

Parkinson's Tremor Test

Patient's full name:

Date accomplished:

Clinician's full name:

Action Tremors Test

- Have your patient outstretch their arm and point their index finger.
- Position yourself to the side or front of your patient. Make sure you are at the range of their arm's full extension.
- Have your patient touch the tip of your index finger, then have them touch their nose with their index finger.
- Have them alternate touching their nose and your index finger repeatedly but slowly.
- Have them do this for a while until you spot tremors or confirm that they don't have Action Tremors.

Comments

Postural Tremor Test

- Have your patient outstretch both arms forward.
- While maintaining their arms outstretched, have your patient spread their fingers out as much as possible.
- Have them maintain this position for a few minutes. Between 2 to 5 should be good. Postural Tremors may emerge in just a few seconds to a few minutes, so it's best to wait a while.

Comments

Resting Tremor Test

- Tell your patient to sit comfortably while their hands are resting on their thighs.
- Just have them sit there. Wait for a while (at least five minutes) until tremors start to emerge, or if none emerge at all. You can converse with them if you want while you wait but don't forget to look out for tremors. The tremors should manifest in their hands.

Comments

Please make sure to conduct other screening tests before endorsing them for scans and neurological tests.