***Dr. Ammar Yaseen Mansour***

***The Clonus: 2nd Hypothesis of Pathophysiology***

[*For more details concerning the 2nd Hypothesis of the Pathophysiology of Clonus,  
see the linked video:*](https://youtu.be/DYh-R7gOe-Q)

*[video](https://youtu.be/DYh-R7gOe-Q)*

*Clonus is a rhythmic, oscillating, stretch reflex, the cause of which is not totally known; however, it relates to the lesions of the upper motor neurons and therefore is generally accompanied by the hyperreflexia. It can be evaluated in many joints but is most commonly seen in the ankle joint by briskly dorsiflexing the foot.*

*Sometimes, we obtain a similar movement in normal individuals, however it should be less than five oscillations in such cases. Provided, it is accompanied by other signs and/or symptoms of hyperreflexia, one should think of its morbidity even in a low rhythm.*

*Normally, one stimulus launches its related reflex circuit only. For an example, tapping on Achilles tendon launches its own reflex circuit (i.e., the ankle jerk reflex). However, in the upper motor injuries and because of the induced overactive hyperreflex, the contraction of the related muscles (i.e., the Gastrocnemius and Soles muscles in our example) can be brisk and too severe. The severe muscle contraction could activate another group of receptors that belong to the antagonistic muscle(s) (i.e., the Tibial muscle in the same example).*

*In turn, the severe tibial muscle contraction will activate the receptors of the antagonist muscles (i.e., the Gastrocnemius & the Sole muscles). Hence, a vicious circle of two opposite overactive hyperreflexes arises. In such a way, one overactive hyperreflex activates the antagonistic overactive hyperreflex circuit, and vice versa.*

*However, every coming hyperreflex circuit will be of less energy than the precedent. At times, the muscle contraction ends to be too weak to launch a new circle of the vicious circle. The clonus then stops. Moreover, the abused muscles of both sides of the vicious circle will eventually exsanguinate the stock of energy. So finally, they give up the game. And the clonus also stops;* ***figure (1).***

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| ***Figure (1) The Pathophysiology of the Clonus, 2nd Hypothesis***  *[video](https://youtu.be/DYh-R7gOe-Q)*[*For more details concerning the 2nd Hypothesis of Pathophysiology of the Clonus, see the linked video:*](https://youtu.be/DYh-R7gOe-Q)  *In upper motor injuries, and because of the induced hyperactive hyperreflex, the contraction of the effector muscles (i.e., the Gastrocnemius and the Soles muscles in the case of ankle jerk reflex) can be brisk and too severe. However, the severe muscle contraction could activate another group of receptors that belong to the antagonistic muscle(s) (i.e., the Tibial muscle in the same example).*  *Hence, a vicious circle of two opposite hyperactive hyperreflexes arises. In such a way, one hyperactive hyperreflex activates the antagonistic hyperactive hyperreflex circuit, and vice versa.* |

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*In other contexts, you can also read the following articles:*

