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Appointment Details

Patient’s Name

Appointment Date

Arrival Time

Douglas A Wayne, MD
Physical Medicine & Electrodiagnostics

Dr. Wayne is Board Certified in Physical Medicine and Rehabilitation and is an active member of the American Academy of Neuromuscular and Electrodiagnostic Medicine. He is also the medical director of the first AANEM Certified Electrodiagnostic Lab in Virginia.

Accredited by the American Association of Neuromuscular and Electrodiagnostic Medicine

What to expect during your EMG and Nerve Conduction tests

To Contact Dr. Wayne’s Office:

PH: (804) 270-1305 ext. 4016
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Instructions and Frequently Asked Questions
Electrodiagnostic studies have been requested by your physician to evaluate if your muscles and nerves are working properly. These tests, whether negative or positive, will give your physician information to help diagnose and treat your condition.

**Nerve Conduction Studies**

NCS’s measure electricity traveling along a nerve or to muscle. This is done by applying small electrical stimuli to the nerve and measuring the time of travel or monitoring a brief muscle contraction. You may feel a mild tingling or a brief muscle twitch. Several nerves may be tested for comparison.

**EMG**

During this part of the test, a hair-like electrode will be put into some muscles to see if there are any problems. A new electrode is used for each patient and thrown away. You may feel something being placed in some muscles, and you will be asked to keep the muscles relaxed. You may then be asked to contract the muscles while the doctor studies the activity on the machine. This activity and test, in principle, are very much like an EKG.

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**Who performs this test?**

The American Association of Neuromuscular and Electrodiagnostic Medicine’s position is that only either a Physiatrist (PM&R) or Neurologist who is formally trained should perform these tests. Beyond college, these doctors spend four years of medical school and four plus years of specialty training in preparation to be an electrodiagnostician.

**What will I need to bring with me to the appointment?**

You will need a written order from the physician who set up the test. You will also need a referral from your Family or Primary Care Doctor if your insurance requires approval or authorization. You will need your medical insurance card and a picture I.D. (drivers license). You should have your paperwork filled out in advance if you received it in the mail or were given it by the referring doctor. For your convenience we offer a patient portal which allows you to complete your medical questionnaire online. The website is portal.advancedortho.me. Please also bring your co-payment (if required), which should be on your card listed under “specialist”. This will be collected before you are brought back to the clinic area. A deposit may be required for some insurance plans.

**How do I prepare for the test?**

Please do not use any body lotion or oil on the day of the test. If you are taking any blood thinners, notify the doctor at the time of the test but do not stop taking any of your medications. No extra medications are necessary for the test.

Please note electrical stimulators must be turned off for the test.

**Try to keep your hands and feet warm prior to the exam as cool limbs can cause inaccurate results.**

Try to wear gloves or warm stockings or boots on cool days. The assistant may have you soak the extremities in a tub filled with warm water prior to the exam. During the exam your extremities may still need to be kept warm with heat lamps or blankets.

You will be asked to disrobe the body part being examined and wear a gown for privacy and to protect your clothing from the gel that is used during the exam. Jewelry and watches should be removed, and cellphones/pagers must be turned off during the exam.

**How long do these tests take?**

The tests can take from 20 minutes up to 60 minutes for more complex cases. You may continue with your normal activities (eating, working, driving, etc.) before and after the test; and you do NOT need anyone to accompany you. One other person may come back to the exam room during the test (no young children, please).

**Why do I need to arrive early?**

You will need to register and fill out some specific paperwork for the test even if you are being sent by another physician in the practice. A brief history will be taken by the assistant. The assistant will then escort you to the exam room for final preparations before the doctor comes in to perform the test.

**When will I know the results of my tests?**

The Electrodiagnostic doctor will explain the findings to you before you leave and will send a report to your referring doctor. This information will help your doctor determine the next step in your treatment.

**Who gets referred for these types of tests?**

Generally, individuals are sent for this type of testing when they have symptoms of numbness, tingling, pain, weakness, or muscle cramping. The usual tests for these conditions include NCS (Nerve Conduction Studies) and EMG (Electromyography).