

EXAMINATION OF TREMOR:

Complete shaded area

Numbers 1-12: further explanation in table above ↓						Guide to distinguishing features of PD, ET and Dystonic Tremor		
1	Asymmetry					+++++	++	+++
2	Rest Tremor (RT)							
	Arms on lap/resting on arms of chair / lying supine	RIGHT		LEFT		PD	ET	Dystonic
	• Arms					++++	(+)	+
	• Legs					++	(+)	+
	• Distraction effect (Indicate body part)					++++	(+)	+
	• Walking effect (Indicate body part)					++++	↓	+
3	Kinetic Tremor (KT)					RT>KT	++++	++
	• Finger Nose Test					+	++++	++
	• Pour Water					+	++++	++
	• Hand rotation					+	++++	++
	• <u>Intention:</u>					+	++++	++
	○ Finger-Nose							
	○ Wing beating					+	++++	++
4	Postural Tremor (PT)					PT>KT	KT>PT	+++
	• Distraction					+	++	+++
	• Wing beating posture					-	++	+++
	• Rotation of arm					+	++	+++
5	• Distribution					➤ Distal	➤ Prox	
6	• Joints involved	Elbow	Wrist	MCP	Other	MCP/fingers	Wrist	
7	Re-emergent Tremor					+++	-	-
8	Effect of movement on rest tremor					↓	++	++
9	Axis/Direction of tremor	Flex/Ext		Pronate/Sup				
						Pronate/Sup	Flex/Ext	
10	Dystonic posture							++++
11	Spiral					No axis	Axis	Multiple
12	Neck Tremor						↓supine	