Subject: Re: Soldering with Shaky Hands
Posted by FloydV on Tue, 21 Feb 2012 00:41:03 GMT
View Forum Message <> Reply to Message

I have the same issue. I have intention tremor, sometimes called essential tremor. This means that when I intentionally move my hands (or try to hold them in a certain position) they tremor. A reverse Parkinson's disease if you will. If my hands are relaxed they are very steady.

You can take Klonopin for it. It's a benzodiazapene that has much less sedation than the usual benzos, but it does lessen the tremor.
The problem is in your brain, not in your muscles or nerves. The more you use your hands, the more that part of the brain gets excited, and the worse the tremor becomes. Beta blockers also help, but they have a really mind deadening effect.

If the tremor gets really bad, I stop working for a while, and then start back.

I also try to support my wrist or arm on something to help steady it.

Floyd