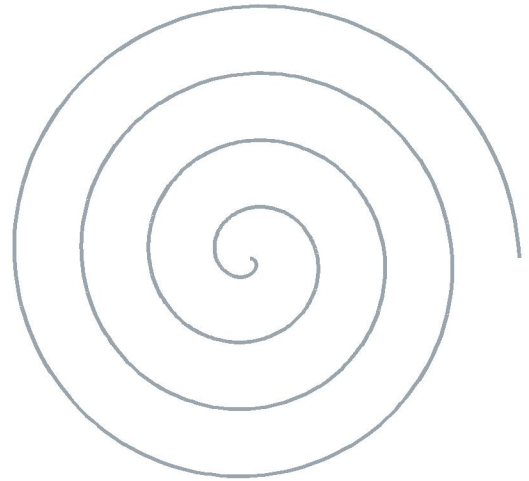
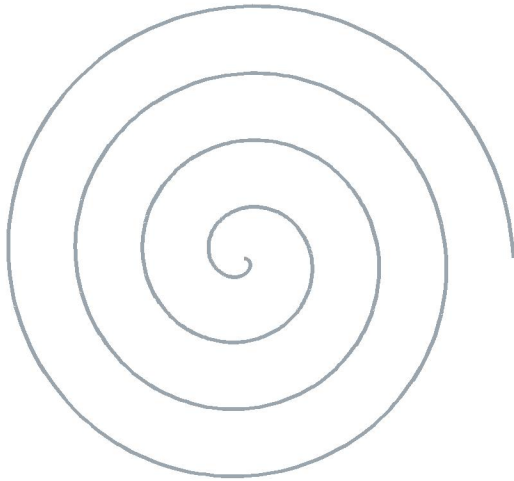


Tremor Spiral Test

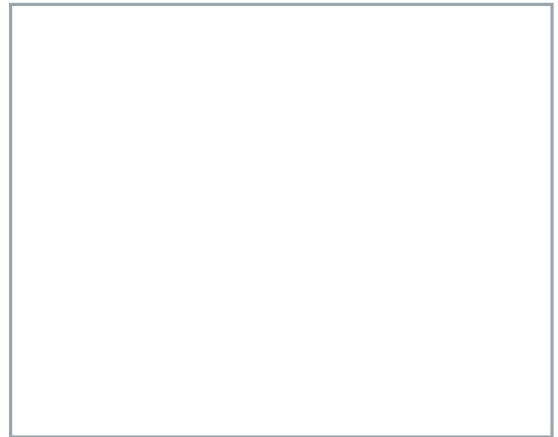
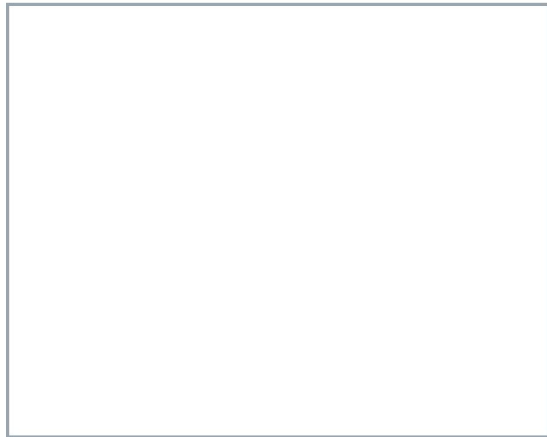
Ausaf Bari, MD, PhD · Functional Neurosurgery, Los Angeles · 310-825-5111

Name: _____ Date: _____ Hand: Left / Right

1. Trace the spiral from the center outward, without lifting the pen or resting your hand on the paper.



2. Draw your own spiral in the box, starting in the middle.



3. Write this sentence in your normal handwriting: "Today is a good day to write."

Bring this sheet to your consultation, or photograph it and keep it with your records. A shaky, broken spiral is a common sign of essential tremor; only an evaluation can make the diagnosis. drausafbari.com/tremor