

Ballismus or ballism (called hemiballismus or hemiballism in its unilateral form) is a very rare [movement disorder](#). It is a type of chorea caused in most cases by a decrease in activity of the subthalamic nucleus of the basal ganglia, resulting in the appearance of flailing, ballistic, undesired movements of the limbs.

It can also appear rarely due to certain metabolic abnormalities. It is a rare movement disorder, being 500 times rarer than Parkinson's disease.

Hemiballismus can cause significant disability.

Symptoms can decrease during sleep.

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