

SENSORY TRICKS BY DYSTONIA TYPE

Here are noted examples of sensory tricks, not an exhaustive list.

Cervical Dystonia

- Touching specific parts of the face, cheek, temple, nose, behind the ear, back of the head, back of the neck
- Raising the arm and holding finger near the sensory trick spot without touching face
- Visual focus on a specific target, focusing on a stationary object while walking
- Looking in the mirror
- Resting the back of the head or neck
- Resting the back or shoulder
- Bending forward
- Wearing a collar or scarf
- Leaning elbows on armrest
- Yawning

Blepharospasm

- Tight goggles or glasses
- Lundy Loop attachments on glasses
- Touching or pulling on eyelids
- Tape on eyebrows
- Touching specific parts of forehead, nose, side of eyelids, chin
- Pushing back head
- Massaging cheek bones, eyelid, forehead
- Closing the jaw, chewing gum
- Covering the eyes
- Picking teeth
- Wearing a cap or turban

Blepharospasm + Oromandibular Dystonia (Meige Syndrome)

- Talking, singing/humming
- Pulling on upper eyelid
- Pinching back of neck
- Yawning
- Belching
- Sucking in or blowing air
- Drinking cold beverage

Lower Cranial Dystonia/Oromandibular Dystonia

- Toothpick in mouth
- Holding object clenched in teeth
- Dental splint
- Touching lip
- Touching lower face
- Touching tongue to top of mouth
- Biting lips
- Swallowing
- Tilting head forward
- Chewing gum
- Sucking, whistling, kissing
- Pen/cigarette/tongue depressor in mouth
- Biting food or plastic between back teeth, dental prosthetic
- Singing, talking
- Thinking about talking
- Playing instrument with larger mouthpieces
- 5 minute ice massage of facial muscles

Laryngeal Dystonia/Spasmodic Dysphonia

- Smiling
- Grimacing
- Laughing
- Speaking over loud background noise

Focal Hand Dystonia/Writer's Cramp

- 5 minute hand immersion in cold water
- Adjusting pen grip, writing with closed fist
- Using pens of different sizes
- Writing on chalk board
- Painting
- Touching specific part of 'normal' hand to the dystonic hand

Runner's Dystonia

- Holding hands above head
- Running in clockwise direction
- Mentally imagining running in clockwise direction

Truncal Dystonia/Camptocormia

- Low-slung back pack
- Using walker with wheels
- Pressing back against wall

DYT1 Dystonia

- Piano playing