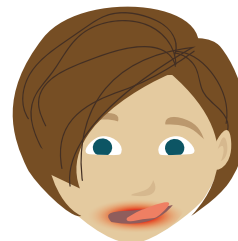


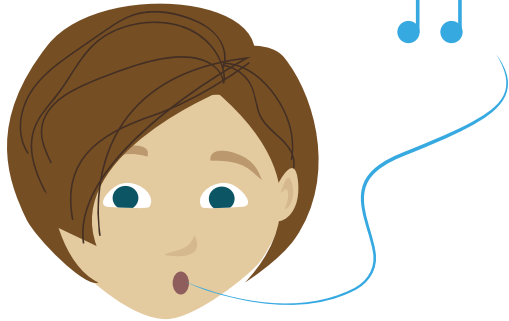
Many have facial tics

- Eye blinking
- Eye rolling
- Sticking the tongue out
- Mouth opening
- Licking the lips
- Nose scrunching



- **Motor tics – involuntary movements**

- Sounds
- Whistling
- Humming



Breathing sounds

Sniffing

Howling



Squeaking

Coughing

Throat clearing

• **Vocal tics – involuntary sounds**

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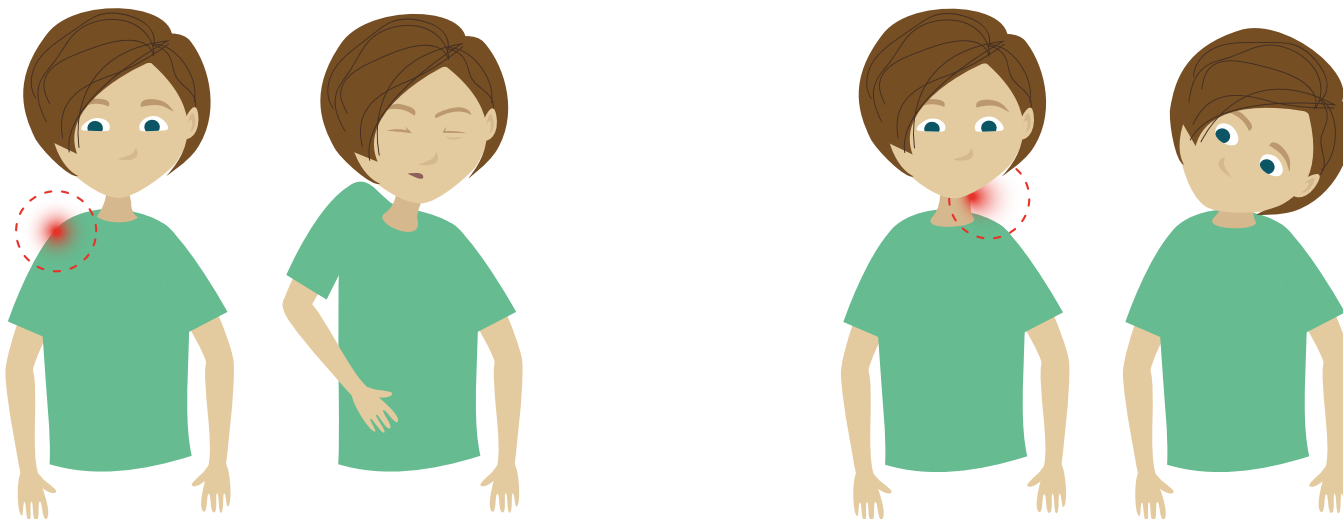


