

MICROGRAPHIA

Definition: Micrographia describes a symptom of Parkinson's disease that affect handwriting. Writing begins normally and then gradually becomes small and cramped.

POINTERS

1. Practice writing at least one page every day, during your "on" times.
2. Try using a wide pen/pencil or one with a rubber grip which may be easier to grasp.
3. Use a weighted pen to reduce tremors.
4. Use a sticky plastic mat under the paper to prevent slipping and moving.
5. Try a fluid pen to help the flow of writing.
6. Use lined paper.
7. Use an adaptive aid such as a signature guard to help with filling out personal checks.
8. Sit upright in a comfortable chair, at a desk or table.
9. Rest or take short breaks in between writing tasks, keep writing sessions short (10 or 15 minutes).
10. As writing begins to get smaller and smaller, lift up your hand and begin writing again.
11. Consider printing rather than cursive writing.
12. Use lined paper.
13. Think big! Write letters big. Exaggerate writing to make it look bigger.

References

Handwriting and Parkinson's. http://www.parkinsons.org.uk/pdf?is_handwriting_06.pdf

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Oliveira RM, Gurd JM, Nixon P, Marshall JC, Passingham RE (1997). Micrographia in Parkinson's disease: The effect of providing external cues. *J Neurology, Neurosurgery & Psychiatry*, 63(4), 429-433.

