

# FAQ

## What is Physiatry?

Physiatry is a medical specialization in physical medicine and rehabilitation. Physiatrists are nerve, muscle, and bone experts who treat injuries or illnesses that affect how you move.

## Is Physiatry similar to Physiotherapy?

Physiatry is performed by specialist doctors, who are concerned with diagnosing and developing treatment plans for physical issues. Physiotherapy is performed by physiotherapists who perform the hands on treatments for those issues. Physiatrists may prescribe or refer patients for physiotherapy if they feel that it would be an effective treatment method for their particular issue.

## What is EMG? What is involved in the test?

EMG or electromyography is a method for measuring the electrical potential or 'signal' present in the nerves in your muscle. This is done by placing a needle or electrode in or on the muscle and recording what is happening in your body.

A related test is the nerve conduction study. In this test two electrodes are placed on the skin and a small electrical current is run between them to measure how nerves 'conduct' that current.

After the tests are completed, the doctor performing the test can immediately interpret the results, which can be used to diagnose the specific cause of the nerve issue, as well as to determine an appropriate treatment plan.

## Is an EMG painful/Does an EMG hurt?

EMG is not typically painful, and has been compared to the feeling of a rubber band snapping on your skin. Your experience will depend on your personal pain tolerance.

## What preparation do I need for an EMG?

Medications should be taken as normal. Lotions and moisturizers should be avoided on the day of the appointment to allow the electrodes to stick to the skin. Deodorants are fine. Loose fitting clothing should be worn to allow access to the area being tested, T-shirt and shorts are ideal. No other preparation is required.

## Can I drive after my appointment?

EMG appointments and physiatry assessments will not affect your ability to drive. Injections of certain steroids (e.g. cortisone) can cause some dizziness depending on where they are injected, and it is recommended that you have someone drive you or provide at least 1 hour after your appointment to allow time to recover. Please call the clinic for more information if you have concerns about your injection appointment.

## Do you provide any medical services privately?

Currently all of our services are billed through Alberta Health Services and we do not provide private medical services.

What do I have to do to be seen in your clinic?

To be seen by our physicians we require a referral from a doctor or physiotherapist with a Practice ID number. Once this has been received our team will triage the referral according to urgency, typically within 2 business days. After triage, we will send you correspondence by mail either informing you of your wait time or asking you to call us to book an appointment.