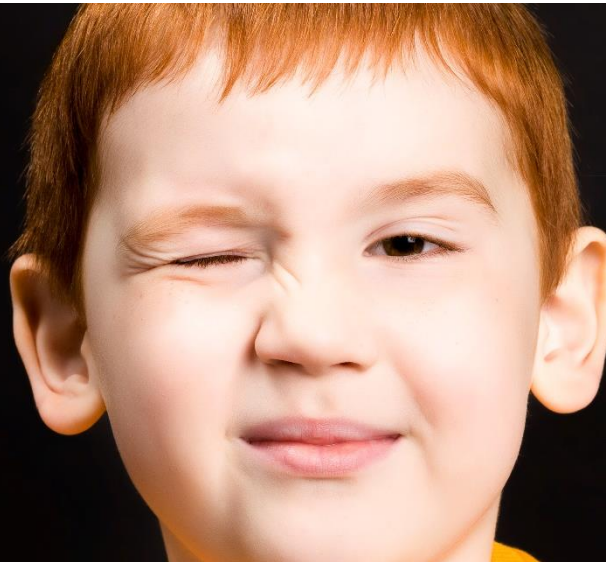


TOURETTES – EVERYBODY TICS DIFFERENTLY

Types of Tics and Their Impact



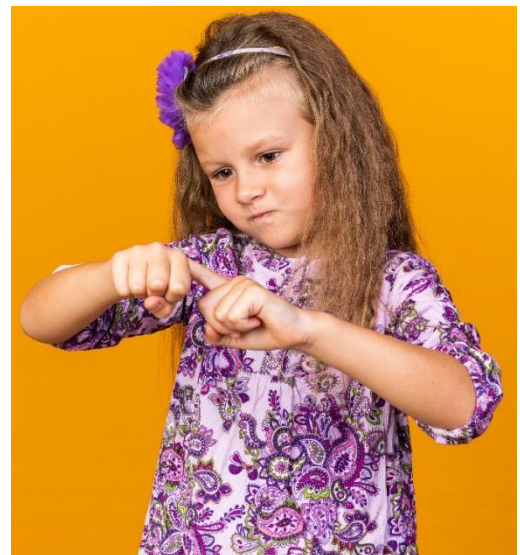
Tics can be embarrassing or even painful for the individual (e.g., jaw snapping), and are easily distinguished from muscular twitches, for example of the eyelid or lip. Complex motor tics may involve either a cluster of simple motor tics or a more coordinated sequence of movements, these are still rapid or abrupt.

Complex motor tics include; licking, hitting, jumping, smelling, spitting, squatting, abnormalities of the gait, forced touching, kissing self or others, and socially inappropriate comments.

Complex tics can appear purposeful and may greatly impact functioning in the classroom.

Vocal tics can also be grouped into 'simple' and 'complex' categories. Simple vocal tics include; throat clearing, sniffing, grunting, coughing, barking, snorting, humming, clicking and low – or high-pitched noises.

Conversely, complex vocal tics typically comprise linguistically meaningful utterances such as words and phrases, interruptions in the flow of speech, and sudden alterations in pitch and volume.



The uttering of obscenities (**coprolalia**) or making obscene gestures, (**copropraxia**) remain among the most well-known TS symptoms. Contrary to popular belief, these tics occur in only 5-30% of individuals with TS; however, when present they can be disabling, as well as confronting and disruptive to others. Thus, the range of symptoms and presentations in individuals with tic disorders can be substantial. Refer to the table for more tic examples.

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Tics and Related Behaviours Commonly Encountered in Tourettes Syndrome

<p>Simple (involuntary, meaningless movements)</p>	<p>Blinking, raising the eyebrow, eye-rolling, nasal twitch or flare, upper or lower lip movements, mouth to the side, facial grimace, shoulder shrug, arm flex/extend, tongue protrusion, head nod, neck stretch, chin on chest or shoulder, torso/thorax twist, abdominal contractions, leg or feet movements, tapping</p>	<p>Grunt, throat clear, cough, bark, growl, snort, squeak, shriek, scream, low - or high-pitched sounds, noisy or unusual breathing, sniffing, humming, whistling, hoot, hiss, pant, wail, gasp, click, yelp, burp, raspberries, yell, moan, ugh/ah/eh/oooh sounds</p>
<p>Complex (involuntary, seemingly purposeful movements)</p>	<p>Forced touching of self, others or objects, puffing or blowing, licking, smell, spit, stamp, hop, jump, skip, turn, bend, kick, hit, unusual gait (walking), feet shuffling, flapping arms, twirling around, tensing muscle groups, thrusting movements, twirling hair, adjusting clothing</p>	<p>Making animal-like sounds, barely audible muttering, changing the pitch or volume of voice, assuming different characters or intonations</p>
<p>Related Behaviours</p>	<p>Self-injurious behaviours: Punching or poking self, biting, picking skin or scabs</p> <p>Copropaxia: Involuntary obscene gesturing, touching private parts of self or others</p> <p>Coprographia: Writing obscenities</p> <p>Echopraxia: Copying or repeating other people's actions or movements</p> <p>Palipraxia: Repetition of last act or Movement</p> <p>Non-obscene socially inappropriate behaviours (NOSI): Making socially inappropriate statements or comments; kissing self or others</p>	<p>Echolalia: Repeating what others say</p> <p>Palilalia: Repeating only the last word</p> <p>Coprolalia: Involuntary swearing, uttering obscenities</p> <p>Internal tics: Bladder or bowel tics</p> <p>Stimulus-induced tics: Tics precipitated by events in the environment including seeing or talking about tics</p>

Next week's article explores whether you can fake Tourettes.

Valsamma Eapen, Rudi Črnčec, Sarah McPherson and Corina Snedden (2013). Tic Disorders and Learning Disability: Clinical Characteristics, Cognitive Performance and Comorbidity. Australasian Journal of Special Education, 37, pp 162-172 doi:10.1017/jse.2013.2

http://journals.cambridge.org/abstract_S103001121300002X