



Checklist of Tics and Symptoms or Tourette Syndrome

These are examples of the types of tics that you might see but it is not an exhaustive list. You or your child/young person might only have a few subtle tics or there may be a whole range. It's useful to have an idea of the types and frequency of your tics when you visit your GP or Specialist.

Simple Motor Tics

- Blinking eyes/squinting
- Facial grimacing
- Rolling eyes
- Smacking/licking lips
- Sticking out tongue
- Chin on chest
- Flapping arms/legs
- Toe tapping/scrunching
- Cracking jaw, ankle, neck, fingers
- Grinding teeth/clenching jaw
- Muscle tensing (e.g. abs, shoulders, neck)

Simple Vocal Tics

- Throat clearing
- Grunting
- Sniffing/snorting
- Spitting
- Coughing
- Humming/whistling/yodelling
- Exaggerated breathing sounds
- Belching
- Noises with tongue
- Popping noises

Complex Motor Tics

- Pinching/poking/punching
- Pulling clothes up/taking clothes off
- Jumping/hopping
- Kissing self or others
- Head banging
- Multiple tics in sequence
- Freezing motion
- Tics including bowel and bladder
- Drop tics—legs give way and you fall to the ground

Self-harming Tics

- Picking skin and scabs
- Hitting self
- Putting items in ear, nose, etc.
- Trichotillomania—pulling out hair/eyelashes

Copropaxia

- Inappropriate touching of self and others
- Offensive hand gestures
- Invading others personal space
- Hugging/kissing

Coprophobia

- Drawing/Writing socially inappropriate things

Complex Vocal Tics

- Repeating words
- Repeating phrases
- Repeating parts of words
- Animal sounds
- Stuttering
- Change in accent
- Change of voice (e.g. speed, intonations, forced speech, barely audible muttering)
- Talking to self in multiple characters
- Singing
- Gagging

Coprolalia

- Obscene words/phrases
- Racial slurs
- Socially inappropriate words—like 'FIRE' in a public place

Echolalia

- Copying other people's words and phrases

Palilalia

- Saying own words/phrases

Internal Tics

Intrusive words, thoughts, ideas or images (pleasant or scary)

Thoughts constantly going to certain topics/one track mind

Perseverating—obsessing on the same topic

Thoughts of morbid, violent or sexual images

Tic Attacks

Tic attacks can look and feel scary. They can be either motor or vocal.

Motor Tic Attacks

Can look like a seizure but when people are having a tic attack they do not lose consciousness. It is suggested that the person becomes overwhelmed and all the tics come at once.

Vocal Tic Attacks

Are very similar to motor tic attacks in that the person becomes completely overwhelmed, however their vocal tics become all-consuming and they are unable to talk, eat, swallow and sometimes breathing rates become an issue.

Other Symptoms

Other associated challenges that can be present with Tourette Syndrome that are useful to share with your doctor:

- Issues with attention and concentration
- Challenges getting to or staying asleep
- Feeling low
- Obsessional behaviour/rituals
- Anxiety
- Difficulty managing emotions and emotional outbursts
- Rage attacks
- Issues with sensory processing—sensitivity to light, noise or touch