

InfoSheet – Nerve Studies

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What are EMG (Electromyography) and NCS (Nerve Conduction Studies)?

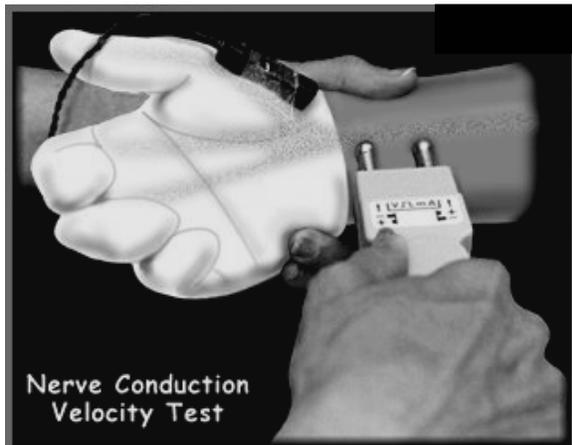
Electromyography (EMG) is a test that is used to measure the electrical impulses in your muscles in order to learn more about the location and extent of diseases of muscle tissue and nerves. Nerve conduction studies (NCS), or electroneurography, are used to study how well a nerve can send an electrical signal from the spinal cord to the muscle. Both of these tests are commonly done together for patients who have weakness, decreased muscle strength, numbness, pain, or other problems in order to learn more about the injury or disease.

Before the Test

Make sure to tell your doctor if you are taking any blood-thinning medications such as coumadin. In addition, it is important to tell your doctor if you are wearing a pacemaker (it **will not** prevent the test). Do not use bath oils, lotions, or crèmes on the day of the test.

During the Test

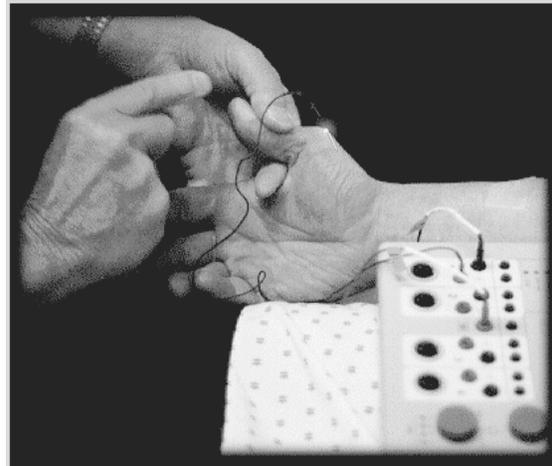
The NCS involves using electrodes placed on the skin to deliver electrical impulses. Another electrode records how long the impulse takes to travel along the nerve, and how much of the impulse gets through. These measurements give



information about how healthy the nerve is and how many of its fibers are functioning.

For the EMG portion of the test, a thin needle that measures the electrical activity in the muscle will be inserted into your muscle. This may be a bit uncomfortable when inserted, but shouldn't be too painful during the exam. Another electrode will rest outside on the skin to help with recording the feedback from the muscles.

Both tests may take about an hour.



After the Test

The muscle that was used for the test may feel a little sore or have a slight tingling feel for a couple of days after the test. There may also be some swelling or even a small bruise in the area of the test. This should go away within a couple of days.

The doctor will evaluate the information from the test and will then call or send a report of the findings to your own doctor. Your doctor will talk with you about the results of the exam, and help answer any questions you may have.