



Rowan University, Disability Resources

Faculty Fact Sheet- Tourette's Syndrome

Definition: "Tourette syndrome (TS) is a neurological disorder characterized by repetitive, stereotyped, involuntary movements and vocalizations called tics...Tics are often worse with excitement or anxiety and better during calm, focused activities. Certain physical experiences can trigger or worsen tics...Tics come and go over time." National Institute of Neurological Disorders and Stroke

Typical Symptoms:

<p><u>Simple Tics (sudden, brief, repetitive movements that involve a limited number of muscle groups)</u></p> <p>Motor</p> <ul style="list-style-type: none">• Eye blinking/ other eye movements• Facial grimacing• Shoulder shrugging• Head/shoulder jerking <p>Verbal</p> <ul style="list-style-type: none">• Repetitive throat clearing• Sniffing/snorting• Grunting sounds• Barking	<p><u>Complex Tics (distinct/coordinated patterns of movements involving several muscle groups; may appear purposeful)</u></p> <p>Motor</p> <ul style="list-style-type: none">• Facial grimacing combined with head twist/shoulder shrug• Sniffing/touching objects• Hopping• Jumping• Bending• Twisting <p>Verbal</p> <ul style="list-style-type: none">• Words or phrases (can include swearing or repeating others words or phrases)
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Classroom Behaviors:

<p>Students may:</p> <ul style="list-style-type: none">• Say or do inappropriate things• Have difficulty concentrating in class because they are focusing on trying to control tics• Leave class on occasion due to intensity of their tics

(Please note: not every student with Tourette's will demonstrate all these symptoms and behaviors.)

Strategies:

<ol style="list-style-type: none">1. Understand that tics are not intentional and often cannot be controlled.2. Ignore tics.3. Make a separate testing location available to student for testing.4. Be open to use of technology to help students with extreme tics.

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