Tremors vs. Dyskinesia

Tremors and dyskinesias are two types of disordered movements that individuals who have Parkinson's Disease can experience.

Parkinson's Tremor - refers to regular and rhythmic involuntary muscle movements that can affect parts of the entire body. Parkinson's tremors typically affect the hands in addition to other body parts.

Progression of Tremors - tremors tend to progress as Parkinson's progresses.

- In the early stages of the disease, the tremor is typically only seen on one side of the body and is well managed by medications.
- As the disease progresses, the tremors can start to affect both sides of the body and multiple body parts.
- As the disease enters the advanced stages, medications may not manage the tremors as well as they did in the earlier stages.

Tremors may affect the following daily tasks

- writing
- shaving, brushing teeth, and other hygiene activities
- getting dressed and tying shoelaces
- meal preparation and cooking

Dyskinesia - uncontrolled, involuntary, and erratic movements

These movements are *not a direct symptoms of Parkinson's Disease* but are a result of long-term use of some Parkinson's medications like Levodopa. Dyskinesias tends to happen when other symptoms of Parkinson's are best controlled because of the high levels of medications that are in the body. Every person experiences dyskinesias differently and typically only the most severe dyskinesias affect a person's function in daily life.

Types of Dyskinesias:

- Peak Dose Dyskinesia - occurs when the concentration of levodopa in the blood is at its highest.
- Diphasic Dyskinesia - occurs when the concentration of levodopa is at its lowest, right as you are beginning your "on" period

Management of Dyskinesia

- Your doctor may change your dose and/or timing of levodopa
- Your doctor may switch you to a different formula of levodopa
- Your doctor may add Amantadine to your medication regimen. Amantadine Is a medication that can help to lessen the amount of dyskinesia someone experiences.

Bradykinesia (slowness of movement). Parkinson's Foundation. (n.d.). https://www.parkinson.org/understanding-parkinsons/movement-symptoms/bradykinesia
The difference between Dyskinesia and tremor. Davis Phinney Foundation. (2020, October 5). https://davisphinneyfoundation.org/the-difference-between-dyskinesia-and-tremor/