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| *[video](https://youtu.be/ClqHfY65WQI)* | [*DOI*](https://doi.org/10.5281/zenodo.16070941) | [*The Spinal Reflex, New Hypothesis*](https://drive.google.com/file/d/1Nh0yxWLf3gPOlSKdftIZykUjb3xpsPBe/view?usp=sharing) *of Physiology* |
| *[video](https://youtu.be/qlgZUbWVXzs)* | *-* | [*The Hyperreflexia, Innovated Pathophysiology*](https://drive.google.com/file/d/14TlTu_9KrF0DGbEDE_VgCpYdSAzBMVU7/view?usp=sharing) |
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| *[video](https://youtu.be/rBk0X29hs6w)* | *-* | [*The Spinal Injury, the Pathophysiology of the Spinal Shock, the Pathophysiology of the Hyperreflexia*](https://drive.google.com/open?id=1qQ6Ch-mVj1boww9SAhkPVTwFhX2kVoXR) |
| *[video](https://youtu.be/rBk0X29hs6w)* | [*DOI*](https://doi.org/10.5281/zenodo.16019363) | [*Upper Motor Neuron Lesions, the Pathophysiology of the Symptomatology*](https://drive.google.com/file/d/1kwE-QYZWVzHsadu0wFL4Ckl5o2hGaxMe/view?usp=sharing) |
| *[video](https://youtu.be/G6my9xo1iM8)* | [*DOI*](https://doi.org/10.5281/zenodo.16934981) | [*Hyperreflexia (1): Pathophysiology of Disproportionate Motor Response*](https://drive.google.com/file/d/1vZcRPdwBC4iqv8jwi3YewvOv9yKfegt4/view?usp=drive_link) |
| *[video](https://youtu.be/q1mMORyoNLY)* | [*DOI*](https://doi.org/10.5281/zenodo.16934700) | [*Hyperreflexia (2): Pathophysiology of Bilateral-Response Hyperreflexia*](https://drive.google.com/file/d/1Gd85ZcKFIMG_0H6QeE7mez4-XvP1o2OV/view?usp=sharing) |
| *[video](https://youtu.be/5iViwU_y3-M)* | [*DOI*](https://doi.org/10.5281/zenodo.16934286) | [*Hyperreflexia (3): Pathophysiology of Extended Hyperreflexia*](https://drive.google.com/file/d/18soM_THFCzezkfBfBEG9UdoO0qWHLGlz/view?usp=sharing) |
| *[video](https://youtu.be/PteMImPyZ0A)* | [*DOI*](https://doi.org/10.5281/zenodo.16922028) | [*Hyperreflexia (4): Pathophysiology of Multi-Motor-Response Hyperreflexia*](https://drive.google.com/file/d/1xRj0t5guxfzMsl3b0aeg6SHdWCwlQIEw/view?usp=sharing) |
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| *[video](https://youtu.be/6ChlKWK4OLs)* | [*-*](https://doi.org/10.5281/zenodo.16067006) | [*The Nerve Transmission through Neural Fiber (1), The Action Pressure Waves*](https://drive.google.com/open?id=1OPh2-qAwl2LqWLxdKY_WhJdFAKmCbbcC) |
| *[video](https://youtu.be/_ayskJT4v5c)* | [*-*](https://doi.org/10.5281/zenodo.16067006) | [*The Nerve Transmission through Neural Fiber (2), The Action Potentials*](https://drive.google.com/open?id=1T3EBNAcw_a5S4AoTJRdbOUpY0tVCtU4Y) |
| *[video](https://youtu.be/55zCk35swKs)* | [*-*](https://doi.org/10.5281/zenodo.16067006) | [*The Nerve Transmission through Neural Fiber (3), The Action Electrical Currents*](https://drive.google.com/open?id=1w62cTew8Rdr0nQnaBUvVQmhc2vNI7iTj) |
| *[video](https://youtu.be/5A-S1GgHqjk)* | *[-](https://doi.org/10.5281/zenodo.16067006)* | [*The Function of Standard Action Potentials & Currents*](https://youtu.be/5A-S1GgHqjk) |
| *[video](https://youtu.be/GkSeiaw2vMk)* | *[-](https://doi.org/10.5281/zenodo.16067006)* | [*The Three Phases of Nerve transmission*](https://drive.google.com/open?id=1qSxDdr6CutOhf-Jshr4khVVzjYiNX0vi) |
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| *[video](https://youtu.be/_uIAVuMdTvw)* | *-* | [*Nodes of Ranvier, the Functions*](https://drive.google.com/open?id=15E7qLoDIl4glTeAKBs15tvn-5Q99p1nF) |
