

55-year-old right handed male – Martial arts instructor

PC

- Tremor and stiffness

HPC

- 6-8 month history of tremor in his right hand. Sometimes he finds his right leg shakes too. Not interrupting daily activities, but irksome and embarrassing.
- Finds he's slower than he used to be in the dojo.
- Pupils finding it difficult to hear him at the back of the class
- Finding he's more unsteady with the occasional stumble when he takes the dogs out.

PMHx

- Nil

PSHx

- Appendicectomy

DHx

- Glucosamine tablets for his knees

SHx

- Non-smoker, occasional alcohol
- Lives at home with his wife and 2 dogs
- Yearly travel to japan

Stop and think

- **What is a tremor?**
- **What common types of tremor are you aware of?**
- **What are the distinctive characteristics of these tremor types?**
- **What does the tempo tell us about the underlying cause here?**

Examination

Hypomimic, hypophonic, Bradykinesia, Unilateral rest tremor, re-emergent phenomenon, Cog-wheeling at the right wrist, Shuffling gait

BP 120/88

HR 90

I+II+O



Sats 98%

RR 16



Cranial Nerves

	R	L
I	N	N
II	N	N
III, IV, VI	N	N
V	N	N
VII	N	N
VIII	N	N
IX,X,XI	N	N
XII	N	N
	R	L
Cerebellar	N	N
Pin Prick	N	N
JPS	N	N
Vib	N	N

Upper Limb

	R	L
Tone	N	N
Sh Ab	5	5
EF	5	5
EE	5	5
WE	5	5
FE	5	5
FDI	5	5
APB	5	5
	R	L
Biceps	++	++
Triceps	++	++
Supinator	++	++

Lower Limb

	R	L
Tone	N	N
HF	5	5
HE	5	5
KF	5	5
KE	5	5
APF	5	5
ADF	5	5
AI	5	5
	R	L
Knee	++	++
Ankle	++	++
Plantar	Down	Down

Stop and think:

- The majority of the 'classical' neurological exam is normal here - which bits are abnormal?
- What condition do you think this gentleman has?

Specific Examination
Handwriting tasks



Clinical concepts for PD drugs:

Drugs that increase the availability of endogenous dopamine	MAOB inhibitors
Dopamine agonists	Pramipexole Ropinirole Apomorphine
L-Dopa (+adjuncts inhibitor to prevent systemic LDOPA breakdown)	Cobeneldopa (Madopar) Cocareldopa (Sinemet) Levodopa+carbidopa+entacapone (Stalevo)