior to testing.
Please do not bring small children or babies with you!

RELAX !

THE SCHEDULER WILL BE CALLING YOU TO SET UP THE APPOINTMENT.

Your test is scheduled for _____ in our _____ office.

Your follow up is scheduled for _____ in our _____ office.

OUR PHYSICIANS

- Dirk T. Pruis, MD
- David E. Taylor, MD
- Lisa L. Vickers, MD
- Robert J. Hill, DO
- Joseph D. Thomas, MD
- Paul M. Gangl, MD
- Arnold R. Penix, MD

PHYSICIAN ASSISTANT

- Marilyn S. Palcic, MPAS, PA-C

KENWOOD

8311 Montgomery Road
Cincinnati, OH 45236
513.985.3700 p
513.985.3706 f

MASON

7450 Mason-Montgomery Road
Suite 104
Mason, OH 45040
513.985.3700 p
513.754.2014 f

WEST CHESTER

4900 Wunnenberg Way
West Chester, OH 45069
513.985.3700 p
513.860.0491 f

www.ohiovalleyortho.com
