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essential tremor is a disorder that causes your hands arms and other body parts to shake it s not dangerous but severe tremors can disrupt everyday activities

dec 2 2020 hand tremor is an involuntary muscle movement trembling or shaking of the hands tremor most accurately refers to a small rhythmic shaking movement that occurs in a back and forth

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essential tremor and parkinson s disease are different conditions with unique symptoms and treatments if you re noticing persistent shaking especially at rest or alongside other movement problems it s

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