

## Sarim R. Mir, MD

Doctors who do EMGs go to 4 years of medical school then have 3 or 4 years more years of training in a residency program. Most work as neurologists or physical medicine and rehabilitation doctors. Medical training helps the doctor decide which test to perform based on your symptoms. It teaches doctors what can go wrong with the human body and how to tell the difference between these problems.

Dr. Mir is Board Certified in Neurology, Clinical Neuro-Physiology (EEG & EMG). He completed his internship in Internal Medicine at the New York Medical Center/ Westchester County Medical Center.

Dr. Mir's residency in Neurology was accomplished at the New York University Medical Center. He completed his fellowship in Clinical Neuro-Physiology at the State University of New York-Health Science Center.

Dr. Mir is a member of the American Academy of Neurology, the American Academy of Neuromuscular and Electrodiagnostic Medicine, and Med Chi. (Maryland Medical Society)



## MIR Neurology and Spine Center

Founded by respected neurologist Dr. Sarim Mir in 1996, Mir Neurology is an outpatient only office that specializes in the diagnosis of musculoskeletal conditions. With locations in Hagerstown and Cumberland, MD, we serve patients in the communities of Western Maryland and the TriState Region.

We work closely with primary care, orthopedic and podiatry specialists, as well as plastic surgeons, neuro-surgeons and nephrologists around the region. Employing the most advanced diagnostic testing, we can accurately diagnose and successfully treat a wide range of neurological conditions.

Specializing in Fast, Accurate Diagnosis:

- Nerve Conduction Study (NCS)
- Electromyography (EMG)
- Epidermal Nerve Fiber Density Testing (ENFD)

**MIR** NEUROLOGY &  
SPINE CENTER

Online at [www.mirneurology.com](http://www.mirneurology.com)

**301-797-7600**

Office Hours: 8:00am - 4:00pm

**Sarim R. Mir, M.D.**

Board Certified in Neurology

Board Certified in Clinical Neurophysiology

**IN HAGERSTOWN:**

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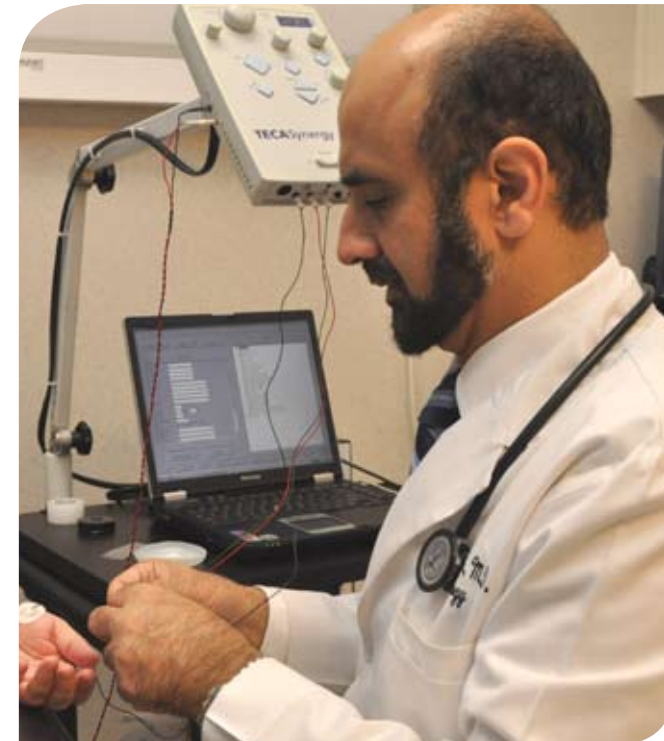
**IN CUMBERLAND:**

600 Memorial Ave.  
Suite 304  
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An Informational  
Supplement from  
MIR Neurology

Answers  
to Your  
Questions

## WHAT TO EXPECT DURING YOUR EMG TEST



**MIR** NEUROLOGY &  
SPINE CENTER

**N**euro-Electrodiagnostic Medicine is the best way that modern medicine has of adequately assessing the function of muscles and nerves. Electrodiagnostic testing evaluates muscle symptoms including muscle pain, weakness or tingling and numbness.

Specially trained physicians use information from a patient's history and physical exam, along with the results from these tests to analyze the electrical activity taking place in the nerves and muscles. With this information, a proper diagnosis and treatment plan can be determined.



### How long will the tests take?

How long will the tests take? The tests usually take 20 to 45 minutes. Normal activities, like eating, driving and exercising, can be done before the tests. There are no lasting side effects. Normal activities can be immediately resumed after the tests.

### When will I know the test results?

Dr. Mir will discuss your test results with you immediately after the test. Test results are sent to your referring doctor that same day. After the exam, check with the referring doctor for the next step in your care.

### How should I prepare for the tests?

Tell Mir Neurology staff if you are taking aspirin, blood thinners (like Coumadin) or have a pacemaker. Take a bath or shower to remove oil from your skin. Do not use body lotion on the day of the test.



### *Diagnosis is our Strength*

The two most common electrodiagnostic tests are the electromyogram (EMG) and the nerve conduction study (NCS). Although they are different tests, the EMG and the NCS go hand in hand giving vital information regarding your nerve and muscle function.

#### **Nerve Conduction Study (NCS)**

The first part of the test is called Nerve Conduction Study (NCS). During this test, brief electrical shocks are delivered to your arm or leg to evaluate the status of the peripheral nerve fibers by recording how well small electrical impulses travel through the nerve fibers.

Nerves work like an electrical wire, similarly to a wire in the wall switch that turns on a light. If you want to see if the wire is functioning properly, the easiest thing to do is to run electricity through it.

Injury or disease to the nerve or nerve fibers can impair this electrical transmission.

#### **Electromyography (EMG)**

The second part of the test is the Electromyography (EMG) which consists of a needle examination. This involves using a small needle as a probe and recording device. Needles are thin, fine and about one and a quarter inches long, and there are no electrical shocks during the needle exam.

EMG directly records electrical activity in the muscle cells. This test can help determine the cause or extent of muscle weakness, spasm, pain, inflammation, or paralysis in the limbs, spinal area, or even the face. Usually five to six muscles are sampled in one extremity.