

Table 4-1 Symptoms of Tardive Dyskinesia

Tardive Dyskinesia (Classic)

Rapid, irregular (choreiform), or slow and serpentine (athetoid) movements; often bizarre looking; involving any voluntary muscle, including:

Face, eyelids and eye muscles, jaw (chewing movements, tongue biting), mouth, lips, or tongue (protruding, trembling, curling, cupping)

Head (nodding), neck (twisting, turning), shoulders (shrugging), back, torso (rocking movements), or abdomen

Arms and legs (may move slowly or jerk out of control)

Ankles, feet, and toes; wrists, hands, and fingers (sometimes producing flexion, extension, or rotation)

Breathing (diaphragm and ribs; grunting), swallowing (choking), and speaking (dysphonia)

Balance, posture, and gait (sometimes worse when slow; often spastic)

Tardive Dystonia

Often painful sustained contractions (spasms) of any voluntary muscle group; potentially causing muscular hypertrophy, arthritis, and fixed joints; frequently involving the following:

Neck (torticollis, retrocollis) and shoulders

Face (sustained grimacing and tongue protrusion)

Mouth and jaw (sustained opening or clamping shut)

Arms and hands; legs and feet (spastic flexion or extension)

Torso (twisting and thrusting movements; flexion of spine)

Eyelids (blepharospasm)

Gait (spastic, mincing)

Tardive Akathisia

Potentially agonizing inner agitation or tension, usually (but not always) compelling the patient to move, commonly manifested as the following:

Restless leg movements (when awake)

Foot stamping

Marching in place, pacing

Jitteriness

Clasping hands or arms

Inability to sit still

Peter Roger Breggin (b.1936, US Psychiatrist, Harvard University):
„Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists,
Patients and their Families" Part I: Reasons to Consider Psychiatric
Drug Withdrawal or Dose Reduction. Ch IV: Antipsychotic (Neuroleptic)
Drugs: Reasons for withdrawal. Tardive Dyskinesia, Tardive Dystonia,
and Tardive Akathisia p. 45, Springer 2013
www.empathictherapy.org, <http://breggin.com>