

Teaching Video *NeuroImages*: Involuntary muscle contractions in Hoffman syndrome



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Hoffman syndrome is a rare constellation of features that occurs in severely hypothyroid adults. It is characterized by muscle hypertrophy, weakness, stiffness, and slowness of movement with or without muscle cramps.¹ Elevation of creatine kinase is common, but does not correlate with disease severity.²

A 50-year-old man from Ghana presented with painful cramps and involuntary contractions of his shoulders, arms, and legs (see video on the *Neurology*[®] Web site at www.neurology.org). He reported difficulty with sustained muscle activity and fatigue. Laboratory data were significant for thyroid-

stimulating hormone of 108 μ IU/mL and creatine kinase of 6,072 U/L. He was diagnosed with severe hypothyroidism presenting as Hoffman syndrome. His symptoms resolved with levothyroxine.

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Supplemental data at
www.neurology.org

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