

SPINE WEST

Physiatry & Sports Physicians

Phone: (303) 494-7773

Fax: (303) 494-1104

Boulder Office

5387 Manhattan Circle #200
Boulder, CO 80303

Trust • Care • Excellence

Steamboat Office

940 Central Park Drive Suite 280
Steamboat Springs, CO 80487

EMG INSTRUCTION SHEET

Information for Patients and their Families

Your doctor has recommended an electromyography and nerve conduction velocity (EMG/NCV) test. EMG / NCV is a test to determine how your muscles and nerves work and if they are functioning correctly and if not, why.

What You Can Expect:

- To test the nerves, small electrodes will be applied to the skin on the arms and/or legs. During the test you will feel electrical impulses on the skin and your muscles may twitch. This may be discomforting at the higher intensities.
- To test the muscles and their nerve supply, a small needle is inserted through the skin into selected muscles. You may feel some discomfort.
- The total time for the exam is about 1 hour.

Before the procedure:

- **Please do not use lotions or creams on the day of the examination.**
- **Wear comfortable, loose fitting clothing** (Tank tops and loose shorts are the best). You may be asked to change into a medical gown as we often need to evaluate both the lower and the upper part of the limb.
- **Please leave jewelry and watches at home** as they will need to be taken off prior to the exam.
- You may eat, drink and take your medications as usual.

Please call us with any questions or concerns at 303-494-7773