

EMG examination

Introduction

The EMG (Electromyography) examination is a way to look at nerve and muscle functions. To examine the nerve function, the nerve is electrically stimulated. The speed at which the stimulus moves through the nerve is then measured.

To measure the muscle function, electrical differences in voltage are recorded. The results from this are then recorded on the EMG machine.

The examination is not dangerous, and people's experiences vary greatly in terms of pain.

Important

Please do not use body lotion. Please also do not wear any jewellery on your wrists, fingers, ankles or toes. It is not necessary to cut rings off!

Nerves conduct signals more slowly if you have a low body temperature. For this reason, please wear warm clothes if the weather is cold. If your skin temperature is too low, it is possible that your hands and/or feet will need to be warmed up in a warm bath.

On the day of the examination, report ten minutes before the appointment time to the Neurology Outpatient Clinic (A 03).

Examination

The EMG examination is carried out by one or two lab technicians together with a neurologist. During the examination, you lie on an examination table.

Nerve activity

When examining nerve activity, a nerve in your arm and/or leg is stimulated using brief electric shocks. This is done to measure how quickly the stimulus moves through the nerve. Before conducting the examination, electrodes are placed on your skin, or rings on your fingers, to record the shocks.

Muscle function

In addition to the nerve examination, sometimes muscle function is also investigated in more detail. To assess this, the muscle is pricked with a thin needle. The muscle is first examined at rest, then you will be asked to tense the muscle lightly then strongly. The electrical voltage differences can be heard through a loudspeaker and then made visible on a display.

Duration

The examination will take between 15 and 30 minutes.

The results

The neurologist assesses the EMG, and you get the results from your specialist.

Questions

If you have any other questions, please get in touch with the Neurology Outpatient Clinic on 020 - 755 7032.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.