



EMG (Electromyography)

An EMG test evaluates the health condition of muscles and the nerve cells that control them. These nerve cells are known as motor neurons. They transmit electrical signals that cause muscles to contract and relax.

To obtain the most valid, highest quality results from the EMG, and for your comfort and protection, please read and follow these instructions:

1. Do NOT use lotion or creams on the arms, legs, hands or feet the day of the test.
2. For upper extremity tests only, please wear a short-sleeved shirt.
3. For lower extremity tests only, expect to remove pants or shorts; we will provide a drape for privacy.
4. You may eat before the test.