
Subject: Re: Soldering with Shaky Hands
Posted by [FloydV](#) on Sun, 13 May 2012 20:04:13 GMT
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Try this. Take a pen or pencil and try drawing a spiral from the inside out. If your spiral isn't reasonably round, but rather like a jerky series of circles, then you have intention tremor. Also, try holding your hand out fingers stretched. They should be reasonably calm. Then try closing those fingers letting your forefinger touch your thumb.

If your fingers tremor during this second, closing, exercise, you have intention tremor and the problem is in your brain, not your hand.

Also, the more you repeat a specific action like opening and closing those fingers, the worse the tremor will get. Intention tremor is like a reverse Parkinson tremor. Your hands are steady at rest but tremor when you intentionally move them.

Floyd