- Words
- Entire sentences

• **Vocal tics – involuntary sounds**



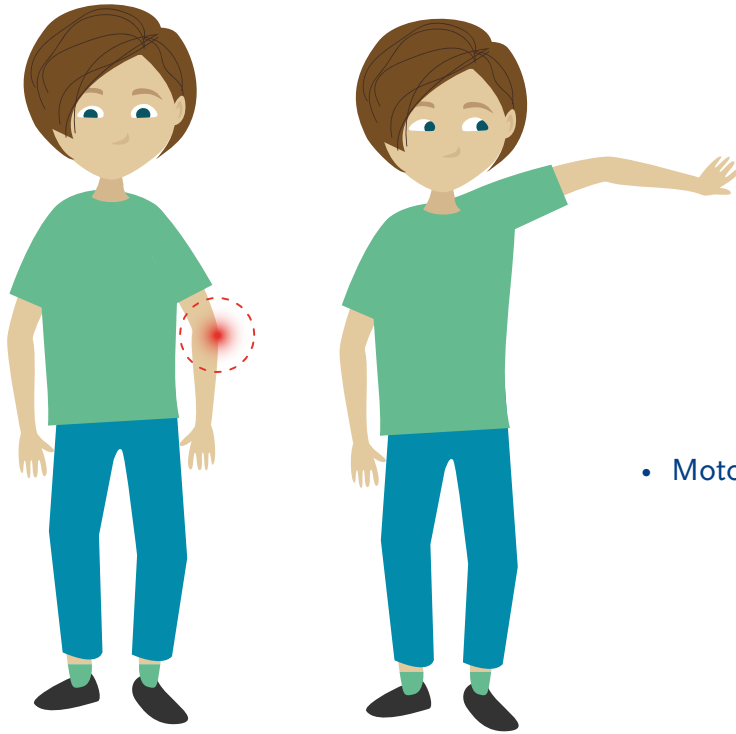
- Motor tics may involve different parts of the body



• Motor tics – involuntary movements

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- Motor tics may involve different parts of the body

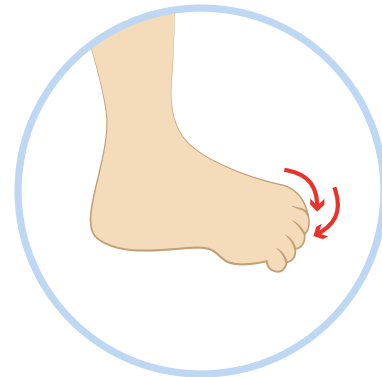
• Motor tics – involuntary movements

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Motor tics may involve different parts of the body

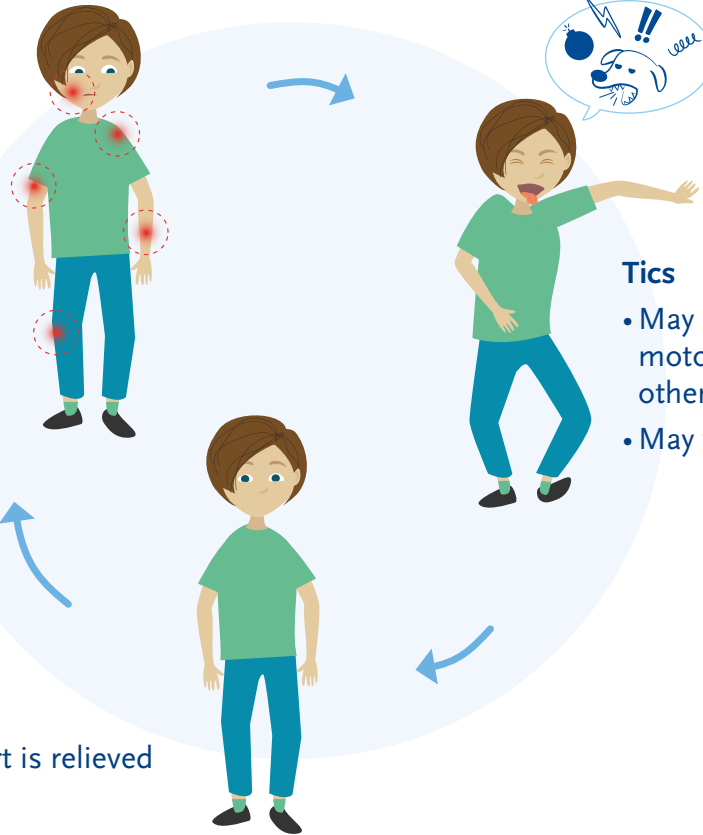
- “Giving the finger”
- Hand twisting/finger snapping
- Movement and muscle tightening of the buttocks/thighs/legs
- Toe curling
- Touching the eyes



