

# RED Light, GREEN Light

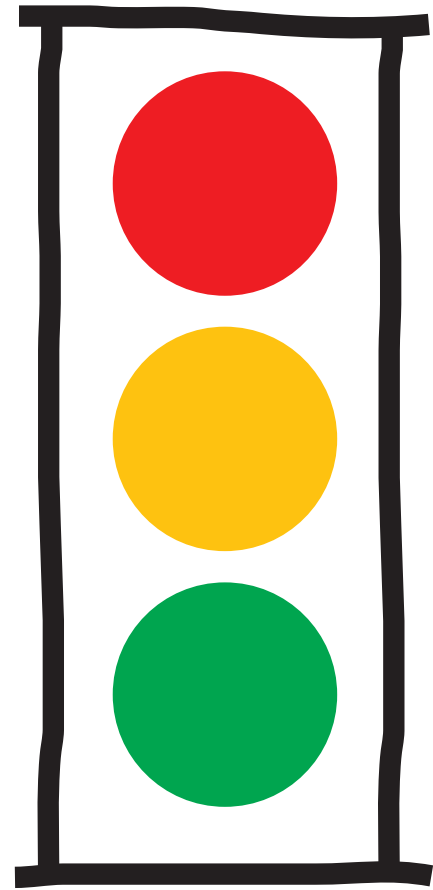
**Dystonia makes it hard for the brain to give muscles the right signals at the right time.**

Dystonia causes a traffic jam in your muscles by sending too many signals at the same time.

Dystonia makes muscles move and twist. It can also make muscles stiff and tight. Dystonia can make it hard to walk, write, speak, and sit still.

Dystonia cannot be cured at this time, but treatments can help. You can learn how to do things in your own way, even if it is a little different than other people.

If you have questions about dystonia, talk to your parents, doctor, teacher, school counselor, or another adult you trust.



**Your brain is the traffic light that tells your muscles when and how to move:**

**FLEX**  
**RELAX**  
**REST**



**DYSTONIA  
MEDICAL  
RESEARCH  
FOUNDATION**

*-serving all dystonia-affected persons*

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