

Evidence Discussion (Fasciculations - PN 8.3)

- Fasciculations in isolation are usually benign, especially when they occur repetitively for seconds at a single site and in a single muscle. Fasciculations are more likely to be pathologic if they occur simultaneously in multiple muscles or if they are associated with objective weakness, atrophy, or hyperreflexia.¹
- Although fasciculations are characteristic of Motor Neuron Disease/Amyotrophic Lateral Sclerosis (MND/ALS) and may occur in other neurological conditions, they are also a very common occurrence in the general population, being noticed by about 70% of normal healthy individuals.²
- EMG/NCV evaluation may help differentiate patients with benign fasciculations from those who warrant further investigation.²
- Appropriate laboratory evaluation and imaging would depend on suspected etiology.³

1. Filippakis A, Jara J, Ventura N, et al. A prospective study of benign fasciculation syndrome and anxiety. *Muscle Nerve*. 2018;58(6):852-854. doi: 10.1002/mus.26193.
2. Montalvo A, Swash M, de Carvalho M. Benign fasciculations: A follow-up study with electrophysiological studies. *Muscle Nerve*. 2021
3. Izenberg A. Amyotrophic Lateral Sclerosis and Other Motor Neuron Diseases. *Continuum (Minneapolis)*. 2023;29(5):1538-1563. doi:10.1212/CON.0000000000001345