Premonitory sensations preceding tics

Many will have a distinct, uncomfortable sensation before the tic occurs

- Tickling/itching
- Prickling/stabbing
- A strong urge (“have to do it”)



Etter tics

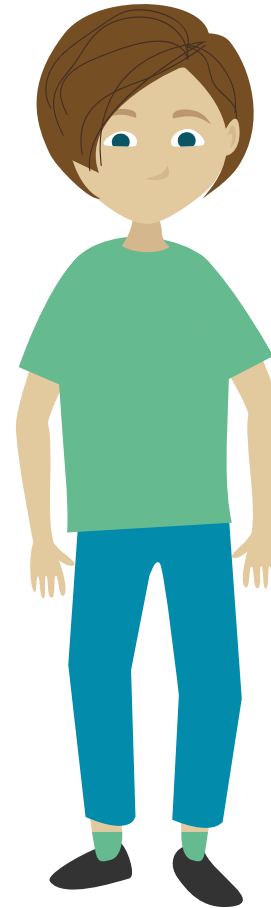
- The discomfort is relieved

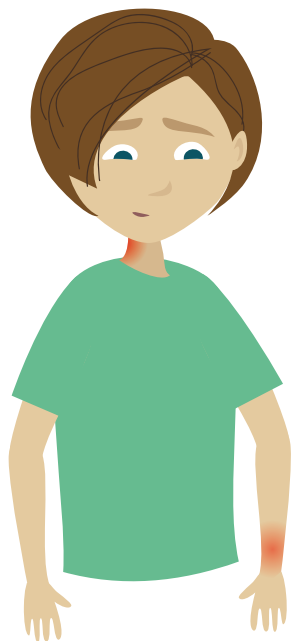
Tics

- May be simple, complex, motor, vocal, invisible to others
- May vary over time

Tics that others can't see

- Toe curling
- Muscle tightening of the abdomen, buttocks, thighs, etc.
- Abdominal rolling
- Breathing-tics
- Biting the tongue or the inside of the cheek



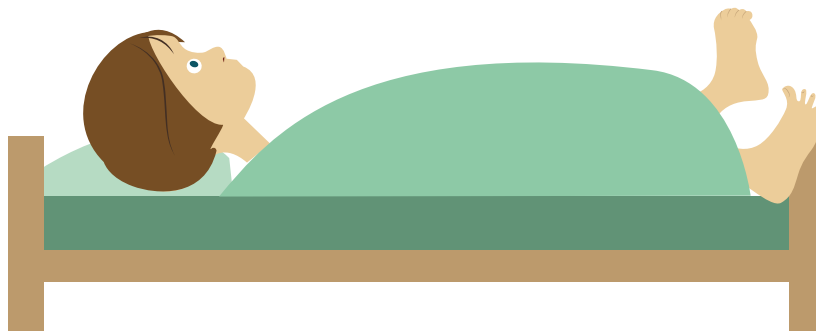


Pain

- Pain in muscles and joints
- Headaches and neck pain
- Wounds/injuries

Sleep disturbance

- Trouble falling asleep at night
- Tics during sleep
- Frequent waking during the night



Fatigue/tiredness

- From having tics
- From holding back tics
- After school





Sensory hypersensitivity

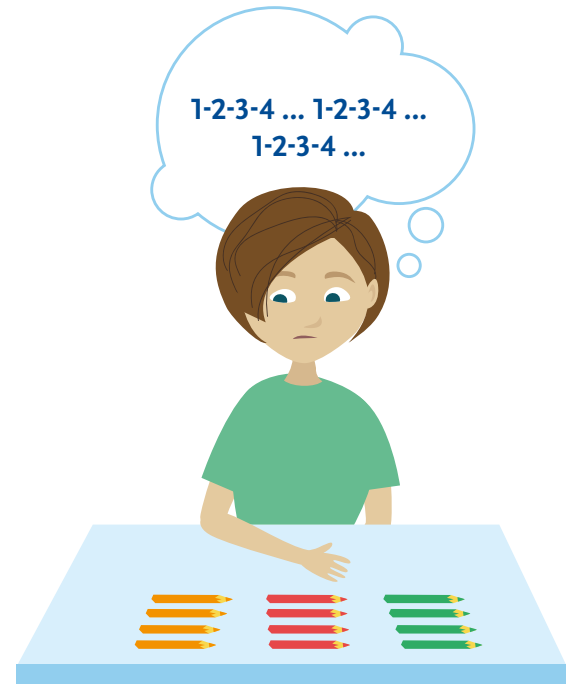
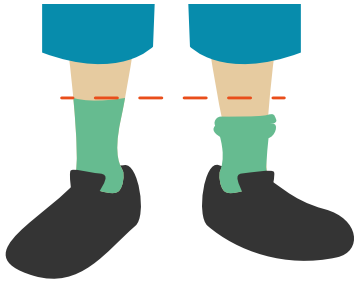
- May react to light, noise, smells, tastes and consistencies
- Tactile/touching
- May react to colours and patterns

