



VCU Parkinson's and Movement Disorders Center

Essential Tremor Program

The Essential Tremor Program is now accepting patients. This is an interdisciplinary program providing consultations to meet our patients' individual needs. We strive to integrate top clinical care with clinical research that advances knowledge in Essential Tremor (ET).

Our care team will create an individualized treatment plan for each patient, which can be shared with your primary physician and any local care providers to help coordinate ongoing follow-up. The team will help patients and families assess pros and cons of surgical treatments, medications, and other non-medication treatments, to find the best treatment plan for each person. Team members participate in community education outreach programs to help educate families and other health care providers about ET.



Dr. Claudia Testa (Program Director) is a neurologist with expertise in movement disorders, clinical care, and research. She is a member of the Tremor Research Group and the Movement Disorders Society Task Force on Essential Tremor. Dr. Testa founded the North American Essential Tremor Consortium.

Our care team includes:

- Neurologists - diagnose and treats tremor
- Neuropsychologists – examines cognitive and behavioral functioning, including mood and quality of life
- Nursing - Deep Brain Stimulation (DBS) programming and care coordination
- Physical therapist – examines conditioning, balance, coordination and motor skills; exercise and activity
- Genetic counselor - provides information about the genetics/inheritance of essential tremor and discusses the options to participate in research studies, enabling individuals and families to make informed decisions
- We also partner with neurosurgery to provide full assessments, pre-operative and post-operative care for deep brain stimulation (DBS).

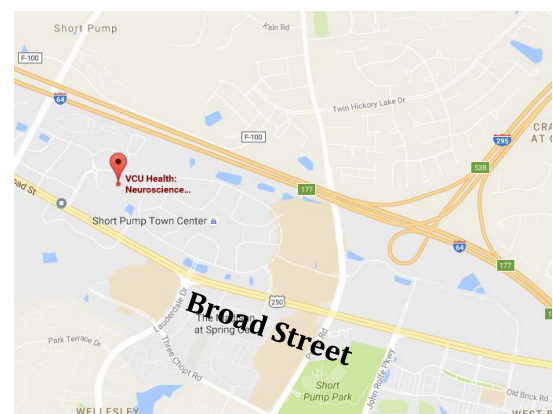
Clinical research:

Our clinical research projects are conducted in the same building as clinical appointments. Our projects focus on the:

- Identification of genetic causes of essential tremor
- Understanding the signs and symptoms of Essential tremor, the range of the symptoms, and how the symptoms evolve over time (also known as the phenotype of ET)

We intend research on the causes of ET to help drive new treatment development in the future. Our website is updated with studies as they come available.

For more information on research, contact
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Clinical appointments:

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