



PHILADELPHIA HAND TO SHOULDER CENTER

Nerve Study Patient Information

Your physician has requested a nerve study to evaluate your nerve and muscle function. There are two parts to the nerve study: *Nerve Conduction Study (NCS)* and *Needle Electromyography (EMG)*. It is important that both procedures be conducted to reach an accurate conclusion(s). For the NCS, a stimulus is applied to your nerves at different sites and the quality of your body's response to the impulse is measured. For the EMG, a very small needle is placed in one muscle at a time allowing us to evaluate the signals your nerves transmit into different muscles while you are at rest and as you move.

All nerve studies conducted at Philadelphia Hand to Shoulder Center are performed by Board Credentialed examiners. While some facilities employ technicians, our examiners are licensed to conduct testing and interpret test results. If you have any questions or concerns prior to your study, please contact the examiner you are scheduled with prior to your study.

Appointment Information

- Length of test: A nerve study usually takes between 45 minutes to 2 hours depending upon the testing requested and the nature of your symptoms.
 - Arrival time: Plan to arrive 10-15 minutes before your scheduled appointment to check in. (Due to the length of time required for each appointment, we allow a grace period of 10 minutes for late arrivals. If you arrive more than 10 minutes late, you may be required to reschedule.
 - If you are running late, we ask that you call and speak with the front desk in the office where you are being seen to communicate your late arrival.
 - Cancellations: Please call us at least 24 -48 hours in advance to cancel and/or reschedule your appointment. Patients who repeatedly cancel within 24 hours of their appointments or fail to arrive for their appointments, may be declined future EMG appointments at PHSC.
- Please do not bring guests, including family members to your appointment. Children are not permitted to stay in our waiting area unsupervised during your appointment.
- Minors: Patients less than 18 years of age must be accompanied by a parent or guardian who is at least 21 years of age.
- If your primary language is not English, please bring an interpreter with you to the study. *Worker's Comp patients should contact their worker's comp insurance company so that a translator can be coordinated for your appointment.*
- Most patients prefer to sit during the upper limb studies. If you prefer to lie down, please let us know at the time of your appointment so we can setup the room for you.
- Please bring with you or send in advance copies of any prior nerve studies.

Planning for Your Appointment

- **EATING/DRINKING/MEDICATIONS**
 - Please be sure to eat and drink regularly prior to your study.
 - Be sure to take your daily medications, at the regular times, on the day of your appointment.
- **HYGIENE**
 - Avoid using lotion on your skin the night before and the day of the appointment.
 - Thoroughly clean your skin in advance of the study.
- **ATTIRE**
 - Avoid wearing jewelry on your fingers and wrists.
 - If you have long hair, please bring a hair tie so we can access your upper arm/neck.
 - Wear or bring a t-shirt, tank top or sports top to allow unobstructed access from your fingertips to your shoulder/shoulder blade and the back of your neck. (During the test, men may take off their shirt. Women should bring a tank top or sports top.
 - If you have a history of polyneuropathy (peripheral nerve damage) or if you are scheduled for a study of your legs (e.g., Diabetic polyneuropathy), wear or bring loose fitting shorts to allow unobstructed access to your legs, including your hips and thighs.
- **ELECTRONIC DEVICES**
 - Cell phones should be put away and put in silence mode for the duration of your study.
 - Photos and videos during your study are not permitted.

Risks

- Nerve Conduction Study (NCS)
 - The stimulus from the nerve pulses may cause some mild discomfort. After a brief period of adjustment, any discomfort will subside, and most patients focus their attention on the conversation with the examiner as the study is being conducted.
 - The pulses can cause some minor skin irritation that dissipates shortly after administration of the pulse. In very rare cases, patients may see a bruise that may take a few weeks to resolve.
- Needle Electromyography (EMG)
 - The needle used is a small fine wire, like the thickness of an acupuncture needle.
 - The risks of needle EMG include mild discomfort and, in rare cases, swelling, bruising, and infection. Any additional risks will be reviewed at the time of your visit.
- Pacemakers/Defibrillators. We have extensive experience working with patients with all types of implanted devices. If you have a pacemaker or defibrillator, you will need clearance from your cardiologist prior to your appointment. If we were advised about your pacemaker or defibrillator in advance, we would have provided you a clearance form for your cardiologist's completion (this form can also be found on our website at www.Hand2ShoulderCenter.com).

NERVE STUDY APPOINTMENT INFORMATION

Examiner: _____

Office Location: _____

Date/Time: _____