• Common secondary problems



Obsessions or compulsions

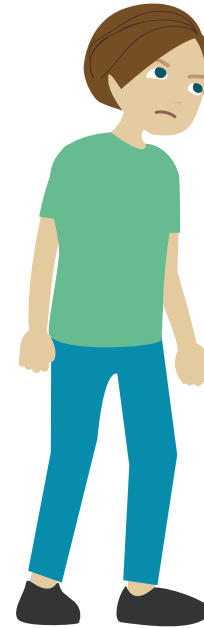
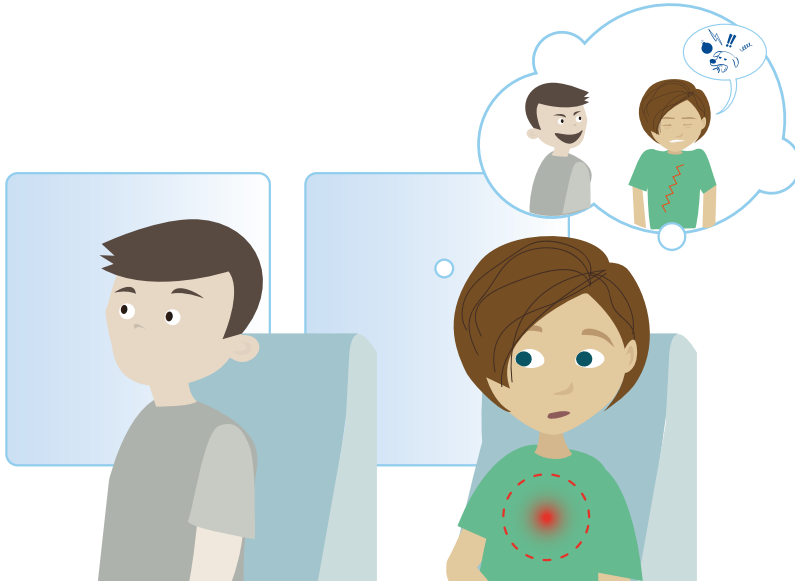
- “Have to” do things
- Troubling thoughts that keep repeating
- Counting
- Systems/patterns
- Things need to feel right



• Common secondary problems

Reactions from others

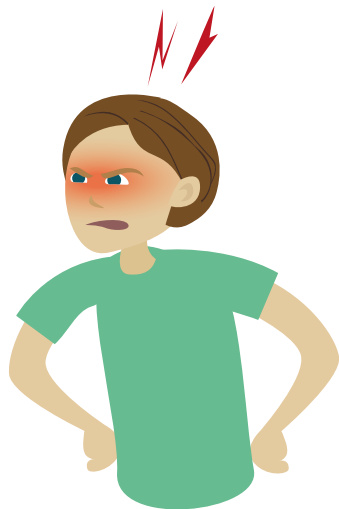
- People noticing/staring
- Comments/questions
- Reprimands from others when tics occur



• Common secondary problems

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Mood swings

- May quickly feel sad or upset
- May quickly feel happy
- May quickly feel angry

Learning and attention may be affected

- Focusing on tics demands attention
- Having tics
- Repressing/holding back tics
- Camouflaging tics
- Difficult to concentrate
- May experience inner turmoil
- May also have ADHD



• Common secondary problems