

WHAT IS WRITER'S CRAMPS?

Writer's cramp, also called mogigraphia and scrivener's palsy, is a disorder caused by cramps or spasms of certain muscles of the hand and/or forearm, and presents itself while performing fine motor tasks, such as writing or playing an instrument. Writer's cramp is a task-specific focal dystonia of the hand.

CAUSES OF WRITER' S CRAMPS

Simple writer's cramp is usually caused by over-use of the hand, poor writing posture or poor pen hold. The resulting muscle strain can cause the writer to press down too hard on the paper and can lead to spasms and pain.

SYMPTOMS OF WRITER' S CRAMPS

- Fingers gripping the pen or pencil very hard.
- Wrists flexing.
- Fingers extending during writing, making it difficult to hold the pen.
- Wrists and elbows moving into unusual positions.
- Hands or fingers failing to respond to commands.

NEUROTHErapy TREATMENT

First treatment		(13)	Round arrow	
			Normal treatment formula	
Second treatment	I	(10)	Pan	After ½ hour
	II	(10)	Pan	After ½ hour
	III	(10)	Pan	