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Bedside Myotonia**

Availability:	In public domain.
Classification:	Supplemental- Highly Recommended: Myotonic Dystrophy (DM)- Recommended for QOL, functional status, therapy
Short Description of Instrument:	Myotonia will be sought on physical examination using the following techniques: 1. Eye closure myotonia. The participant will be instructed to close the eyes tightly for 3 seconds, and then to open the eyes. This test will be performed 5 times. Eye closure myotonia is present if there is difficulty fully opening the eyelids. 2. Hand-grip myotonia. The participant will be instructed to forcefully close the fingers in a fist for 3 seconds, and then rapidly open the fist. This test will be performed 5 times. Hand-grip myotonia is present if the fingers cannot be immediately extended.
Scoring:	Eye closure myotonia and hand-grip myotonia are scored by seconds before the subject can either fully open their eyes or their hand. 5 trials are performed.
Comments/Special instructions:	Administration Time: 5 minutes
References:	<p>Trip, J., G. Drost, et al. (2009). Redefining the clinical phenotypes of non-dystrophic myotonic syndromes. <i>J Neurol Neurosurg Psychiatry</i>: 80(6):647–652.</p> <p>Trip, J., G. Drost, et al. (2006). Drug treatment for myotonia. <i>Cochrane Database Syst Rev</i>(1): CD004762.</p>