

# ARORA FAMILY CHIROPRACTIC

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## What does sEMG stand for?

sEMG stands for Surface Electromyography. sEMG is a device which measures the amount of electrical activity your muscles release when they are contracting, more commonly known as muscle tension. It is similar in function to an EKG which measures heart muscle activity.

## Is it Painful?

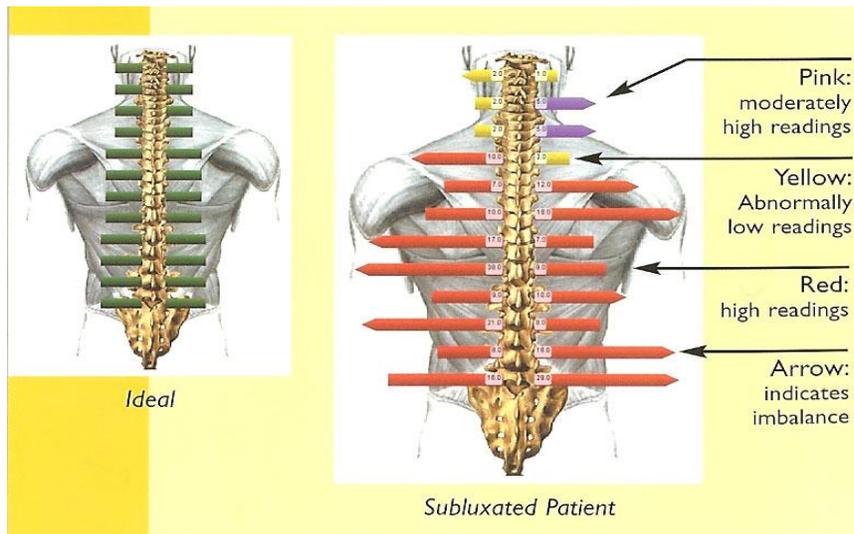
**Not at all.** It is totally non-invasive and does not cause pain or irritation. This makes it totally safe for infants, children, pregnant women or seniors. It simply requires the placement of small probes against the skin, with the test taking less than a few minutes.

## Why is muscle important?

Muscles have a tendency to “brace and guard” as your bodies natural defense mechanism to pain and injury.

## What do the results mean?

Colors indicate levels of tension: green are average/ideal, pink are moderately high, and red are high levels of tension. Yellow readings indicate abnormally low or fatigued muscles. Arrows indicate imbalance.



## How does this relate to your health?

Just as an EKG can help determine the health of your heart, the MyoVision test results provide important physiological information which can help your doctor determine the course of care. In addition, MyoVision exams can help your doctor measure your response to care, document more effectively your health, and track your progress over time.

## What kind of changes can I expect?

Your doctor's chosen care can have many positive benefits. In most cases, your sEMG tests will normalize and balance over time.

## Why do modern healthcare professionals use computerized spinal examination?

Modern healthcare professionals are committed to using the highest quality research and clinical grade instrumentation available. By utilizing this equipment, your healthcare provider can help more effectively improve your health, and wellness.