

# ABOUT THE TESTS

---

The testing that will be performed is called nerve conduction studies (NCS) and needle electromyography (EMG). These tests assess the status of parts of your nervous system and help your doctor to determine more about your condition.

To test nerve conduction, the physician will place electrodes (metal disks with wires) on the skin over specific muscles. A small electrical stimulus to the nerve will record the responses generated by the nerves and muscles. The electrical stimulus sensation is similar to the mild “static electrical shocks” you get from rubbing wool clothing or carpeting and then touching something metallic.

For the electromyogram (EMG), the physician will place a fine wire electrode beneath the skin and into the muscle below. You will hear noises which sound like static and you may see wave patterns on the equipment’s video screen. From the sounds and waveforms, the physician can determine if there is any abnormality (and if so, the nature of that abnormality) involving the nerves or muscles.

You may wish to wear loose fitting clothing that can be easily removed, as we need access to areas of your body that are not covered by undergarments. If we do need you to remove any of your clothing, a cloth gown and privacy for changing will be provided for you.

## PLAYING YOUR PART

---

Please do not use body lotions or creams the day of, or the day prior to your appointment. You may continue your normal activities, diet and medications before your scheduled appointment unless otherwise instructed by your physician. The

physician who performs the test will explain the details of the examination to you prior to the testing. Please feel free to ask questions and express concerns during the test. The testing usually takes 15-45 minutes and there are no after effects (other than mild soreness). You will be able to return to your regular activities after your appointment.

## WHERE TO GO

---

EMG's are performed in the Michigan Orthopedic Center on the campus of St. Joseph Mercy Ann Arbor, St. Joseph Mercy Brighton, and St. Joseph Mercy Canton. The maps on the back of this brochure show the locations relative to nearby roads and expressways.

## WHAT TO BRING

---

Though the doctor's office requesting the tests will indicate the reason for the study when your appointment is made, you should bring along any information that your doctor may give to you concerning your condition. If you have had any previous EMG tests, please notify our office so we may try to obtain the results prior to your test. At the time of your appointment, we will need to know who will be paying for your testing, and will need to make copies of all of your insurance cards. You will also need to bring photo identification, any referral information required by your insurance company, and the written EMG prescription from your referring doctor.