

## MYOPATHY IS A NEUROMUSCULAR DISORDER THAT AFFECTS THE BODY'S MUSCLES THAT CONTROL VOLUNTARY MOVEMENTS.

### MYOPATHY

Myopathies can be either inherited or acquired later in life. Inherited myopathies are genetic conditions that include muscular dystrophy, and congenital, metabolic and mitochondrial myopathies.

Acquired myopathies can be caused by inflammatory, toxic and systemic conditions, including:

- Endocrine conditions like hypothyroidism
- Medications including steroids (on high dose of steroids for an extended period of time) or chemotherapy
- Critical illness (from prolonged hospitalization, intubation, or proximal weakness)
- Viral infections
- Alcohol (excessive)
- Systemic inflammatory diseases like lupus or rheumatoid arthritis
- Electrolyte imbalance

### SYMPTOMS

The primary symptom of myopathy is muscle weakness. In most types of myopathy, the weakness is experienced in the upper arms, pelvis, shoulders, and thighs. In advanced stages, it also may include the hands and feet.

#### Other symptoms of myopathy include:

Cramps | Aching | Stiffness | Tenderness  
Spasm | Tightening | Atrophy

### DIAGNOSIS

A variety of tests can be used to determine a specific myopathy, including:

- Physical exam with clinical history
- Muscle strength tests
- Electromyography (EMG)
- Ultrasound
- MRI
- Genetic tests
- Muscle biopsy

### REHABILITATIVE TREATMENT

While myopathy typically results as a chronic disease, treatment can help slow its progression and relieve symptoms. Treatment is most effective when the disease is diagnosed early.

At **ClearSky Rehabilitation Hospital of Flower Mound**, patients and their families meet with the physician-led, multi-disciplinary team to set goals and create comprehensive, individualized treatment plans.

#### Treatment may include:

- Physical therapy
- Occupational therapy
- Speech therapy (including swallowing assistance)
- Dietary management

Please Call  
**469.933.2855**  
TO MAKE A REFERRAL