

HIRAYAMA DISEASE – CASE REPORT

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ABSTRACT

Purpose - Hirayama disease is an progressive disease caused by cervical neck flexion compressing the anterior horns of cervical spinal cord, primarily seen in young males in Asian descen and this condition is increasingly being encountered internationally.

Material and Methods - We present a young male with progressive hand and forearm weakness. We discuss the clinical presentation, appropriate investigations and management of this condition

Results - Our patient underwent MRI cervical spine with whole spine screening which revealed anterior translation of posterior Durameter at C5- C7 level. Successfully treated with surgery - C4-5 and C5-6 discetomy with C5 corpectomy was done with caging and fixation done with cervical soft collar post operatively.

Conclusions - This case illustrates typical presentation, diagnostic investigations and treatment of Hirayama disease. This will alert clinicians of this condition and optimize the management of affected individuals.

KEYWORDS: Hirayama disease; magnetic resonance imaging; muscular atrophy, spinal; spinal cord

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