



AdvaCare Clinics: Involuntary Tremor Symptom Relief

A tremor is an involuntary, somewhat rhythmic, muscle contraction and relaxation involving to and fro movements (oscillations or twitching) of one or more body parts. Most tremors occur in the hands, although they can also affect the arms, head, face, voice, trunk, and legs. Sometimes tremor is a symptom of another neurological disorder or a side effect of certain drugs, but the most common form occurs in otherwise healthy people. Some forms of tremor are inherited and run in families, while others have no known cause. Excessive alcohol consumption or alcohol withdrawal can kill certain nerve cells, resulting in tremor, especially in the hand. Other causes include an overactive thyroid and the use of certain drugs. Tremors may occur at any age but is most common in middle-aged and older persons.

Although the disorder is not life-threatening, millions of people suffer from the common but mysterious, distressing and embarrassing medical condition. An estimated 5 million Americans find it harder to perform even daily tasks. Even pouring a cup of tea can become impossible.

Tremors are considered by physicians and other health professionals to be one of the most difficult symptoms to treat. To date, there have been no reports of consistently effective drugs for tremors. Some medications can help involuntary shaking with varying degrees of success. Your doctor will prescribe the best one for you based on your diagnosis.

Therapy for Tremors

Physical therapy exercises can sometimes reduce tremors, strengthen muscles, and improve coordination and muscle control. They may also suggest some adaptive devices to reduce the effect of your tremors on your daily activities.

In addition to medications and physical therapy, lifestyle changes will be recommended and are often effective in reducing the shakes. Lifestyle changes can include:

- Elimination of caffeine, alcohol, or any other foods that can stimulate the shakes
- Stress management techniques such as deep breathing and yoga

Botulinum Toxin Type A (Botox) Injections for Tremor Relief

You're probably familiar with Botox as a treatment to smooth facial wrinkles, but Botox, a toxin derived from the *Clostridium botulinum* germ, is a muscle-relaxing medication that also has a number of medical benefits.

Botulinum toxin type A (Botox) injections have proven effective for muscle stiffness experienced by multiple sclerosis (MS) patients and is also available as a treatment for stroke and cerebral palsy sufferers. Injections can bring relief for up to three months.

If tremor is having an impact on your life, AdvaCare Clinic can help! The goal of treatment is to minimize functional disabilities and reduce social handicaps for a quality of life you may not have thought was possible. Contact us today to schedule an appointment at 952-835-6653.

