

Task-specific Tremor

LAKSHITA BHURA, MD; JOSEPH H. FRIEDMAN, MD

This 72-year-old left-handed man reported onset of tremor in his left hand only with golfing, starting four months prior. Propranolol LA 80 mg daily was of no benefit. His mother may have had essential tremor. No other family member had tremors. He had not been on any medications prior to the tremor developing and was on none when seen. He also reported occasional tremor of the right hand with golfing. He had no difficulty drinking soup from a spoon or eating peas on a fork. His exam was normal, without any tremor. He had not brought a golf club, so we had him hold a cane like a golf club for the video. He was treated with primidone 100 mg tid without benefit.

Task-specific tremors¹ are those which occur only when the patient is performing a specific task, such as writing, cutting, pouring, using a utensil, holding a tool, etc. They are uncommon and poorly understood, and thought to be a variant of essential tremor, and not functional (psychogenic). This differs from “yips,” a form of dystonia with prolonged muscle contractions or sudden jerks.² Treatment is generally the same as for essential tremor: propranolol, primidone or topiramate.

References

1. Bhatia KP, Bain P, Bajaj N, Elble RJ, Hallett M, Louis ED, et al. Consensus statement on the classification of tremors. From the task force on tremor of the International Parkinson and Movement Disorder Society. *Mov Disord.* 2018;33:75–87.[PMC free article] [PubMed] [Google Scholar]
2. Lenka A, Jankovic J. Sports related dystonia. Tremor and Other Hyperkinetic Mov (NY). 2021 Dec 21;11:54. doi10.5334/tohm.670.eCollection2021

Authors

Lakshita Bhura, MD, Movement Disorders Program, Butler Hospital, Providence, RI.

Joseph H. Friedman, MD, Movement Disorders Program, Butler Hospital; Dept. of Neurology, Warren Alpert Medical School of Brown University, Providence, RI.

Disclosures

COI: JHF: EPI Q: consulting; Medlink, Karger Press: royalties

LB: none

Correspondence

Joseph.Friedman@brown.edu

drlakshita.jain@gmail.com

[Click to view video on Vimeo](#)

[1:31, <https://vimeo.com/1019841097>]

