WHAT IS DYSTONIA?

WHAT PARTS OF THE BODY CAN BE AFFECTED BY DYSTONIA?

WHAT DOES DYSTONIA FEEL LIKE?

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An estimated 17% of people with Parkinson's experience dystonia. Dystonia, however, is not only a symptom of Parkinson's, but it's also the third most common non-motor symptom. In fact, if you have had dystonia, you may have also experienced Parkinson's Disease. Dystonia is a movement disorder in which the muscles involuntarily contract or tighten. It can affect any part of the body; the arms, legs, head, trunk, neck, and eyes. The severity of dystonia can range from mild to very severe, and it can occur suddenly or gradually. Dystonia can be triggered by factors such as stress, fatigue, and certain medications.

WHAT PARTS OF THE BODY CAN BE AFFECTED BY DYSTONIA?

Dystonia can affect different areas of the body. The severity and location of dystonia can vary from person to person. Some common areas affected by dystonia include:

1. **Hands and Fingers**: Dystonia can cause your hands and fingers to clench or move in a repetitive motion.
2. **Eyes**: Dystonia can affect the muscles around your eyes, causing them to jerk or twitch.
3. **Face**: Dystonia can affect the muscles around your face, causing you to park your face, wrinkle your brow, or clench your jaw.
4. **Neck**: Dystonia can cause your neck to twist or turn in an uncontrollable manner.
5. **Upper Limbs**: Dystonia can affect the muscles in your upper arms, shoulders, and wrists, causing your arms to move in a repetitive motion.
6. **Lower Limbs**: Dystonia can affect the muscles in your legs, causing your legs to move in a repetitive motion.
7. **Trunk**: Dystonia can affect the muscles in your back, abdomen, and chest, causing your body to twist or turn.

WHAT DOES DYSTONIA FEEL LIKE?

Dystonia can feel like a tight squeeze or a pinched feeling in the muscles. It can also cause discomfort or pain. Dystonia can be a temporary or permanent condition, and it can affect people of any age. Dystonia can be triggered by factors such as stress, fatigue, and certain medications. Dystonia can also be managed with medications, physical therapy, and other treatments. The severity of dystonia can range from mild to very severe, and it can occur suddenly or gradually. Dystonia can be a difficult condition to manage, but there are treatments available that can help manage the symptoms.

WHEN DOES DYSTONIA OCCUR?

Dystonia can occur at any time of the day or night. Dystonia can also be cyclical, with episodes occurring at different times throughout the day or can be cyclical. Dystonia can be triggered by factors such as stress, fatigue, and certain medications. Dystonia can also be managed with medications, physical therapy, and other treatments. The severity of dystonia can range from mild to very severe, and it can occur suddenly or gradually. Dystonia can be a difficult condition to manage, but there are treatments available that can help manage the symptoms.