

MOVEMENT DISORDERS

Medical conditions that can affect the nerves, causing the body to move abnormally.

Two examples are **tardive dyskinesia** and **cerebellar ataxia**.

Tardive Dyskinesia

This is a movement disorder that can be caused by years of use of anti-psychotic medication, primarily in the treatment of bipolar disorder or schizophrenia. This can present with involuntary, repetitive movements of the face and body.

Treatment:

If you notice these symptoms, please reach out to your psychiatrist immediately. Changing medications to an alternative anti-psychotic typically relieves symptoms. Other treatments can include deutetrabenazine and valbenazine.

Cerebellar Ataxia

Cerebellar ataxia is a type of movement disorder caused by damage to the cerebellum, or the brain's control center for balance. This can present with an inability to coordinate movements, leading to difficulty staying balanced and walking.

Treatment:

This can be caused for a variety of reasons, and typically, treatment is focused on managing the underlying symptoms. Unfortunately, this does not always completely relieve that loss of balance. In these cases, a psychiatrist may recommend physical therapy.

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