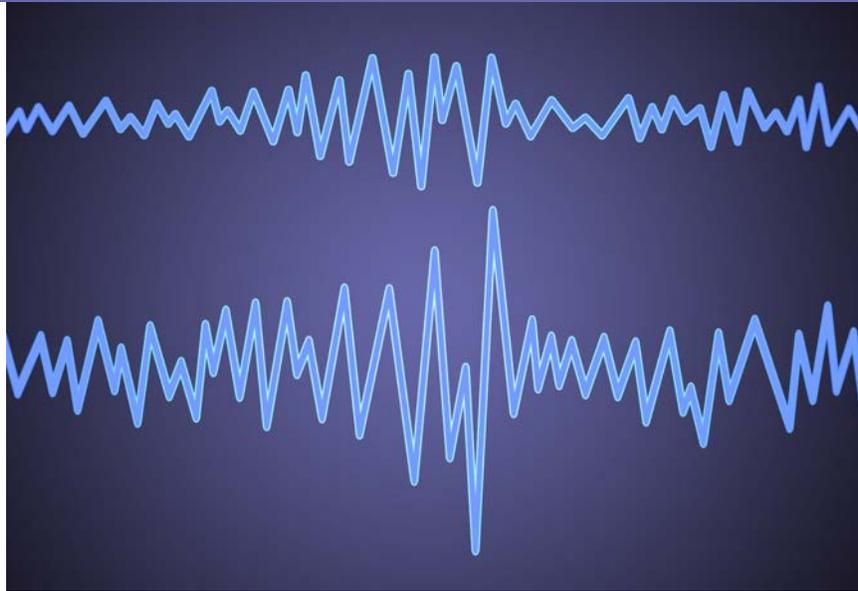


ELECTRODIAGNOSTIC (EDX) TESTING

Altair Health
Spine & Wellness

Our multidisciplinary team offers the most comprehensive and innovative treatments for patients suffering from neck pain, back pain and spine disorders.



Tel: 833.425.8247
altairhealth.com

PATIENT INFORMATION: ELECTRODIAGNOSTIC (EDX) TESTING

Because you are experiencing pain, you are going to undergo electrodiagnostic (EDX) testing. While your doctor may refer to this testing as EMG – or electromyography – EMG is just one component of EDX testing. The full complement – which includes EMG as well as Nerve Conduction Studies (NCS) – assesses the health of your muscles and the nerve cells that control them. If your muscles or nerves are damaged, these tests help us identify the cause of your pain and design the best treatment plan for you.

Altair Health Spine & Wellness

Eatontown | Freehold | Morristown | Somerville | Summit | Wayne

How will EDX help me?

EDX will help determine the source of your radiating pain, muscle cramping, numbness, decreased sensitivity, burning sensation, tingling, weakness – or difficulty walking, buttoning clothes and handling objects. It also helps diagnose carpal tunnel syndrome, a pinched nerve, radiculopathy, sciatica, neuropathies, muscle diseases, muscular dystrophy, Lou Gehrig's disease and myasthenia gravis, a chronic autoimmune, neuromuscular disease.

How does EDX work?

Your nerves and muscles constantly emit electrical discharges. When unhealthy, their discharges change. A doctor can see and hear these signals using special equipment during EDX testing. A composite assessment using both NCS and EMG determine if your muscles and nerves in a specific part of your body or throughout your body are working right. Routinely, your doctor will perform both parts of the procedure. However, there are situations where only NCS or EMG testing will be performed. Your doctor will let you know if you only need one.

How is EDX administered?

NCS stimulate the nerves at different points with small electric shocks, artificially activating them to measure their function. EMG is a needle exam where very fine needles are inserted into several muscles. The needle has a microscopic electrode that picks up both normal and abnormal electrical signals given off by a muscle.

Do the tests hurt?

Both may result in some discomfort but are usually well-tolerated without the need for medication beforehand.

You may have some pain when the needle electrodes are inserted for the EMG test – although the insertions are generally better tolerated than an injection into the muscle. While it's rare, you may experience some temporary, minor bruising where the needle electrode was inserted into the muscle. This bruising should fade within several days. Warm compresses and pain medicine usually help. If the bruising persists, contact your primary care doctor.

How should I prepare for the tests?

No special preparation is necessary. You can do all of your normal activities like eating, driving and exercising before and after the tests. Take a bath or shower to remove oil from your skin – and do not use body lotion or powder on the day of the test. Wear loose clothing (sweats, shorts, tee-shirts), and take all your usual medications on the day of the test.

Tell the doctor if you are taking aspirin, blood thinners (like Coumadin), have a pacemaker or hemophilia. Generally, there are no contraindications with these. If you have joint replacements or other artificial components in your body, you do not need to take antibiotics for these tests.

How long will these tests take?

The tests take anywhere from 30-90 minutes.

Are the tests safe?

The tests are extremely safe. EMG needles are not recycled ... they are used only for you, and they are immediately disposed following use.

When should I arrive for the tests?

Please arrive early for the tests. If you arrive late or miss your appointment, you may have to wait several weeks to reschedule it.

How will I get the test results?

Depending on who referred you for the tests, the EDX doctor will discuss your results with you or send them to your referring doctor. After the exam, either the EDX doctor or the referring doctor will prescribe the next step in your care.

Who should I contact if I have questions?

If you have questions, contact us at 833.4ALTAIR (833.425.8247), and our team will be happy to assist you.