

## Fast Facts

### Tremors

- An uncontrollable and unintentional movement of one part of your body
  - Usually, the movement is rhythmic and occurs at any time
  - Different from muscle spasms and twitches
- Muscle spasm is the involuntary contraction of the muscle (often called a muscle cramp)
- Muscle twitch is the uncontrolled fine movement of a small portion of a larger muscle (this can be visible underneath your skin)
  - Divided into two main types—resting and action
- Resting tremors happen when you're not moving (ex. sitting or lying). If you start to move around, they'll go away
- Action tremors occur during the movement of a specific body part. This type is divided into subcategories (intention, postural, task-specific, kinetic, and isometric)
  - Also organized by appearance and cause (essential, Parkinsonian, dystonic, cerebellar, psychogenic, orthostatic, and physiologic)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
-Intention—appear during targeted movement (ex. trying to touch your finger to your nose)	-Depends on cause (treat this and usually the tremor will go away)  <i>Specific Treatment Options:</i>	<i>Caused by medical condition:</i>  -None
-Postural—occur when holding a body part against gravity (ex. holding your arm outstretched)	-Medications (ex. beta blockers, tranquilizers, and anti-seizure drugs) -Botox injections -Physical therapy	<i>Caused by medications, alcohol, or other factors:</i>  -Avoid these
-Task-specific—arise during a specific activity (ex. writing)	-Brain stimulation surgery (debilitating tremors only)	<i>Prevent secondary injuries:</i>
-Kinetic—start during movement of a body part (ex. moving your wrist up and down)		-Take your time changing positions -Use assistive devices (ex. cane or walker)
-Isometric—develop during the voluntary contraction of a muscle without other movement		

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