Understanding Dystonia

Dystonia is a disorder that causes muscles in the body to contract and spasm involuntarily. Individuals who are affected by dystonia cannot control or predict the movement of their bodies. Symptoms of dystonia do not appear the same in every patient. Dystonia may affect a specific part of the body or many parts simultaneously.

- **Spasmodic Dysphonia/ Laryngeal Dystonia**
  Affects muscles of the vocal cords, making it difficult to speak.

- **Oromandibular Dystonia**
  Affects the face, jaw, and/or tongue. Causes grimacing, tongue protrusion, jaw closure, or jaw opening.

- **Limb Dystonia**
  May affect the hand/arm or foot/leg. Causes fingers and toes to curl and limb muscles to cramp.

- **Blepharospasm**
  Affects the eyelids, causing them to blink uncontrollably or remain closed.

- **Cervical Dystonia/ Spasmodic Torticollis**
  Affects neck and shoulder muscles, turning the head to the side or forcing the head back or forward. A tremor may be present.

- **Generalized Dystonia**
  Affects many parts of the body simultaneously. Causes cramping and twisting in the feet, limbs, and torso.

**MORE INFORMATION:**

**Dystonia Medical Research Foundation (DMRF)**
One East Wacker Drive, Suite 1730
Chicago, Illinois 60601-1905
**Toll free:** 800-377-DYST (3978)
**Phone:** 312-755-0198
**Email:** dystonia@dystonia-foundation.org
**Web:** http://www.dystonia-foundation.org

*Find the DMRF on Facebook, Twitter, and YouTube.*