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## Is Skater's Cramp a Task-Specific Dystonia?

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## List of Propositions

- Task-specific dystonia is a disorder that involves errors in complex brain networks driving fine motor-control.
- Over-active muscle and movement patterns in skater's cramp resemble a task specific dystonia.
- Reduced truncal displacement/body rotation in affected skaters is likely a defensive response to reduced stability that results from having skater's cramp.
- Higher inter-muscular coherence during ice skating in affected leg muscles points towards dystonia in skaters with skater's cramp
- Personality traits such as higher emotionality appears to be more frequent in skaters with skater's cramp.
- In order to more accurately identify and treat task-specific dystonia in sports, we must first become better at measuring it.
- Combining botulinum toxin injection with sensory-motor retraining is an interesting new direction for the treatment of task-specific dystonia.
- Misdiagnosing skater's cramp is a danger to be avoided, as it can cause psychological and physical pain if ineffective invasive procedures are attempted.
- Acquiring a PhD is like skating a marathon on skates you built yourself, on a lake where no one knows how thin the ice is.
- "Ironically, some of our most stubborn habits and disorders are products of our plasticity." Norman Doidge