

An involuntary movement occurs when you move your body in an uncontrollable and unintended way. These movements can be anything from quick, jerking tics to longer tremors and seizures. You can experience these movements in almost any part of the body, including the neck, face, and limbs.

There are a number of types of uncontrollable movements and causes. Uncontrollable movements in one or more areas of the body may quickly subside in some cases. In others, these movements are an ongoing problem, and may worsen over time.

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