Teaching Video *NeuroImages*: Essential palatal tremor

Is it a peripherally triggered central movement disorder?

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A 30-year-old woman had progressively severe audible clicks after endoscopic sinus surgery. These involuntary clicks increased with stress, disappeared during sleep, and correlated with palatal movements suggesting essential palatal tremor (EPT) (video on the *Neurology*[®] Web site at www.neurology.org). Neurologic examination was otherwise normal. Brain MRI showed only chronic sinusitis. Clonazepam (0.5 mg/day) reduced the severity of the clicks and palatal movements.

EPT can have central, nasopharyngeal, psychogenic, or multifactorial etiologies.¹ Our observation is consistent with the theoretical construct that EPT

may have a peripheral trigger (structural injury to the nasopharynx) that may act as a “switch” for the central generator (responsive to clonazepam) producing sustained oscillations.

AUTHOR CONTRIBUTIONS

Dr. Shaikh collected data and wrote and edited the manuscript. Dr. Riley and Dr. Gunzler collected data and edited the manuscript.

REFERENCE

1. Zadikoff C, Lang AE, Klein C. The ‘essentials’ of essential palatal tremor: a reappraisal of the nosology. *Brain* 2006; 129:832–840.

Supplemental data at
www.neurology.org

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