

# Postural Tremor

Postural [tremor](#), also known as action tremor, is a type of involuntary rhythmic oscillation or shaking of a part of the body that occurs when a person tries to maintain a particular posture against gravity or when they engage in a specific action or activity. This type of tremor is distinct from other types of tremors, such as resting tremor, which occurs when a person is at rest, and intention tremor, which becomes more pronounced as a person approaches a target with their hand or limb. Postural tremor is most evident when a person is holding a position against gravity, such as when they extend their arms or legs.

Common characteristics of postural tremor include:

**Tremor when maintaining a position:** It manifests when a person is actively trying to hold a limb or body part steady against gravity, such as when reaching for an object or holding a cup.

**Amplitude and frequency:** The amplitude (extent of shaking) and frequency (speed of oscillation) of postural tremors can vary. They may be fine and barely noticeable or more pronounced, depending on the individual and the underlying cause.

**Affected body parts:** Postural tremors can affect various body parts, including the hands, arms, legs, and even the head.

**Causes:** Postural tremors can be caused by a variety of factors, including essential tremor, which is a common benign condition, as well as other medical conditions, medications, or neurological disorders.

**Triggers:** Stress, anxiety, fatigue, and stimulants like caffeine may exacerbate postural tremors.

It's essential to differentiate between postural tremors and other types of tremors because the underlying causes and management can vary. If you or someone you know is experiencing postural tremors that are concerning or affecting daily life, it's important to consult with a healthcare professional or a neurologist for a proper diagnosis and appropriate treatment or management options.

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