

*Patients may present with more than one hyperkinetic movement, and can even present with a combination of both hyperkinetic and hypokinetic movements.*

**An approach to movement disorders**

*“too much”*  
**Hyperkinetic**

*“too little”*  
**Hypokinetic**

**Tremor**

*A rhythmic oscillatory movement. Can be divided into resting tremor and action tremor.*

**Dystonia**

*A sustained contraction of agonists and antagonist muscles leading to abnormal posture. May be focal, segmental or generalised*

**Myoclonus**

*Irregular, purposeless, brief jerky movements. Slower more writhing form is called athetosis, faster higher amplitude form is called ballismus*

**Chorea**

*Sudden and unpredictable shock like involuntary jerks*

**Tic**

*Stereotyped movements or facial grimaces, often preceded by a feeling of compulsion to move. Momentarily suppressible. May be simple or complex*

**Bradykinesia**

*The commonest cause is idiopathic Parkinson's disease, however other conditions may also give rise to 'Parkinsonism'*