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| *[video](https://youtu.be/zGRVmB0zta0)* | *-* | [*Nodes of Ranvier, Second Function*](https://youtu.be/OqH6r2qhmxY) |
| *[video](https://youtu.be/uP4QKEZsanA)* | *-* | [*Nodes of Ranvier, Third Function*](https://youtu.be/IFSf8eo8V9Y) |
| *[video](https://youtu.be/WtCIWXXP8wU)* | *-* | [*Node of Ranvier, The Anatomy*](https://youtu.be/WtCIWXXP8wU) |
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| *[video](https://youtu.be/sEuDDBoeCIA)* | *-* | [*The Wallerian Degeneration*](https://drive.google.com/open?id=1Al56zec4gm7qWRkIN1EWuXnDu6Fa-Puz) |
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| *[video](https://youtu.be/ERg0rdaDsZ4)* | [*DOI*](https://doi.org/10.5281/zenodo.16739379) | [*Piriformis Muscle Injection: Personal Approach*](https://drive.google.com/file/d/1d0p-Zx0KOSG3LO29xmdH4R-vMKBgULIf/view?usp=sharing) |
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| *[video](https://youtu.be/K_4NgfxD18g)* | [*DOI*](https://doi.org/10.5281/zenodo.16788416) | [*In Philosophy of Nerves: Pain First!*](https://drive.google.com/open?id=1HHkOUQnYOy2yrnl6h68dLt0fL0V6toDO) |
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| *[video](https://youtu.be/wofEWjGJFS0)* | [*DOI*](https://doi.org/10.5281/zenodo.16838976) | [*Ulnar Nerve, Congenital Bilateral Dislocation*](https://drive.google.com/file/d/1V2mKzzV_RjoCYoJ0LRBelClJmiRv-ZnX/view?usp=sharing) |
| *[video](https://youtu.be/9u9yDd8NIoE)* | *-* | [*Posterior Interosseous Nerve Syndrome*](https://drive.google.com/open?id=1JsmICiXRYKNbYg3CiW9YlZm4pRBJ5SOB) |
| *[video](https://youtu.be/yLyRSiN2EEo)* | [*DOI*](https://doi.org/10.5281/zenodo.16811632) | [*The Multiple Sclerosis: The Causative Relationship Between The Galvanic Current & Multiple Sclerosis?*](https://drive.google.com/file/d/1M0GTyJSsuc9ZWo8FnHPensmcptwHr0mR/view?usp=sharing) |
| *[video](https://youtu.be/6XkNgguYEz4)* | *-* | [*Cauda Equina Injury, New Surgical Approach*](https://drive.google.com/file/d/1Pux0iKaOxZxkVPYAZzJmVfWeu2Oz-mVC/view?usp=sharing) |
| *[video](https://youtu.be/ZlNvPM0fh8A)* | [*DOI*](https://doi.org/10.5281/zenodo.16762035) | [*Carpal Tunnel Syndrome Ends Its Adherence: Complete Median Nerve Transection*](https://drive.google.com/file/d/1sHhWsaH47QJ5PzCDWlFd2KqiExBcONyl/view?usp=sharing) |
| *[video](https://youtu.be/rJoXOrr_IIE)* | [*DOI*](https://doi.org/10.5281/zenodo.16762909) | [*Biceps Femoris' Long Head Syndrome (BFLHS)*](https://drive.google.com/file/d/14y1g0Y9ThOqYRwJOsh1e5FIuxUurYDgJ/view?usp=sharing) |
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| *[video](https://youtu.be/2twXxX6T9zY)* | [*DOI*](https://doi.org/10.5281/zenodo.15879503) | [*Barr Body, The Whole Story (Innovated)*](https://drive.google.com/open?id=1MsjgYESiWd3slc7i9s9mSiwOAnWFfrys) |
| *[video](https://youtu.be/VsmAEwMexmE)* | *-* | [*Adam's Rib and Adam's Apple, Two Faces of one Sin*](https://drive.google.com/open?id=1SEtq6SqQxNHHOn0q4TqrS2mhVumXNQv5) |
| *[video](https://youtu.be/jjl8SMMkLeA)* | *-* | [*Adam's Rib, could be the Original Sin?*](https://drive.google.com/open?id=10CEzaQ2cbFr6CQI-d8VTur7Ekq2VnyF0) |
| *[video](https://youtu.be/Ofn55E_fYJI)* | *-* | [*Barr Body, the Second Look*](https://drive.google.com/file/d/1-aKUsKo4-IIkdd9BsKK70iYutlycSwl6/view?usp=sharing) |
