

tourette syndrome association *of Greater New York State, Inc.*

TOURETTE SYNDROME

Tourette Syndrome (TS) is a neurological disorder characterized by tics – involuntary, rapid, sudden movements that occur repeatedly in the same way. The tics may occur many times a day nearly every day or intermittently. Tics periodically change in number and frequency, type and location and wax and wane in their severity. While some persons with TS have limited control of their symptoms from seconds to hours at a time, suppressing them may merely postpone more severe outbursts. Tics increase as a result of stress anxiety, excitement and fatigue. They often decrease with relaxation or concentration on an absorbing task.

MOTOR TICS

Eye Blinking	Hair Tossing
Eye Rolling	Arm Flexing
Head Jerking	Arm Flapping
Facial Grimaces	Smelling Fingers
Facial Contortions	Abdominal Jerking
Nose Twitching	Tearing Things
Scratching	Squatting
Kissing Gesture	Skipping
Hitting Self	Stepping Backwards
Clapping	Walking On Toes
Pinching	Twirling
Shoulder Shrug	Knee Bending
Knee Knocking	Foot Tapping
Leg Jerks	Foot Shaking
Stooping	Foot Dragging
Jumping/Hopping	Chewing On Clothes
Stomping	Kicking
Finger Tapping	Pulling At Clothes
Lip Pouting	Somersaults
Lip Licking	Body Slamming
Tongue Thrusting	Mouth Stretching

VOCAL TICS

Throat Clearing
Grunting
Sniffing
Belching
Spitting
Snorting
Squeaking
Coughing
Humming
Yelling
Whistling
Hissing
Laughing
Screaming
Yelping
Barking
Moaning
Saying Words
Clicking
Gasping
Guttural Sounds

COMPLEX TICS – Repeating phrases, words, parts of words; Animal sounds; Stuttering; Amplitude of speech; Muttering; Palilalia – repeating one's own words; Echolalia – repeating other's words; Coprolalia – using obscenities/socially taboo phrases.

OBSESSIVE COMPULSIVE DISORDER— Obsessions are repetitive, unwanted thoughts. Compulsions are repetitive, ritualistic acts that must be performed to rid oneself of the obsession.

OBSESSIONS

Concern for symmetry/order
Concern for cleanliness
Over focusing on minute details
Having to have “just right” feeling
Over focusing on moral issues
Over focusing on one idea objects
Focusing on specific numbers
Needing to experience sensations
Preoccupation with knives/blood, etc.

Worrying about harming
self or others
Concerned about germs/dirt
Hoarding/collecting
Thinking about forbidden behaviors
Mental coprolalia (sexual thoughts/
images)
Aggressive thoughts/images
Obsessive fears

COMPULSIONS

Adjusting clothing to feel just right
Evening things up
Counting objects
Excessive ordering/arranging/fiddling with
Checking & rechecking
Repeating actions
Needing to say or do what told not to do
Needing to start over if interrupted
Repeating the same questions
Perseverating on a task
Not able to change tasks
Echopraxia (repeating the actions of others)

Repeating sounds/ words/ music
Touching objects, others, self
Sexually touching self
Picking skin/sores
Cracking knuckles
Vomiting
Smelling hands or objects
Licking self or others
Excessive hand washing/bathing
Erasing repeating
Nail biting

ADHD

Often fidgets with hands/feet
Difficulty remaining seated
Easily distracted/engages in physically
dangerous activities
Blurts out answers — loses everything

Difficulty waiting turn
Difficulty following through on
instructions/organizing work
Shifts from one uncompleted
task to another