

COMMON MOVEMENT DISORDERS & TREATMENTS

MOVEMENT DISORDER (Name)	SIMPLE DESCRIPTION (Key Symptoms & What Happens)	HELPFUL TREATMENTS & APPROACHES (Meds, Therapies, Procedures)
PARKINSON'S DISEASE 	Brain neurons gradually stop making dopamine. Leads to slow movements, stiffness, shaking when resting, and balance issues.	<ul style="list-style-type: none">  Levodopa/Carbidopa, Dopamine Agonists, DBS, PT/OT (exercises).  Beta-blockers, Primidone,  Focused Ultrasound, DBS, OT for adaptive tools.
ESSENTIAL TREMOR 	Nervous system causes rhythmic shaking, mostly in hands when doing things. Different from Parkinson's.	<ul style="list-style-type: none">  Beta-blockers, Primidone, Focused Ultrasound, DBS, OT for adaptive tools.  Botox injections, Muscle relaxants,  Anticholinergics, PT for comfort, DBS.
DYSTONIA 	Muscles contract involuntarily, causing twisting, repetitive movements or strange postures. Can be in one spot or body-wide.	<ul style="list-style-type: none">  Tetrabenazine (chorea),  Antipsychotics, Antidepressants,  Speech therapy, Supportive care.
HUNTINGTON'S DISEASE 	A genetic brain condition causing jerky movements (chorea), thinking difficulties, and mood/psychiatric changes.	<ul style="list-style-type: none">  CBIT therapy,  Alpha-2 agonists  Alpha-2 agonists (e.g., Clonidine),  Antipsychotics,  DBS (severe cases).
TOURETTE SYNDROME 	Uncomfortable urge to move legs, especially when resting or at night. Relief comes with movement. Usually starts in childhood.	<ul style="list-style-type: none">  Iron supplements, Dopamine agonists,  Lifestyle changes (sleep hygiene).  Penicillamine, Zinc acetate,  Copper-lowering diet.
RESTLESS LEGS SYNDROME 	Lack of muscle coordination during voluntary movement. Affects balance, walking, speech,	<ul style="list-style-type: none">  PT for balance/gait, OT for daily tasks,  Speech therapy, Treating underlying cause.
CEREBELLAR ATAXIA 	Damage to the cerebellum causes lack of coordination, balance problems, slurred speech, and eye movement issues.	PT for balance/gait, OT for daily tasks, Speech therapy, Treating underlying cause (e.g., vitamins, immune therapy).