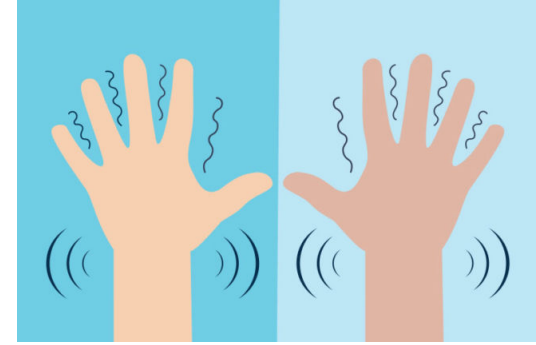




Managing Tremor
Neuro Café
1st September

What is Tremor?



- Tremor is defined as an involuntary, rhythmic oscillatory movement of a part or parts of the body, resulting from alternating or irregularly synchronous contractions of antagonist muscle
- Over one million people in the United Kingdom suffer with a neurological tremor of some type. For many, tremor impacts intrusively into their daily activities.
- There are more than 20 kinds of tremors. For instance, excessive caffeine, alcohol withdrawal, problems with thyroid or copper metabolism or the use of certain medications may cause tremor.
- Head/ arms/legs/voice
- **Essential Tremor**
 - is considered one of the most common neurological movement disorders and is estimated to be eight to 10 times more prevalent than Parkinson's disease. People exhibit a rhythmic trembling of the hands, head, legs, trunk and/or voice.
- **Orthostatic Tremor**
 - is a condition that involves the unintentional rhythmic muscle movement of one or more parts of the body. It usually occurs when a person is standing upright. Very fast tremor with lower limbs muscles contracting together (synchronously).

Types of Tremor

Resting tremor	<p>Tremor which occurs when the muscles are not being voluntarily moved. Normally when the limb is moved, the tremor will weaken or disappear. Like all tremors, it will get worse when stressed or anxious. Resting tremor is quite separate from other tremors. It is most commonly found in Parkinson's disease.</p>
Action tremor (kinetic tremor)	<p>A tremor which occurs when the limb or body part is being moved.</p>
Postural tremor	<p>Found when while maintaining a position such as out stretching your arm.</p>
Intention tremor	<p>Tremor becomes worsens when the limb is guided to move towards a particular body part.</p>
Task specific tremor	<p>A tremor which occurs only with specific tasks or activities. An example of this is primary writing tremor, which occurs mainly when writing.</p>
Dystonic tremor	<p>It occurs in conjunction with dystonia. Dystonic tremor can affect multiple body parts. Most commonly affected are the hands, head and occasionally voice.</p>
Psychogenic tremor	<p>It symptoms may vary but often start abruptly and may affect all body parts. The tremor increases in times of stress and decreases or disappears when distracted.</p>



NTF

National Tremor Foundation

<https://tremor.org.uk>

01708 386399 enquiries@tremor.org.uk



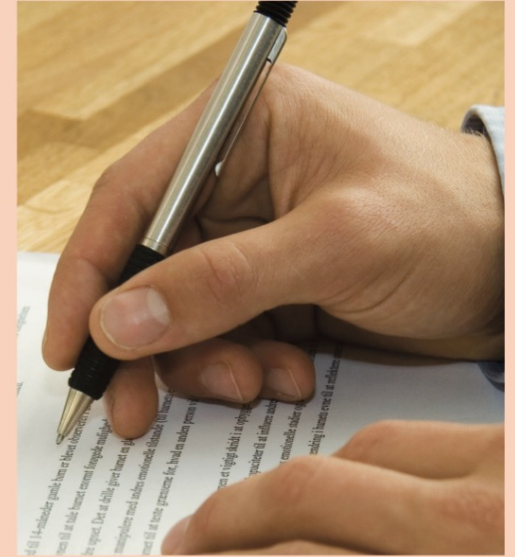
Eating, drink & food preparation

- 1 Use heavier glasses and mugs instead of light-weight cups.
- 2 Soup mugs are also a good choice for drinking.
- 3 When holding a mug or small glass, place your thumb along the rim and place your fingers across the bottom.
- 4 Fill cups, mugs and glasses half full.
- 5 Consider using dishes that have vertical sides or buy rubber bumper guards from a medical supply store to place around the edges of your plates so you can more easily scoop your food.
- 6 Try using covered ice-cube trays.
- 7 Get a rubberized placement that sticks to the table so plates do not slide.



Writing

- 1 Print rather than type script.
- 2 Write in small letters– its easier than writing in large letters. Rest your forearm on a table while writing.
- 3 Hold the pen between your index and your middle finger.
- 4 Place writing paper on a soft surface such as a newspaper to



Personal care

- 1 Use an electric razor when shaving.
- 2 Have a manicurist care for your nails.
- 3 Have a cosmetologist wax or pluck your eyebrows.
- 4 Use disposable floss holders.
- 5 Hire a seamstress to do your mending, or find a volunteer to sew your buttons, thread needles and pin fabrics. Use Velcro fasteners rather than buttons.
- 6 Use an electric toothbrush or a child's toothbrush for better control.



- Exercise can bring benefits in health and fitness, enabling the mind and body to relax, and help cope with the challenges of living with tremor.

- Strength training
- Dancing
- Yoga
- Tai Chi
- Hydrotherapy/ Aqua aerobics
- Walking – Nordic walking / Fit on foot programme