| **Dystonia** | **Sensory trick** |
| --- | --- |
| Cervical Dystonia | Touching specific parts of the face, cheek, chin, occipital region, temple, forehead, nose, mastoid, occipital region, back of neck[[7](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R7),[11](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R11),[12](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R12)–[18](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R18)] |
| Raising the arm and holding the finger near the target region without touching the face or prior to touching the face[[11](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R11),[14](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R14)–[15](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R15)] |
| Visual fixation at a specific target, focusing on stationary objects while walking, looking at oneself in the mirror[[18](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R18)–[19](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R19)] |
| Forcible tricks with counterpressure to the cheek, temple, chin, back of head, mastoid, forehead[[2](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R2),[7](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R7),[17](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R17)] |
| Resting the back of the head or neck, bending the trunk forward, resting the back or shoulder, yawning, wearing a collar/a scarf, leaning the elbows on the armrest[[7](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R7),[14](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R14)] |
| Imagining or merely thinking about performing a sensory trick[[12](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R12),[15](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R15)] |
| Apraxia of eyelid opening, Blepharospasm | Tight goggles or spectacles, Lundie Loops[[17](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R17),[20](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R20)–[21](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R21)] |
| Device inserted in glasses to mimic touch to lateral eyelid[[22](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R22)] |
| Touching/pulling eyelids, tape on eyebrow[[23](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R23)–[24](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R24)] |
| Touching specific parts of the face (forehead, nose, side of eyelids, chin)[[17](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R17),[22](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R22),[24](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R24)–[26](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R26)] |
| Pushing back of the head[[17](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R17)] |
| Massaging cheek bones, eyelid, forehead[[17](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R17)] |
| Closing the jaw, chewing gum[[12](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R12),[17](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R17)] |
| Touching bitemporal skin beside eyes[[27](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R27)] |
| Covering the eye[[22](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R22)] |
| Picking teeth[[12](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R12)] |
| Wearing a cap or turban[[26](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R26)] |
| Meige syndrome | Sleeping/relaxing, talking, singing/humming, pulling on upper eyelid, pinching back of the neck, yawning, belching, sucking in or blowing out cheeks, drinking cold and/or alcoholic beverage[[12](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R12),[28](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R28)] |
| Lower cranial dystonia, Oromandibular dystonia | Toothpick in mouth, holding object clenched between the teeth, dental splint, touching lip, touching lower corner of face[[29](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R29)] |
| “Mandibular sensory trick device”[[29](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R29)] |
| Touching tongue to palate, biting lips, swallowing, pulling face up, bending neck forward[[30](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R30)–[31](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R31)] |
| Chewing gum, sucking [[30](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R30)–[33](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R33)] |
| Kissing, whistling[[34](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R34)] |
| Pen/cigarette/tongue depressor in mouth[[33](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R33)–[34](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R34)] |
| Biting food/plastic between left upper and lower molars Dental Prosthesis device 3 mm above molar[[3](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R3)] |
| Smiling, singing, talking, thinking about talking[[12](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R12)] |
| Biting piece of cotton or plastic[[35](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R35)–[36](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R36)] |
| Dental splint[[36](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R36)] |
| Playing with larger mouthpieces[[35](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R35),[37](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R37)] |
| 5 minute ice massage of facial muscles[[37](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R37)] |
| Laryngeal dystonia | Grimacing, laughing, loud background noise[[38](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R38)] |
| Writer’s Cramp | 5 minute immersion in cold water[[39](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R39)] |
| Shifting pen holding, holding pen between index finger and thumb vertically, writing with a closed fist[[40](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R40)] |
| Use pens of different sizes and calibers, utilizing chalk and blackboard or painting[[40](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R40)] |
| Touching specific part of the contralateral normal hand to a specific part of the dystonic hand[[41](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R41)–[42](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R42)] |
| Runner’s dystonia | Holding hands over head, run in a clockwise direction, mental imagery of running in a clockwise direction[[43](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R43)] |
| Beachwalking, applying pressure with hand at hip[[5](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R5)] |
| Camptocormia | Low-slung backpack, using wheeled walker, pressing back against hallway[[44](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R44)] |
| DYT1 dystonia | Piano playing[[45](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4747630/#R45)] |