

My Body Moves Different: Guide to Movement Disorders




Tourette Syndrome
Why This Happens: Brain circuits overactive → "tic" repeated movements or sounds
What to Look For:
 Eye blinking, shoulder shrug, throat clearing
 Uncontrolled vocal sounds
How to Treat:
Medical: Clonidine, guanfacine, antipsychotics (if severe)
Non-Medical: Behavioral therapy, stress management
Advanced: Neurofeedback

Parkinson's Disease
Why This Happens: Brain cells that make dopamine die → signals to muscles get mixed up.
What to Look For:
 "Shuffle" walk
 Rubbing hand movements
 Stiff movements
How to Treat:
Medical: Levodopa, dopamine agonists, MAO-B inhibitors
Non-Medical: Exercise, physical therapy, tai chi
Advanced: Deep Brain Stimulation

Dystonia
Why This Happens: Brain sends wrong signals → too many muscles contractions
What to Look For:
 Twisting movements
 Muscle cramps
 Shaky voice
How to Treat:
Medical: Botox, muscle relaxants
Non-Medical: Stretching, physical therapy

Movement disorders affect how your body moves




Essential Tremor
Why This Happens: Brain sends too many signals → causing muscles to shake
What to Look For:
 "Shuffle" walk
 Rubbing hand movements
 Stiff movements
How to Treat:
Medical: Levodopa, dopamine agonists, MAO-B inhibitors
Non-Medical: Exercise, physical therapy, tai chi
Advanced: Deep Brain Stimulation

Ataxia
Why This Happens: Cerebellum, area controlling balance, is damaged → movement uncoordinated.
What to Look For:
 Impaired walking
 Balance difficulties
 Trouble swallowing
How to Treat:
Non-Medical: Manage Symptoms through Therapy
 Speech
 Physical
 Occupational

Tips for Caregivers
 Encourage Daily exercise
 Track medications & therapy
 Offer emotional support and patience
 Join support groups



Huntington's Disease
Why This Happens: Genetic changes → brain cells controlling movement and thinking die off
What to Look For:
 Jerky, uncontrolled movements
 Trouble walking / using hands
 Mood / memory changes
How to Treat:
Medical: Tetrabenazine, mood medication
Non-Medical: Manage Symptoms through Therapy
 Speech
 Physical
 Occupational
Advanced: Clinical trials for gene therapies