

! Understanding Muscle Pain and Weakness in Thyroid Disease

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Muscle disease, or [myopathy](#), may occur because you have an underactive thyroid ([hypothyroidism](#)) or an overactive thyroid ([hyperthyroidism](#)). Muscle problems related to these medical conditions are usually mild. Treatment of your thyroid disorder can help ease the symptoms.

! However, in some rare cases, myopathy related to thyroid disease can be severe and debilitating. By better understanding the muscle symptoms of thyroid disease, you'll be able to manage your discomfort or weakness.

This article will talk about thyroid disease and how it can cause pain and weakness. It will discuss thyroid muscle disease symptoms and how a healthcare provider can diagnose and treat the disease.

Myopathy in Thyroid Disease	
Myopathy in Hypothyroidism <ul style="list-style-type: none">• Weakness in muscles close to the center of the body (thighs, shoulders)• Elevated creatinine• Cramping• Rarely, enlarged muscles (Hoffman's syndrome)• Rarely, breakdown of muscle tissue (rhabdomyolysis)	Myopathy in Hyperthyroidism <ul style="list-style-type: none">• Muscle weakness• Creatinine levels tend to be normal• Cramping (uncommon)• Rarely, issues with the muscles involved in swallowing and breathing (rare)

! Hypothyroid Myopathy

Muscle weakness, aches, and cramping are common in people with hypothyroidism.

Symptoms

People with hypothyroid myopathy can experience weakness throughout the body, and it is typically most severe in the muscles of the thighs or shoulders. This can lead to **problems climbing stairs** or combing your hair.

Diagnosis

Hypothyroid myopathy is diagnosed based on symptoms, physical examination, and diagnostic tests. You may have a blood test to measure creatinine kinase.