Abstract:

Hirayama disease is a rare neurological disorder primarily affecting young males in their late teens and early twenties. This condition leads to slow and progressive muscle weakness and wasting in the distal upper extremities, particularly in the hands and forearms. The underlying cause is believed to involve growth imbalances in the spinal canal, leading to spinal cord compression during neck flexion.

In this case presentation, we describe a 21-year-old male with atypical symptoms of Hirayama disease involving weakness and tingling sensations in both upper and lower limbs, with the symptoms being more prominent in the upper limbs. Diagnostic challenges were overcome through a thorough clinical examination, neurological assessment, and specific MRI findings, which revealed characteristic features of Hirayama disease. The patient's condition was managed with physiotherapy, occupational rehabilitation, and counselling, as there is currently no definitive cure for the disease.Ongoing research in this rare condition is crucial to deepen our understanding of its pathophysiology and explore potential treatments. Overall, this case highlights the diverse clinical presentations and diagnostic challenges associated with Hirayama disease, emphasizing the importance of accurate diagnosis and appropriate management to optimize patient outcomes and quality of life.