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EMG Testing in Physical Therapy Helps Ensure You Get Results

Health & Wellness Newsletter

Have you been struggling with back and/or neck pain? It can be extremely frustrating, especially when the cause is unknown. Fortunately, diagnostic testing at Therapy West Physical Therapy & Sports Medicine can help get to the root cause of your pain and help our therapists design programs that result in better treatments and quicker recoveries.

Back and neck pain can hinder your ability to move as you usually do, and for some, it can worsen over time. Diagnostic tests such as electromyography (EMG) and nerve conduction studies (NCV) allow our physical therapists to confirm a diagnosis so we can cater to the individual's needs and help them recover as smoothly as possible.

Our clinic is one of the only practices in Utah with credentialed and board-certified physical therapists conducting EMG/NCV diagnostic testing to pinpoint the exact pain point. Our goal is to identify where the source of your pain originates and the most effective solutions to resolve it!

With a referral from your physician, Therapy West Physical Therapy & Sports Medicine can quickly schedule an EMG test and share accurate information with your physician.

Contact Therapy West Physical Therapy & Sports Medicine today to schedule a consultation and learn more about our services.

What Does Diagnostic Testing Mean?

Electromyography and nerve conduction studies are highly effective tools that help physicians and therapists accurately diagnose neuromuscular conditions. Accurate diagnosis is associated with improved treatment selection and quicker recoveries.

EMG testing helps identify any nerve or muscle disorders. An EMG is a diagnostic test to analyze muscle health and its corresponding nerve cells. During an EMG, a tiny electrode is inserted into the affected muscle and measures the electrical activity of muscles, both at rest and during contraction.

Nerve Conduction Studies: Nerve conduction tests (NCV) evaluate the function of the nerves and measure how fast and strong the electrical activity is in a nerve. NCV tests can be used to tell whether a nerve has been damaged.



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EMG and nerve conduction testing used together effectively confirm the status of nerve-related symptoms, including the following:

- Numbness
- Weakness
- Tingling in an arm or leg
- Sciatica Pain

These tests can help us determine an accurate diagnosis, chronicity, the severity and extent of the problem, and even if it's healing.

It is important to note that diagnostic testing like EMGs are not a replacement or substitute for an MRI but are another piece of information; they complement the information obtained by the MRI to provide the most accurate diagnosis possible.

How EMG's Sessions Can Help With Back And Neck Pain

Your Therapy West Physical Therapy & Sports Medicine physical therapist will conduct a comprehensive evaluation at your initial evaluation, including a detailed medical history and movement screening. Our therapists will use this information to determine the most effective treatment to resolve your neck and/or back pain.

With a physician's referral, we will conduct EMG/NCV testing at one of our several locations and provide results to your physician within 48 hours of conducting the test. These specialized tests help determine if the back or neck pain you are experiencing is directly related to a pinched nerve.

Once the source of your pain is discovered, our physical therapists will work with you to teach you targeted stretches and exercises to help alleviate your pain. As your condition improves, your therapist will guide you through strengthening exercises and drills to restore the function of any nerve-related issues you may have.

Our ultimate goal is to speed up your recovery and teach you new ways to avoid dealing with the same neck or back pain condition again in the future!

