

## Positional Tremors

JOSEPH H. FRIEDMAN, MD

Positional tremors have not attracted much attention, as reflected by the scant number of publications in PubMed. Either they are uncommon, or not commented on, or included under the syndrome, “postural tremor.” “Positional tremors arise when a patient’s tremor is brought on during specific positioning of the involved body part. They can be distinguished from postural tremor, wherein a patient’s tremor is elicited in any posture.”<sup>1</sup>

The videos show the absence of tremor at rest and action but a mild tremor with posture [**Video 1**] and a pronounced tremor of the thumbs or the forearm with particular postures of the hand or the forearm [**Video 2**]. The patient has mild essential tremor.

Why the tremor changes in different positions is unknown. Less common than tremors which develop in certain positions are “task specific” tremors, which occur only when performing a particular maneuver, such as writing, but not holding a utensil or using a screwdriver.<sup>2</sup>

(Note: The patient is the author. Video courtesy of S. Emond.)

### References

1. Schaefer SM, Hallett M, Karp BP, et al. Positional tremor and its treatment. *Mov Disord Clin Pract.* 2017; Sep-Oct;4(5):768-771.
2. Bhura L, Friedman JH. Task-specific tremor. *R I Med J.* 2024;107(11):41.

Click images to view videos on Vimeo



**Video 1.** <https://vimeo.com/1128905392>  
(0.16)



**Video 2.** <https://vimeo.com/1128905099>  
(0.16)

### Author

Joseph H. Friedman, MD, Stanley Aronson Chair in Neurodegenerative Disorders and Professor, Department of Neurology at the Alpert Medical School of Brown University; Director of Butler Hospital’s Movement Disorders Program.

### Correspondence

[joseph\\_friedman@brown.edu](mailto:joseph_friedman@brown.edu)