

Dr. Rela Institute & Medical Centre is a multi-specialty quaternary care hospital located in Chennai, India.

The Institute is within the campus of Sri Balaji Medical College and University, which is spread across 30 acres. It has 13 operating theatres with 450 beds, inclusive of 150 critical care beds.

The Institute is conveniently located 10 minutes from the Domestic and International Airport.

The hospital is designed to provide highly specialized care in various departments with a focus on multi-organ transplantation. Prof. Dr. Mohammed Rela, a world renowned surgeon in the field of Liver surgery and transplantation is the Chairman and Managing Director of the Institute.

In addition to quaternary & quality care, is also committed to provide day to day primary and secondary care to the local population, with facilities of international standards.

The Institute would provide comprehensive support to international patients travelling for medical treatment such as language assistance, stay, visa and travel.

24 Hr Emergency  **044-6666 7788**



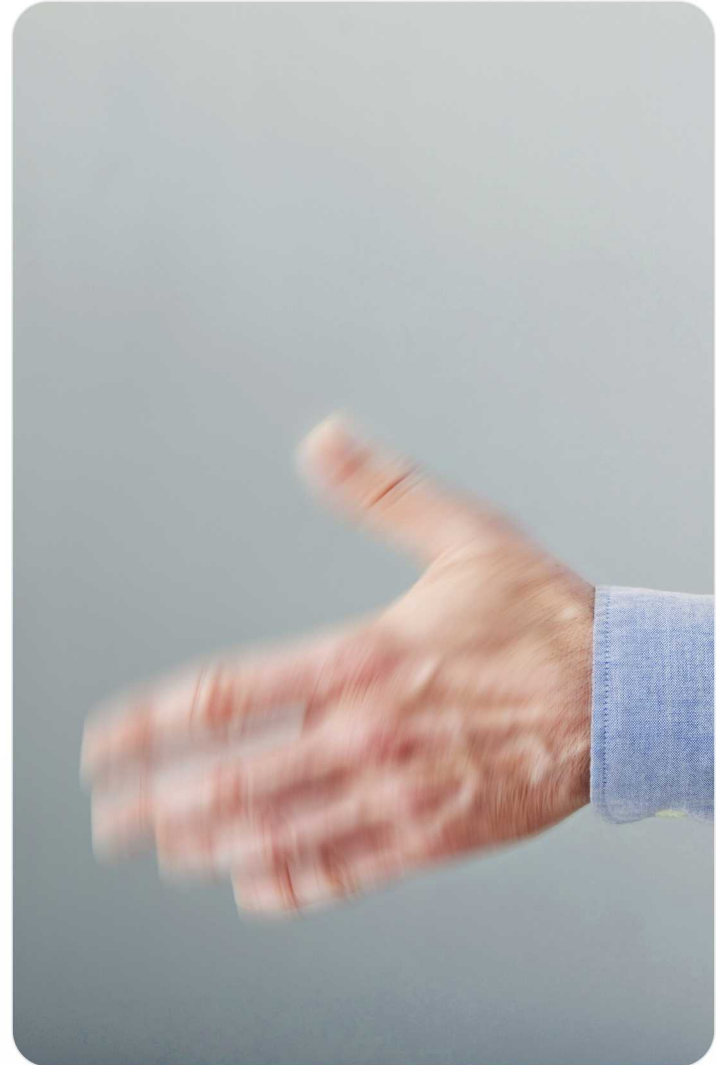
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Department of
Neurology

Tremors

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Introduction

Tremor is an unintentional, rhythmic muscle movement involving to-and-fro movements (oscillations) of one or more parts of the body. It is the most common of all involuntary movements and can affect the hands, arms, head, face, voice, trunk, and legs. Though not life-threatening, it causes significant distress and embarrassment to the affected individual.

How to define Tremors?

Tremors have following types:

Resting tremor occurs when the muscle is relaxed. It may be seen as a shaking of the limb, even when the person is at rest.

An action tremors occurs during any type of movement of an affected body part.

Postural tremor occurs when the person maintains a position against gravity, such as holding the arms outstretched.

Kinetic tremor appears during movement of a body part.

Task- specific tremor appears when performing highly skilled, goal- oriented tasks such as writing or playing instruments.

Tremor is most commonly classified by its appearance and cause or origin. Some of the better-known forms of tremor along with their symptoms include the following:

- **Essential Tremor** or benign essential tremor is most common of the form of abnormal tremor.
- Tremor in Parkinson's Disease is caused by damage to structures within the brain called basal ganglia that control movement.

- **Tremor in Dystonia**, occurs in individuals of all ages who are affected by a movement disorder in which sustained involuntary muscle contractions cause twisting and repetitive movements and/or painful and abnormal postures or positions, such as twisting of the neck or writer's cramp.
- **Cerebellar Tremor**, is a slow tremor of the extremities that occurs at the end of a purposeful movement (intention tremor), such as trying to press a button or touching a finger to the tip of one's nose.
- **Psychogenic Tremor** (also called functional tremor) can appear as any form of tremor movement.
- **Orthostatic Tremor**, is characterized by rhythmic muscle contractions that occur in the legs and trunk immediately upon standing.