

# Myotonia

**Myotonia** is a chronic disorder of muscle tone in which the muscles do not relax sufficiently after free contraction and can affect any muscle group. The condition may improve after the muscles have been warmed up.

Symptoms may present as a stiff gait, issues with releasing grip and difficulties in rising up from a resting or seated position.

Myotonia is usually an inherited neurological disorder and is seen in individuals with myotonic muscular dystrophy, myotonia congenita, channelopathies (sodium or potassium ion channel mutations which significantly impact the muscle membrane). Additionally, myotonia can be triggered by cold exposure.

The treatment of myotonia includes mexiletine, quinine, phenytoin among other anticonvulsant drugs. Physical therapy and rehabilitation may also be prescribed to help alleviate stiffness.

## Links

1. <https://www.ninds.nih.gov/health-information/disorders/myotonia#:~:text=Myotonia%20is%20a%20medical%20term,the%20muscles%20have%20warmed%20Dup.>
2. VOKURKA, Martin a Jan HUGO, et al. *Velký lékařský slovník*. 9. vydání. Praha : Maxdorf, 2009. 1159 s. ISBN 978-80-7345-202-5.
3. AMBLER, Zdeněk. *Základy neurologie : [učebnice pro lékařské fakulty]*. 7. vydání. Praha : Galén, c2011. ISBN 9788072627073.