

### (EKBOM'S SYNDROME)

#### DEFINITION

1. Restless legs syndrome is a common and distressing condition characterised by a variety of intolerably unpleasant sensations in the legs and present only at rest.

#### CLINICAL FEATURES

2. Soon after sitting, or lying in bed, the patient begins to experience pins and needles, burning sensations or actual pain that can be momentarily relieved by change of posture. A few patients also report involuntary jerking of the legs.
3. In severe cases the symptoms reach such a pitch that they can be relieved only by walking. The symptoms return immediately on lying down so that many hours of sleep are lost. There are no abnormal signs and there is no electro-physiological evidence of neuropathy.

#### AETIOLOGY

4. In some cases the syndrome has been found in association with iron deficiency, hypercalcaemia (as in hyperparathyroidism) or uraemia, being then symptomatic. The aetiology in these cases is that of the underlying condition.
5. Other than in relation to the conditions mentioned at paragraph 4 above, the cause of the condition is unknown.

#### CONCLUSION

6. **Restless legs syndrome** is a common condition affecting the lower limbs. The aetiology is unknown.

#### REFERENCES

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