

# Fact Sheet

## MICROGRAPHIA

### Parkinson's Disease & Movement Disorders Center

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

#### Tips

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

#### Assistive Devices for Writing

- Ergo Sof PenAGain (<http://penagain.com>)
- Steady Write Sta-Pen (<http://www.activeforever.com/steady-write-pen>)
- Pen and Pencil Weight Kit (<http://www.caregiverproducts.com/pen-pencil-weight-kit.html>)

#### References

Handwriting and Parkinson's. Hurwitz, J (2001). Understanding tremor in the elderly. *Can J of Diag*, Apr 18:99-107.

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