

Q: What is a surface EMG (sEMG)?

A: sEMG is a medical diagnostic technique in which electrodes are placed on (not into) the skin overlying a muscle to detect the electrical activity of the muscle. The electrical activity will help us gain insight into how tight or spastic muscles are on either side of the spine.

Specifically in this office, the sEMG is placed over the muscles of the back in order to measure its balance from side to side.

The muscles on either side of your spine should be balanced, much like a equal game of tug-of-war: if they are not working equally well, the body is forced to compensate, which takes energy. This imbalance can be monitored by sEMG technology.

Having information about how a muscles have compensated or adjusted to an injury or biomechanical imbalance is extremely beneficial in patient diagnosis, treatment and management.

To learn more, please visit our website abbotsfordchiropractic.com or call our office at 604-853-4441 for a consultation.



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