Dystonia **(www.nhs.uk/conditions/dystonia)**

**Summary:**

**Dystonia** is the name for uncontrolled and sometimes painful muscle movements (spasms). It's usually a lifelong problem, but treatment can help relieve the symptoms.

**Symptoms:**

Dystonia can affect your whole body or just 1 part. It can start at any age.

Symptoms of dystonia include:

* uncontrolled muscle cramps and spasms
* parts of your body twisting into unusual positions – such as your neck being twisted to the side or your feet turning inwards
* shaking (tremors)
* uncontrolled blinking

The symptoms may be continuous or come and go. They may be triggered by things like stress or certain activities.

**Strategies:**

Relaxation and stress management activities