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Tremor

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trunk, and legs. Tremor can occur in normal individuals. It may also be related to an inherited disorder, medications, toxins, or a neurodegenerative process. The location and quality of the tremor can be useful in determining the underlying cause. Tremor may occur at any age but is most common in middle-aged and older persons.

Synonyms

[Jerking](#); [Shaking](#)

Definition

Tremor is an unintentional, rhythmic, muscle movement involving to-and-fro movements of one or more parts of the body.

Current Knowledge

Most tremors occur in the hands, although they can also affect the arms, head, face, vocal cords,

Cross-References

- [Essential Tremor](#)
- [Parkinson's Disease](#)

References and Readings

Fahn, S., & Jankovic, J. (2007). Tremors: Diagnosis and treatment. In S. Fahn & J. Jankovic (Eds.), *Movement disorders* (pp. 451–479). Philadelphia: Churchill Livingstone Elsevier.