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| *[video](https://www.youtube.com/watch?v=kj9OggVj50E)* | [*DOI*](https://doi.org/10.5281/zenodo.15903408) | [*Who Decides the Sex of Coming Baby?*](https://drive.google.com/file/d/1fxYwPRwuwGr5sv183v1m7LEwx24jpjf0/view?usp=sharing) |
| *[video](https://youtu.be/byGU-uDGAzM)* | *-* | [*Boy or Girl, Mother Decides!*](https://drive.google.com/open?id=1Mq5x5lqJ1givipdwAjcFyHAkEqdiJIdH) |
| *[video](https://youtu.be/L0Odkd-9ZHY)* | *-* | [*Oocytogenesis*](https://drive.google.com/file/d/1UR57GGSvkorIaZCrBbjwWT2FCngu4x21/view?usp=sharing) |
| *[video](https://youtu.be/AA252qjldLk)* | *-* | [*Spermatogenesis*](https://drive.google.com/file/d/1dFhcEwK7X9_80oogfleEqy34PmuYHTb6/view?usp=sharing) |
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| *[video](https://youtu.be/PYJtcfPs8mI)* | *-* | [*This Woman Can Only Give Birth to Male Children*](https://drive.google.com/file/d/1AuNzWbVMNIb48U34jkaDUveEqXXiPZGp/view?usp=sharing) |
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| *[video](https://youtu.be/M5bRtMwcj94)* | *-* | [*This Woman Can Give Birth to Male Children More Than to Female Children*](https://drive.google.com/file/d/1D91xR5HCmVGdOSTBEiWOV6nz2gvxxrpS/view?usp=sharing) |
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| *[video](https://youtu.be/8ZBClHclnso)* | [*DOI*](https://doi.org/10.5281/zenodo.16333743) | [*Thumb Reconstruction Using Microvascular Second Toe to Thumb Transfer*](https://drive.google.com/file/d/1SDnEQtKoXJ673ApPVO1CuLnTewwOz9aH/view?usp=drive_link) |
| *[video](https://youtu.be/72J4c7Gof-g)* | [*DOI*](https://doi.org/10.5281/zenodo.16312752) | [*Surgical Restoration of a Smile by Grafting a Segment of the Gracilis Muscle to the Face*](https://drive.google.com/file/d/14AZMJJjeaVTdPn3wxPn7e2XqlRGdOPzq/view?usp=drive_link) |
| *[video](https://youtu.be/Dn4vEpJYaSg)* | [*DOI*](https://doi.org/10.5281/zenodo.16354468) | [*Mandible Reconstruction Using Free Fibula Flap*](https://drive.google.com/file/d/1Nv2YLBSc5TC7VFXBUVp9KAga4eUQmqfg/view?usp=sharing) |
| *[video](https://youtu.be/wLhKIBIb3gA)* | [*DOI*](https://doi.org/10.5281/zenodo.16393787) | [*Presacral Schwannoma*](https://drive.google.com/file/d/1EzZ10x4KR3ep0Xp4Ldq1f2u9u8SECNP9/view?usp=sharing) |
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| *[video](https://youtu.be/MQShaLlN-Y0)* | [*DOI*](https://doi.org/10.5281/zenodo.16411324) | [*Free Para Scapular Flap (FPSF) for Skin Reconstruction*](https://drive.google.com/file/d/1Z1hkl2E6N95ld1tXIYaTfvL6lw4mqQ1P/view?usp=sharing) |
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| *[video](https://youtu.be/fDjXCSHGuvA)* | [*DOI*](https://doi.org/10.5281/zenodo.16551354) | [*Algodystrophy Syndrome Complicated by Constricting Ring at the Proximal Border of the Edema*](https://drive.google.com/file/d/1D-h2Ck-VdsJyA5dukbliwXwOh_-t2HUz/view?usp=sharing) |
| *[video](https://youtu.be/OKv1iogYIMA)* | [*DOI*](https://doi.org/10.5281/zenodo.16593122) | [*Non- Traumatic Non- Embolic Acute Thrombosis of Radial Artery (Buerger’s Disease)*](https://drive.google.com/file/d/1ZaKpD0XVdQxY6FR44PyBeFfv_RKzXj_x/view?usp=sharing) |
| *[video](https://youtu.be/2hJw4jKCyfg)* | [*DOI*](https://doi.org/10.5281/zenodo.16661775) | [*Isolated Axillary Tuberculosis Lymphadenitis*](https://drive.google.com/file/d/1aC9W8XO6UNHljyS3iAwlP2fiuH85D3Lr/view?usp=sharing) |
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