



A Rare Case of Thyrohyoid Syndrome following Total Thyroidectomy due to Metastatic Strumi Ovari

Nishil Patel DO, Soo Kim MD

Introduction

- Thyrohyoid Syndrome or lateral thyrohyoid ligament syndrome is an uncommon inflammatory condition of the ligament and surrounding tissues.

Case Description

- 44 yo female with rheumatoid arthritis and s/p total thyroidectomy in 12/2023 with completion of radioactive iodine therapy after biopsy confirmed metastatic struma ovari with well differentiated follicular thyroid carcinoma presented to pain clinic endorsing unilateral anterior neck pain.
- On physical exam, she was tender with deep palpation of the right superior cornu of the thyroid cartilage. Tentative plan for US-guided corticosteroid injection with anesthetic targeting the lateral thyrohyoid ligament was discussed.



Thyrohyoid Syndrome is an uncommon inflammatory condition due to overuse/trauma of the lateral thyrohyoid ligament that is conservatively treated with NSAIDs or local anesthetic/steroids.

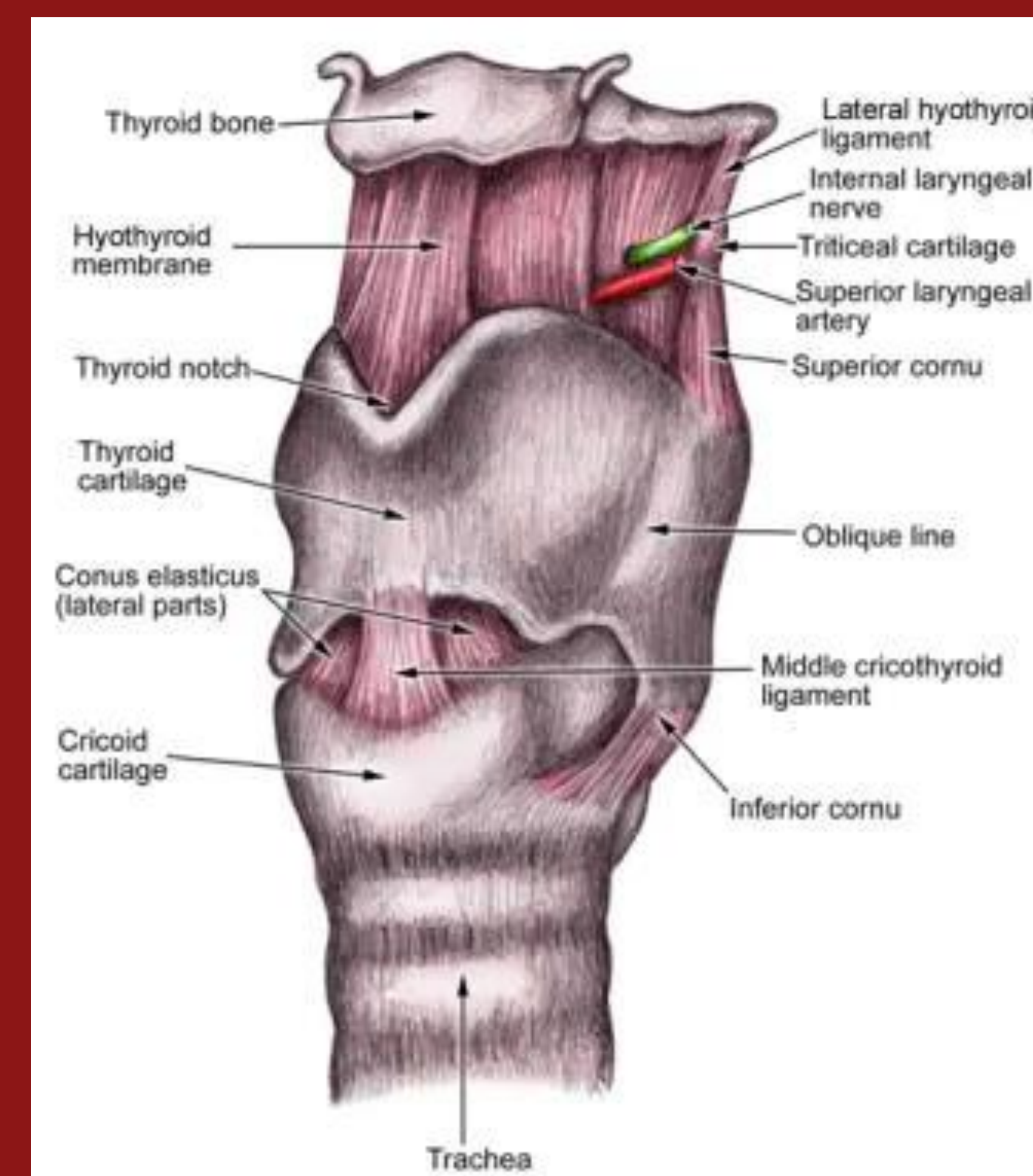


Figure 1: Larynx anatomy



Icahn School
of Medicine at
**Mount
Sinai**

Discussion

- The patient in this case presented to the clinic with a unique medical history but typical presentation of most patients who have been diagnosed with lateral thyrohyoid ligament syndrome.
- It is an inflammatory condition, likely the result from an inciting trauma or due to overuse from excessive swallowing or voice projection.
- NSAIDs and a short course of oral steroids are the first line management for this condition.
- The most effective treatment with is injection of local anesthetic and steroids.

Conclusion

- There is a paucity of literature documenting lateral thyrohyoid ligament syndrome.