

Orthostatic tremor is a rare neurological condition that affects the legs and trunk, causing a rapid tremor when standing still. The tremor usually disappears when sitting or walking.

Symptoms of orthostatic tremor can include a sensation of unsteadiness when standing still, shaky/jelly legs, difficulty standing for long periods, and anxiety. The tremor usually occurs in the legs but can also affect the trunk or arms. This tremor type is very fast so it is not usually possible to observe the tremor visually, but it can be heard by listening to the calves with a stethoscope.

A test called electromyography (EMG) uses sensors on the calf muscles to detect regular tremor bursts coming from the muscles, which confirms the diagnosis.

The cause of orthostatic tremor is not fully understood, but it may be related to abnormal activity in the part of the brain responsible for controlling movement. It is more common in people over 60 years old and affects more women than men. It does not usually have a secondary cause.

Treatment for orthostatic tremor usually involves medication and physical therapy.

Medications that can be used to treat orthostatic tremor include:

- Clonazepam
- Gabapentin
- Primidone

Physical therapy can help improve balance and coordination, which can reduce the risk of falls. Walking aids can also be helpful in redistributing weight away from the legs which may contribute to symptoms.

In addition to medication and physical therapy, lifestyle modifications can also be helpful. These can include avoiding caffeine and alcohol, using walking aids for support, and maintaining a healthy diet and exercise routine.

If you are experiencing symptoms of orthostatic tremor, it is important to speak with your doctor. They can provide a proper diagnosis and recommend appropriate treatment options.