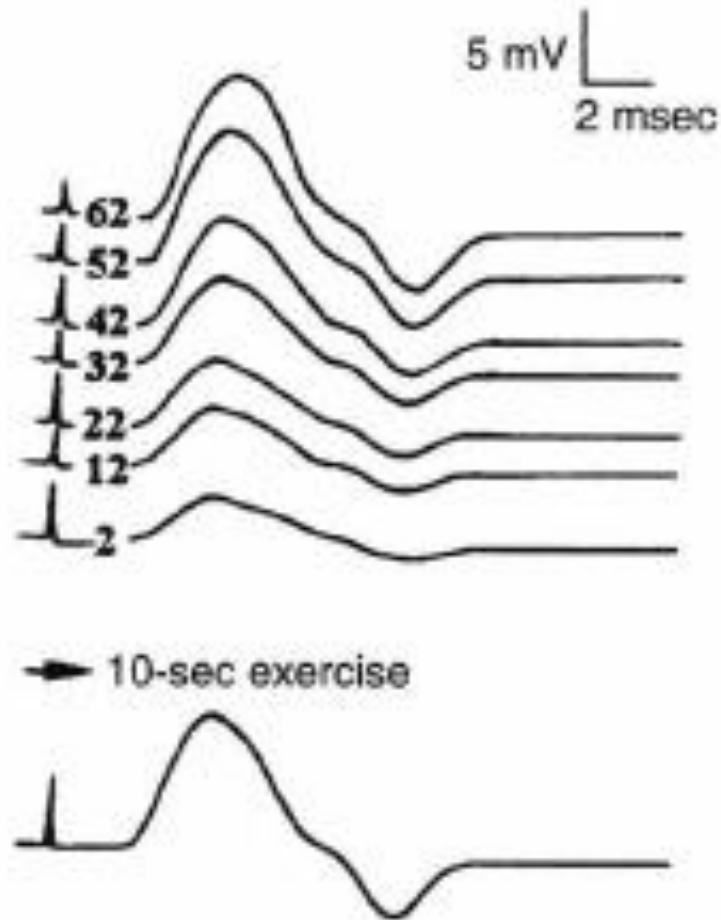


# Short exercise test

- Ulnar nerve – ADM
- Baseline CMAP – one per minute for 5 minutes
- 5-10sec maximal voluntary contraction
- Immediate post exercise CMAP, if decrement seen continue to record every 10sec up to 1-2min

# Short exercise test

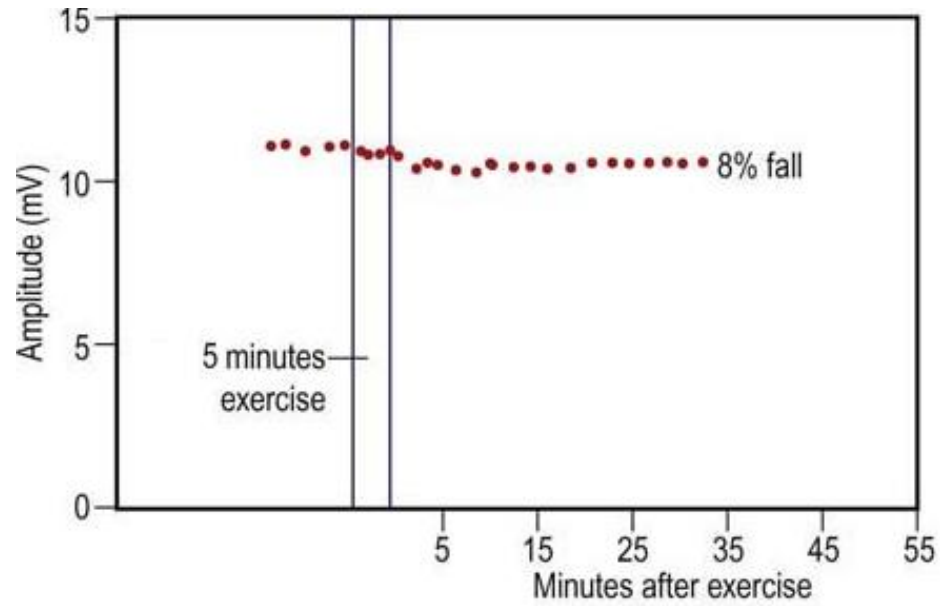


# Long exercise test

- Ulnar nerve – ADM
- Baseline CMAP – one per minute for 5 minutes
- 5min maximal voluntary contraction resting every 25sec for 5sec
- Post exercise - record CMAP every minute for next 10 minutes followed by every two minutes for next 40 minutes

# Long exercise test

**Normal**



**Abnormal**

