

Diary Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Time A.M. Midnight	ON	ON with Troublesome dyskinesias	OFF	ASLEEP
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a. 12:00am - 12:30am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. 12:30am - 1:00am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. 1:00am - 1:30am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. 1:30am - 2:00am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. 2:00am - 2:30am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. 2:30am - 3:00am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. 3:00am - 3:30am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. 3:30am - 4:00am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. 4:00am - 4:30am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. 4:30am - 5:00am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. 5:00am - 5:30am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. 5:30am - 6:00am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. 6:00am - 6:30am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n. 6:30am - 7:00am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o. 7:00am - 7:30am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
p. 7:30am - 8:00am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
q. 8:00am - 8:30am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
r. 8:30am - 9:00am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
s. 9:00am - 9:30am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
t. 9:30am - 10:00am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
u. 10:00am - 10:30am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
v. 10:30am - 11:00am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
w. 11:00am - 11:30am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
x. 11:30am - 12:00pm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Diary Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Time P.M. Noon	ON	ON with Troublesome dyskinesias	OFF	ASLEEP
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a. 12:00pm - 12:30pm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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w. 11:00pm - 11:30pm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
x. 11:30pm - 12:00am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Parkinson's Disease Research Education and  
Clinical Centers (PADRECC)

[www.parkinsons.va.gov](http://www.parkinsons.va.gov) Revised 5/2017

Parkinson's Disease Research Education & Clinical Centers

# Motor Symptoms



## PARKINSON'S DISEASE

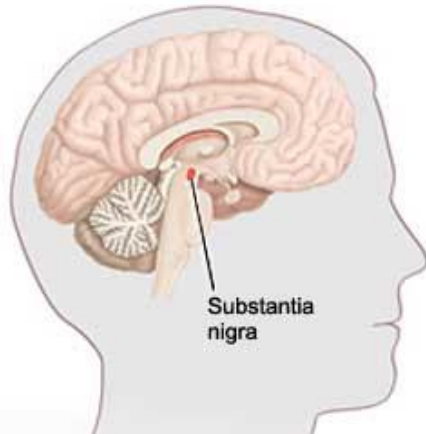
VA



U.S. Department of  
Veterans Affairs

## What is Parkinson's disease?

Parkinson's disease (PD) is a progressive movement disorder that involves a reduction of specific neurons that produce a chemical called dopamine. Dopamine is made in an area of the midbrain called the substantia nigra. It is required for functions of the brain that control movement and coordination.



## Patient Motor Diary

### -Purpose-

A 24-hour motor diary helps your neurologist to fine tune your medications and improve your symptoms.

### -Instructions-

The diary on the back of this pamphlet is divided into 30-minute sections. We would like you to check with an "X" what Parkinsonian symptoms you experience during a typical day.

## 4 Cardinal Features in Parkinson's disease

1. **Tremor-at-rest:** rhythmic shaking of arms, legs or chin at rest, usually affecting one side more than another.
2. **Bradykinesia:** slowness of movement and even difficulty of completing a movement
3. **Rigidity:** muscle stiffness or tone. This is the resistance assessed by the physician when feeling either the neck or limbs.
4. **Loss of postural reflexes:** difficulty of maintaining balance while standing or changing positions.

### *Additional motor features in PD*

**Flexed posture:** The posture of one's neck and trunk flexes forward when standing or sitting.

**Freezing of gait:** The sudden or transient inability to move the legs when attempting to walk.

**Hypophonia:** Softness of voice

**Hypomimia:** Loss of facial expression resulting in a "poker face" or "masked face"

**Micrographia:** Reduced handwriting size

## -Definition of Terms-

### ON:

Good or practically normal mobility. The effect of anti-Parkinson's drugs reducing symptoms of slowness, stiffness, and/or tremor.

### DYSKINESIAS:

Troubled by involuntary twisting, turning movements while in the "on" phase.

### OFF:

Marked decrease in mobility, or immobility. Poor or no effect of anti-Parkinson's drugs; difficulties in moving; slowness, stiffness, and/or tremor.

### WEARING OFF:

When the effect of a medication, usually Levodopa, literally 'wears off' or becomes less effective

### MOTOR FLUCTUATIONS:

Alterations between periods of being "on," with good response to medication, and becoming "off" as medication wears down.