

Definitions

Rest tremor: occurs w/ rest

Postural: occurs w/ posture

Action: occurs with movement

Intention: worsens as limb approaches target

Tremors

N-M(I)ST DDX

primary Neurologic disorder

Parkinsonian

- *Rest predominantly (hand/arm most commonly)
- *May involve jaw/chin
- *Bradykinesia, rigidity

Essential (most common)

- *Postural/action (hands most commonly)
- *May involve head/voice
- *Usually symmetric
- *Family history
- *No associated sx

Metabolic

Hyperthyroidism

Caffeine

Hypoglycemia

Cu mishandling
(Wilson's disease)

Structural

Cerebellar

- *Action/intention
- *May be accompanied by:
 - Nystagmus
 - Limb ataxia

Rubral

- *Rest/postural/action
- *Cerebellar outflow disorder (MS, stroke)

Toxins/Meds

- *ETOH withdrawal
- *Lithium
- *Antiepileptics
- *SSRIs
- *Beta-agonists
- *Tacrolimus

