

A symptom of multiple sclerosis is forward neck flexion, or Lhermitte's sign, an electric shock-like or tingling sensation that extends down the spine and spreads to the extremities, lasts only a few seconds, and arises during movement of the cervical spine, especially neck flexion. A person may feel weakness in the arms or legs, may have difficulty moving them, may not be able to feel where their limbs are or feel shaky. When patients bend their neck forward, people sometimes become less sensitive to pain and temperature in the hands and feet. Often, this transient symptom is self-limiting and will disappear within a period of 6 months. Drug treatment is initially analgesics, short-acting opioid medications, muscle relaxants, and decreasing doses of oral steroids. Persistent symptoms can be improved with nerve pain medications such as gabapentin, pregabalin, and tricyclic antidepressants.