



Teaching Video NeuroImages: Orthostatic tremor

The helicopter sign



Vincent S. DeOrchis,
MD, MS
Howard L. Geyer, MD,
PhD
Steven Herskovitz, MD

Correspondence to
Dr. Herskovitz:
sherskov@montefiore.org

A 63-year-old man presented with 4 years of orthostatic tremor while standing, resolving after sitting or leaning against a wall. There was marked subjective unsteadiness, but no falls. Surface EMG in arms and legs demonstrated a 14- to 16-Hz synchronous tremor in antagonist muscles (video on the *Neurology*[®] Web site at www.neurology.org).

Orthostatic tremor is rare, and the characteristic high frequency can make it difficult to visualize or palpate; diagnosis often depends on tremor analysis.¹ A unique feature is the sound resembling a distant helicopter during auscultation over the thigh or calf.² This “helicopter sign” can also apply to the sound generated during surface EMG of affected muscles.

AUTHOR CONTRIBUTIONS

Dr. DeOrchis authored the manuscript and created the video. Dr. Herskovitz and Dr. Geyer revised the manuscript and assisted with video editing.

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DISCLOSURE

V.S. DeOrchis reports no disclosures. H.L. Geyer has served on the Speakers' Bureau for Allergan, Inc. S. Herskovitz reports no disclosures. Go to Neurology.org for full disclosures.

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Vincent S. DeOrchis, Howard L. Geyer and Steven Herskovitz

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