

## **Abstract**

Limb girdle muscular dystrophy (LGMD) is a group of rare disorders, affecting pelvic and shoulder muscles. It causes progressive weakness of proximal muscle groups and can result in atrophy, contractures and finally loss of ambulation. We report a 26-year-old female presented with progressive proximal muscle weakness disproportionately more in the lower limbs than upper limbs since age of 16 years. Neurological examination revealed atrophy of medial thigh muscles and mild atrophy of shoulder girdle muscles with 4-/5 power of proximal muscles of both lower limbs and 4+/5 power of proximal muscles of both upper limbs. Tone and all deep tendon reflexes were normal with flexor response of bilateral plantars. Gower's sign was positive. Electromyography (EMG) findings were suggestive of myopathic disorder. Laboratory work up to find out etiology such as inflammatory and endocrine myopathy was normal with mild elevation of Creatine phosphokinase. Muscle biopsy findings favoured the diagnosis of Limb girdle muscular dystrophy. Rehabilitation therapy was commenced.