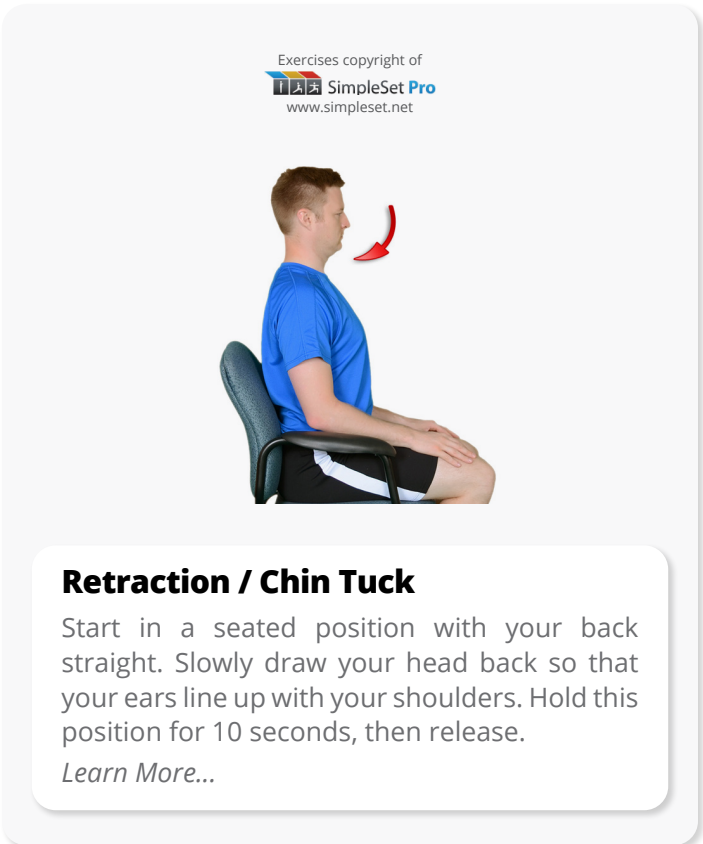
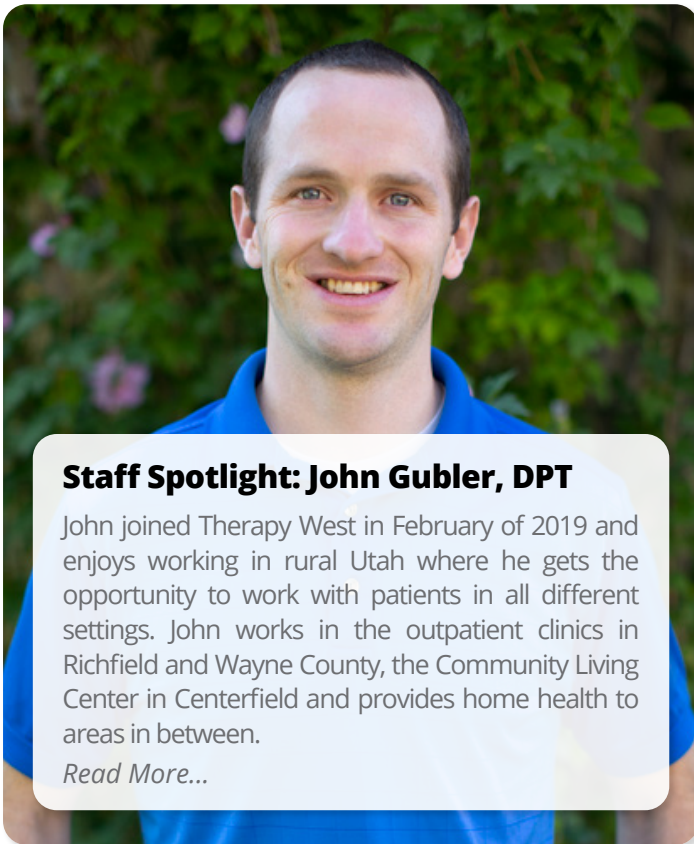
Contact Our Office To Find The Source Of Your Pain

EMG and NCV tests are safe, reliable ways to diagnose the cause of your pain or discomfort. If you're dealing with neck or back pain and have noticed symptoms without pinpointing their source, Therapy West Physical Therapy & Sports Medicine diagnostic tests can get to the root of your pain so it can be treated accordingly.

Don't hesitate to contact Therapy West Physical Therapy & Sports Medicine today to learn more about what our diagnostic tests, including EMG/NCV tests and musculoskeletal ultrasounds (MKS), can do for you and get started on the first steps toward relief!

Sources:
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Check Out These Tips To Help You Stay Active & Healthy!



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