Your Physician Has Ordered a VMA Test For You.
Please take a few minutes to read this brochure so that you will know what to expect during the VMA testing procedure.

Questions:
Please feel free to contact your physician or their medical staff prior to the test.

Please notify the testing facility 24 hours in advance, if possible, if you are unable to keep the appointment.
Vertebral Motion Analysis (VMA) is the First New Quantitative Spine Imaging Test in Over 75 Years.

**VMA Measures Spine Motion to Test for Instability**

Instability occurs when vertebral bodies slip. When this happens, nerves can be impinged, which can lead to symptoms, such as pain.

Some instability occurs only during spine bending. When bending triggers instability, it can be painful. However, if a patient avoids painful positions during testing, the surgeon may never know instability is present.

With VMA testing, hardware gently guides patient bending to help achieve positions that result in the detection of instability.

**VMA is an Advanced Functional Imaging Test for the Lumbar and Cervical Spine**

VMA is an FDA-cleared, non-invasive, painless examination that uses a C-Arm (fluoroscope) to capture video-type x-rays of your spine in motion.

These videos are then analyzed to produce spine motion measurements. This information helps your physician administer a more accurate and thorough diagnosis.

**The Testing Experience**

VMA testing usually takes about 20 minutes. Please plan to arrive early and allow plenty of time to locate the testing facility.

The test involves the use of machines that assist with spine bending, by gently guiding you through a series of spine bending routines. While you are doing these bends, the technician will be capturing x-ray-type videos of your spine in motion.

These bending routines should not cause any discomfort, but if so there is a “stop” button you will be holding that can be pressed at any time to stop testing.

**Preparation**

Arrive 15 minutes prior to appointment

Dress comfortably in loose fitting clothing with no metal or zippers

Health permitting, please refrain from eating or drinking 4 hours prior to examination