



Movement Disorders

Fast Facts:

- There are many movement disorders that can cause slow or increased movement.
- Patients can have many other symptoms as well, such as trouble swallowing, speaking, and thinking clearly.
- Treatments are specific for each disorder and require the expertise of specialists.

What are Movement Disorders?

- Movement disorders are a group of conditions that cause problems with movement.
- Parkinson's disease, Huntington's disease, Tourette syndrome, and essential tremor are examples of movement disorders.
- These disorders have to do with the brain and its ability to control the body.
- They can cause the body to move too slowly or in uncontrollable ways.
- Movement disorders can also cause issues with eating, speaking, mood, urination, bowel movements, thinking, and sleeping.

What Causes Movement Disorders?

- The causes of movement disorders are different for each disorder but have to do with the brain and nervous system.
- The brain controls our body and when it becomes damaged it can lead to movement disorders.

How are Movement Disorders Diagnosed?

- Each movement disorder is diagnosed a bit differently.
- A physical exam by a physician trained in brain disorders is most important.
- There are some imaging scans, blood, and genetic tests that can help with the diagnosis.

How are Movement Disorders Treated?

- There is no cure for many movement disorders. The goal of treatment is to reduce symptoms and improve your daily function. No single treatment works for all patients.
- There are many medications used to treat the different movement disorders' symptoms. Patients may need to take many medications together.
- There are some surgical options for certain movement disorders.
- Exercise, physical, mental, and occupational therapy are also used to treat movement disorders.

Points to Remember:

- Treatments are unique to each movement disorder and patient.
- Including family and friends in your care is very important.

For Additional Information:

- Parkinson's Foundation - <https://www.parkinson.org/>
- International Essential Tremor Foundation - <https://essentialtremor.org/>
- International Parkinson and Movement Disorder Society - <https://www.movementdisorders.org/For-Patients.htm>