

# **The MUHC Movement Disorder Clinic**

Information for patients  
and their families



**Centre universitaire de santé McGill  
McGill University Health Centre**

Movement Disorder  
Clinic

**Table of Contents**

I. Introduction .....	1
II. Movement Disorders.....	2
III. Diagnosis of a Movement Disorder.....	4
IV. Our Team .....	5
• Neurologist .....	5
• Clinical Nurse Specialist (CNS).....	5
• Physiotherapist (PT) .....	6
• Occupational Therapist (OT).....	7
• Speech Language Pathologist.....	7
• Neuropsychiatrist .....	8
• Neurosurgeon.....	8
V. Movement Disorder Clinic .....	9
• Location.....	9
• Your Visit to the Clinic.....	10
• Directions, Access, Public Transport .....	11
VI. Additional Resources and Information.....	14
• Neuro-Patient Resource Centre .....	14
• Websites .....	15



## **I. Introduction**

This brochure describes the services available at the Movement Disorders Clinic. It also aims to answer some of the questions you may have when coming to the clinic.

The Movement Disorder Clinic has two locations:

The second floor of the Montreal Neurological Hospital, room 201, as well as the Montreal General Hospital, room L7-312.

Our services are available to patients throughout the McGill University Health Centre (MUHC).

## II. Movement disorders

Movement disorders are a group of diseases and syndromes that cause abnormal or involuntary movement. Movement disorders affect the ability to produce and control movements. The movements may be too weak, too forceful, too uncoordinated, or too poorly controlled for the task at hand.

**Abnormal movements can be caused by these diseases and syndromes.:**

Ataxia Chorea Corticobasal Degeneration Dyskinesias (Paroxysmal) Dystonia (general, segmental, focal) including: <ul style="list-style-type: none"><li>• Blepharospasm</li><li>• Spasmodic Torticollis (Cervical Dystonia)</li><li>• Writer's Cramp (Limb Dystonia)</li><li>• Laryngeal Dystonia (Spasmodic Dysphonia)</li></ul> Oromandibular Dystonia	Essential Tremor Huntington's Disease Multiple System Atrophy Myoclonus Parkinson's Disease Parkinsonism Progressive Supranuclear Palsy Restless Legs Syndrome Tardive Dyskinesia/Dystonia Tics/Tourette's Syndrome Wilson's Disease
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There are generally two types of movement disorders

1. **Excessive or disordered movements.**

This is called hyperkinesia or dyskinesia. Tremor and tic are examples of hyperkinesia.

2. **Slow movements or a lack of movement.**

This is called hypokinesia, bradykinesia or akinesia. **Parkinson's Disease** is hypokinetic because of the slow deliberate movements or even a “freezing” in place.



### **III. Diagnosis of a movement disorder**

The Movement Disorder Clinic has neurologists with special training in movement disorders:

- They can assess your symptoms to identify the movement disorder.
- They can arrange for tests, such as neuroimaging like Computerized Tomography (CT) scan and Magnetic Resonance Imaging (MRI) and blood tests. These tests will help determine your diagnosis.
- They can advise you on the course of therapy to follow.
- They can refer you to other members of our team of health care professionals.



## IV. Our team

At the MUHC, we provide a multidisciplinary approach to the treatment and care of our patients. A multidisciplinary approach means that each member brings a different professional background to the team. The team includes doctors, a clinical nurse specialist, a physiotherapist, an occupational therapist and a speech pathologist. Health care professionals such as a neuropsychiatrist, a neurosurgeon or a geriatrician may be consulted.

### Neurologist

The nervous system includes the brain, spinal cord and spinal column, as well as the nerves that travel through all parts of the body (to reach the hands, legs, arms, and face). Neurologists are doctors who are trained to examine the nervous system, make a diagnosis and plan the treatment of neurological diseases and disorders.

Neurologists who work in the clinic have special training in movement disorders.

### Clinical Nurse Specialist (CNS)

The clinical nurse specialist in the Movement Disorder Clinic is a resource person for you and your family. She looks after the quality of your care and helps you and your family with support and information. Your nurse can help you learn about your movement disorder. She can explain the symptoms of the disease and how to manage them. She can give you information on your medication. She can also let you know about resources in your community. Between visits to your neurologist you can



call the nurse if you have any questions about your medication.  
Tel: 514-398-6644 extension 00615# and also 514-934-1934  
extension 42944.

