

## NCS, EMG, and CT Results

Okay, so I was told I would have to have nerve conduction studies (NCS). The EMG was a not so pleasant surprise that was presented to me in the post. I read the leaflet but still hoped I didn't have to actually have it because it wasn't actually specified. The leaflet said it wasn't painful, and I no longer have a needle phobia but having 3inch needles (electrodes) inserted into your muscles doesn't sound all that appealing.

For this test I also took my uncle, they did it on a Saturday, and my rationale for this one was, if he wants to see it - be my guest. That was another wait he complained the whole way through hence he won't be coming again. The NCS were done first and were fairly straight forward, the neurophysiologist commented how the right carpal tunnel still has some issues; I knew that already. At this point I still didn't know if they were going to do the EMG but I seriously did not want to ask either.

He did the NCS on both sides before he introduced the EMG, I simply thought 'oh god' (the polite version) but gave consent for him to do it anyway. He started in the bicep then worked his way down to the forearm. To be fair, it didn't hurt much as he did the tests. My uncle commented after how he was suppressing the urge not to punch the guy as he conducted the tests, on account of how painful it looked. It wasn't until the next day really that my arms were riddled with pain - but I guess that would be kind of normal after you've had controlled electric currents and needle repeatedly shoved into your arms. The neurophysiologist commented on a few other notable damages whilst he was doing it, such as a frozen shoulder, but reported nothing majorly significant.

The final report that will bring an end to the medical roulette testing was the cervical CT. For those of you that may not have had a CT (yet), the machine is similar to an MRI scanner except the hole in which you have to go through is a lot bigger and instead of being a cylinder, it is more of a segment, so less problematic for claustrophobia. The scanner doesn't make noises and the entire process is a lot quicker.

The difference in imagery is that MRIs are better at looking at soft tissues (muscles) and nerves, whilst CTs are better for looking at bones basically. The other major differences are that CTs are not magnetic so is safe with metal implants and it has radiation exposure (hence the uptightness from radiologists in letting them be done. I've had a CT before, several years back so I already knew what to expect (not on my spine), but I will be happy to say that this one did not give me a headache like I anticipated.

The report even says on it that the scan was cancelled by mistake - that's how much trouble there was ordering it! It confirms the fusion from C5-T2 and delivered the surprise of spina bifida in the lower cervical region. The degenerated changes reported in the MRI report are once again confirmed with the addition of degenerate changes at T2-3 too. I got sent that report in the post before my new Spinal Surgeon even got to me, but he was round the corner.