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Inverted Beevor's sign in facioscapulohumeral muscular dystrophy

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A 50-year old male with facioscapulohumeral muscular dystrophy (FSHD1), scapulooperoneal weakness and bilateral scapular winging, presents a downward movement of his umbilicus while attempting to get up from the recumbent position (Video 1, <http://links.lww.com/WNL/B189>). Beevor's sign, an upward umbilicus deviation when the supine patient is flexing the neck or tries to sit up without the use of the hands, indicates lower abdominal muscle weakness. It is highly sensitive and specific, but not diagnostic, for FSHD1, since it is described in other myopathies [1, 2]. Beevor's sign may be present in this "inverted" form, indicating predominant weakness of upper rectus abdominis muscle.

Appendix 1: Authors

Name	Location	Contribution
Constantinos Papadopoulos, MD, PhD	First Department of Neurology, Eginition Hospital, Medical School, National and Kapodistrian University of Athens, Greece	Design of the study, analysis and interpretation of the data, drafting manuscript, multimedia files creation
Sofia Xirou, MD, PhD	First Department of Neurology, Eginition Hospital, Medical School, National and Kapodistrian University of Athens, Greece	Analysis and interpretation of the data, revising the manuscript
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Teaching Slides-<http://links.lww.com/WNL/B188>

Video-<http://links.lww.com/WNL/B189>

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Video legend

Inverted Beevor's sign in a 50-year-old male with genetically confirmed facioscapulohumeral muscular dystrophy. Note the downward deviation of the umbilicus when the patient tries to sit up from the supine position

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