## Physiotherapist (PT)

The physiotherapist will help you become as mobile and independent as possible. She will give you and your family advice for safe transfer techniques (like moving from bed to chair). Your therapist can examine your gait (how well you are able to walk) and your balance. She may recommend an aid such as a cane, walker, or brace to help you be more independent.

If you are interested in exercises, your physiotherapist can tell you about exercise you may do at home. This home exercise program will:

- Increase your muscular strength
- Improve your flexibility
- Decrease your pain
- Improve your cardiovascular fitness
- Reduce stress



If you cannot do a home exercise program, the physiotherapist may refer to you a rehabilitation centre or CLSC.



## Occupational Therapist (OT)

The occupational therapist (OT) will help you become as autonomous (independent) as possible. He will study how well you are able to do your activities of daily living. For instance, are you able to brush your hair, wash yourself, and get dressed? Are you able to cook for yourself, work, or drive? Through a program designed especially for you, he will help you become as independent as possible.



The occupational therapist will evaluate your ability to swallow and eat safely. He may give you special instructions on how to eat and drink. This may mean suggesting you follow a specific diet or suggesting food choices.

The OT may suggest that you use some equipment at home to help you stay independent and safe. For example, he may recommend the use of a wheelchair. Also, he may suggest that some changes be made in your home to make living at home safe for you. The OT can also refer you for driving evaluations and to other community resources.

## Speech-Language Pathologist

Your speech-language pathologist will assess how well you can communicate. She will examine the strength, movement, and coordination of the muscles that help you speak. The speech-language pathologist will then be able to give you and your family ways to help make your speech as clear as possible. She may suggest a home exercise program and/or a communication aid (such as a voice amplifier) and/or refer you for rehabilitation services.

**You may also be seen by these health professionals:**

### **Neuropsychiatrist**

Sometimes a person with a movement disorder develops problems with mental health. In this case, you will be referred to the neuropsychiatrist for diagnosis. The neuropsychiatrist will also recommend treatment if needed.

### **Neurosurgeon**

Neurosurgeons specialize in surgery on the brain, spine and other parts of the nervous system. Your neurologist will refer you to a neurosurgeon if it seems that your movement disorder can be treated with surgery. For example, having deep brain stimulation surgery can help some people with Parkinson's Disease.

## IV. Movement disorder clinic

### Location

#### Movement Disorder Clinic

<p><b>Montreal Neurological Hospital</b></p> <p><b>2nd Floor, Room 201</b></p> <p>3801 University Street</p> <p>Montreal, Quebec H3A 2B4</p> <p>Tel: (514) 398-4691</p> <p>Fax: (514) 398-8540</p>	<p><b>Montreal General Hospital</b></p> <p><b>7th Floor Livingston Hall Room L7. 312</b></p> <p>1650 Cedar Avenue</p> <p>Montreal, Quebec H3G 1A4</p> <p>Tel: (514) 934-8026</p> <p>Fax:(514) 934-8265</p>
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## The Clinic Visit – what to bring

- Please bring a family member with you if possible.
- Please bring all the medications you are taking to the clinic. If you prefer, you may bring an up-to-date list with the names and doses of all the medications you are taking.
- Bring a list of questions you have for your neurologist. This list will help you remember your questions at the time of your clinic visit. Your questions might include:
  - What type of movement disorder do I have?
  - What are my treatment choices? Which do you recommend for me? Why?
  - What are the benefits of each kind of treatment?
  - What are the risks and possible side effects of each treatment?
  - How will treatment affect my normal activities?
  - Would a clinical trial (research study) be appropriate for me? Can you help me find one?

## The Clinic Visit

- Your first visit at the Movement Disorder Clinic may take 1-2 hours.
- During your first visit, the doctor will do a full assessment and medical history. The doctor may schedule you for other tests such as a Computerized Tomography (CT) Scan or a Magnetic Resonance Imaging (MRI). These tests will be done before your next appointment at the clinic.

If you need more support, the nurse and other health care professionals are available to listen and answer your questions.

## Directions: How can I get to the Movement Disorder Clinic?

To go to the Movement Disorder at the Montreal Neurological Hospital:

### By Metro

The nearest metro station is McGill on the green line, which is located at the corner of University Street and de Maisonneuve Boulevard. The McGill metro will allow you to get out on University Street. If you decide to take the metro, there is a 10-15 minute walk up a hill to get to the hospital. If you have difficulty walking, you may want to take a taxi up the hill. You could also get off at the Atwater or Sherbrooke metro stations and take bus #144.



