

THE THYROID-MUSCLE MYSTERY:

HOW A TINY BUTTERFLY GLAND CAN MAKE YOUR BODY ACHE, STIFFEN OR WEAKEN

Your thyroid is a small, “butterfly-shaped gland” that controls your body’s “speed setting” including energy, metabolism, muscles, joints and bones. When thyroid hormones are **too low** or **too high**, it can cause body **aches, stiffness, weakness, joint pain** and altered bone metabolism.



5 WAYS THYROID AFFECTS THE MUSCULOSKELETAL SYSTEM.



1) MUSCLES CAN FEEL WEAK OR HEAVY:

Low thyroid levels can cause muscle aches, cramps, stiffness and weakness, especially around the shoulders, hips and thighs.

High thyroid levels may also weaken muscles & reduce muscle mass, making daily activities feel tiring. Your muscles may feel like they are running on a low battery.

2) JOINTS CAN BECOME PAINFUL AND STIFF:

Thyroid disorders may lead to joint pain, morning stiffness and reduced movement. Conditions like frozen shoulder, trigger finger and limited mobility are commonly reported. If your joints feel like rusty hinges, your thyroid could be involved.



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3) NERVES CAN GET PINCHED HELLO, CARPAL TUNNEL:



Hypothyroidism is linked with carpal tunnel syndrome, causing tingling, numbness or burning in the hands.

Symptoms are often worse at night or during repetitive hand use.

Don't ignore those "electric" finger sensations.

4) SHOULDERS AND TENDONS CAN BECOME STUBBORN:

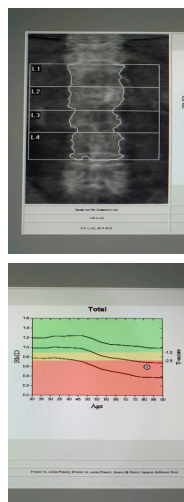


Frozen shoulder has a strong association with thyroid disorders, especially hypothyroidism.

People may notice pain, stiffness and difficulty reaching overhead or behind the back.

Sometimes your shoulder isn't "dramatic" — it's hormonal.

5) BONES CAN LOSE STRENGTH:



Too much thyroid hormone can speed up bone breakdown, lowering bone density over time.

This may increase the risk of fractures, especially in untreated hyperthyroidism.

Your bones need balance, not overactive demolition.



4 SYMPTOMS TO LOOK OUT FOR



UNEXPLAINED MUSCLE WEAKNESS

If climbing stairs, lifting bags or getting up from a chair suddenly feels harder, thyroid-related muscle weakness may be a reason. Thyroid disorders can directly affect muscle function and strength.



TINGLING/NUMBNESS IN THE HANDS

Pins and needles, especially at night, may point toward carpal tunnel syndrome. This condition is commonly associated with hypothyroidism.



SHOULDER PAIN WITH LOSS OF MOVEMENT

Pain while combing hair, reaching overhead or sleeping on one side may suggest frozen shoulder. Thyroid disease has a documented link with this condition.



BONE PAIN OR FRACTURES AFTER MINOR FALLS

Frequent fractures or low bone density may be linked with excess thyroid hormone levels. Hyperthyroidism can weaken bones over time.



3 EVIDENCE- BASED PREVENTION MOVES



THE CHAIR RISE TEST:

- Sit on a chair with your arms crossed. Stand up without using your hands.
- **Notice:** Do your thighs feel unusually weak? Do you need to push with your arms?
- Muscle weakness can occur in both hypothyroid and hyperthyroid states



THE WRIST TINGLE CHECK:

- Observe your hands while typing, using your phone, driving or sleeping.
- **Notice:** Do your fingers go numb, especially at night?
- This may suggest carpal tunnel syndrome, which has been reported more often in hypothyroid patients.



THE SHOULDER REACH CHALLENGE:

- Try reaching overhead, then behind your back as if tucking in a shirt.
- **Notice:** Is one shoulder painful, stiff or much more restricted?
- Frozen shoulder has been shown to be associated with hypothyroidism and subclinical hypothyroidism.

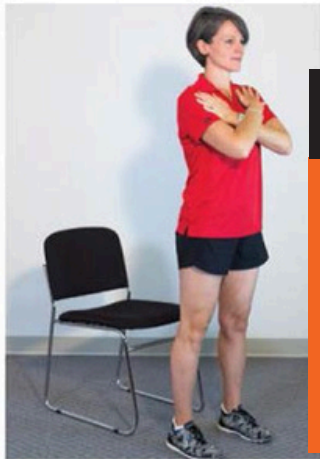


FUN FACT: THE BUTTERFLY HAS SUPERPOWERS:

Your **thyroid** weighs only around **20–30 grams**, but it **influences** muscles, bones, heart rate, temperature, energy and metabolism. **Tiny gland, big personality** - basically the body's overachieving project manager.



2 EXERCISES TO KEEP THE MSK SYSTEM HAPPY:



SIT-TO-STAND STRENGTH BUILDER:

Slowly stand up from a chair and sit back down. **Do: 8–12 repetitions** as comfortable. This helps strengthen the thighs and hips, which are commonly affected in thyroid-related muscle weakness.

WALL ANGELS FOR SHOULDER MOBILITY

Slide your arms up and down against a wall gently. **Do: 8–10 repetitions daily** without sharp pain. This helps maintain shoulder mobility and may reduce stiffness linked with frozen shoulder.



1 PREVENTION TIP:

Don't brush off persistent muscle weakness, joint stiffness, tingling hands or frozen shoulder symptoms.

If these issues continue, ask your healthcare provider whether thyroid testing is appropriate. Early diagnosis and treatment may help improve muscle and nerve symptoms while protecting long-term bone health.



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