

## **WHAT IS AN EMG (ELECTROMYOGRAM)**

### **1) WHAT IS AN EMG?**

An EMG is an electrodiagnostic study of the muscles and the nerves in the upper or lower extremities. This procedure assists in making a diagnosis and determines the cause of your difficulty.

### **2) HOW IS IT PERFORMED?**

An EMG is actually two tests in one. The first part is the nerve conduction study (NCV). This test studies the function of the peripheral nerves. In a NCV, micro pulses of electricity are utilized to evaluate peripheral nerves and the manner in which they transmit electricity.

The second part of the test is the needle EMG (electromyogram). A very fine pin is placed into a specific muscle to evaluate its function. If there is nerve irritation, or a disorder that affects the muscle, then specific findings will be noted on the monitor.

### **3) IS THE TEST UNCOMFORTABLE?**

This examination does utilize minor electrical impulses over the skin, through the use of superficial contacts on the skin as well as the placement of very small pins into several muscles. The examination may be mildly uncomfortable.

### **4) IS THERE ANYTHING I NEED TO DO PRIOR TO THE PROCEDURE?**

There is nothing that needs to be done prior to the procedure. *Please notify the physician, prior to the procedure, if you are on any blood thinners or have any active infections.*