

4 TYPES OF TREMOR

(1) RESTING TREMOR



A coarse, rhythmic tremor that often presents when the limbs are in the position of rest. Intentional movement might decrease the intensity of the tremor, and periods of extreme rest (e.g. sleeping) can make the tremor disappear altogether.

Most likely to be:
Parkinson's Disease.

(2) POSTURAL/ACTION TREMOR:



Observed during deliberate attempts at stabilising the body/limbs e.g. keeping the arms outstretched. Tremor can worsen when the limb is intentionally moved e.g. when drinking from a cup. In a state of relaxation, no tremor is observed.

Most likely to be:
Essential Tremor.

(3) INTENTION TREMOR



Triggered by a person's movement. Chiefly occurs at the tail-end of an action, particularly when a precise movement is required e.g. when a person is asked to touch a small button on a shirt, all goes well till the person needs to target a particular button.

Mostly observed in:
conditions associated with the cerebellum or its neurological connections.

(4) RUBRAL TREMOR



Characterised by sudden, violent movement e.g. when a patient is attempting to keep the arms outstretched, an intense arm 'flapping' movement takes place instead. This tremor type can also result in some interruptions of the cerebellar connections.

Most commonly seen in:
persons with Multiple Sclerosis (MS).