### By Bus

- #144 at Pine Avenue and University Street
- #107 at Pine Avenue and Doctor Penfield Street.
- For the most direct route, contact the STM (Société des Transports de Montréal):  
Tel: (514) 288-6287 (A-U-T-O-B-U-S)
- Web site: [www.stm.info](http://www.stm.info)



### By car

By Decarie autoroute and from the South Shore follow the signs “Montréal – Centre Ville – Autoroute Ville Marie” and exit at University Street. Continue North on University. Parking for a fee is available on site. Entrances are located on University Street.

### Parking

Parking near the hospital is limited. Limited metered parking is available on University Street.



## Handicapped Access

Handicapped entrances are North of the main entrance on University Street, or through the ambulance entrance at the rear of the hospital.



Washrooms that are accessible with a wheelchair are located on the 1st floor in room 186 and at the clinic on the 2nd floor.

To go to the Movement Disorder Clinic at the Montreal General Hospital:

## By Metro

The nearest metro station is Guy/Concordia on the green line, located at the corner of Guy Street and de Maisonneuve Boulevard. Take the # 165 bus up the hill to the hospital.



## By Bus

The most convenient stops are:

- #165 – At the hospital, Cote des Neiges entrance
- #144 – Guy Street and Docteur Penfield Street



For the most direct route call STM (Société des Transports de Montréal).

Tel: (514) 288-6287 (A-U-T-O-B-U-S)

Website: [www.stm.info](http://www.stm.info)

## By Car

By Decarie autoroute and from the South Shore follow the signs “Montréal – Centre Ville – Autoroute Ville Marie” and exit at University Street. Turn right onto René Lésvesque and turn left at Guy Street. Continue up the hill to the hospital. Parking for a fee is available on site. Entrances are on Cote des Neiges and Cedar Avenue.

## Parking

Free parking near the hospital is limited and the metered parking is available on Cedar Avenue.



## Handicapped Access

Both entrances to the Montreal General Hospital are handicap accessible.



## **VI. Additional Resources & Information**

### **Information about *InfoNEURO***

The Neuro-Patient Resource Centre of the Montreal Neurological Institute and Hospital will help you by providing the following services:

- Books, pamphlets and articles about your condition
- Research on your questions by a medical librarian
- Community resources
- Computers with internet access for your needs

**All our services are free and confidential**

*We invite patients and their families  
to come and visit us!*

### **Location**

Montreal Neurological Hospital (room 354)

3801 University Street, Montreal H3A 2B4

Tel: (514) 398-5358

Email: [infoeuro@muhc.mcgill.ca](mailto:infoeuro@muhc.mcgill.ca)

Website: <http://infoeuro.mcgill.ca>



## Websites

Mayo Clinic- Deep Brain Stimulation:

<http://www.mayoclinic.org/deep-brain-stimulation>

Parkinson Society of Quebec: <http://www.infoparkinson.org>

Parkinson Society of Canada: <http://www.parkinson.ca>

WEMOVE (World Wide Education and Awareness for Movement Disorders): <http://www.wemove.org>

The Michael J. Fox Foundation for Parkinson's Research:

<http://www.michaeljfox.org>

Dystonia Medical Research Foundation:

<http://www.dystonia-foundation.org>

Huntington Society of Canada: <http://www.hsc-ca.org>

International Essential Tremor Foundation:

<http://www.essentialtremor.org>

National Ataxia Foundation: <http://www.ataxia.org>

Restless Legs Syndrome Foundation: <http://www.rls.org>

Tourette Syndrome Foundation of Canada:

<http://www.tourette.ca>

Association Québécoise du Syndrome de la Tourette (French only):

<http://www.aqst.com/html/Index.htm>

MedlinePlus – Movement Disorders (from the National Library of Medicine):

<http://www.nlm.nih.gov/medlineplus/movementdisorders.html>

National Institute of Neurological Disorders and Stroke (NINDS):

<http://www.ninds.nih.gov>

## **Disclaimer Information**

**IMPORTANT.** Materials provided by the Resource Centre are for educational purposes only, they are not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care.