

EXAMPLES OF TICS



Tictock Therapy
Tic Management Consultancy



DEFINITION OF A TIC.



A motor tic is defined as a rapid, repetitive movement of any involuntary muscle group in your body. These can be simple (one muscle) or complex (multiple muscle groups)

A vocal tic is defined as the repeated uttering of a sound, word, or phrase. These too can be simple (noise/ utterance) or complex (linguistically meaningful word, phrase or sentence)

***please note this list is not a full list of tics. This resource has been designed to show that a tic can be virtually anything. They are not in a particular order and there may be some repetition of a tic, worded differently.**



EXAMPLES OF TICS

accents - vocal words/ phrases in different accents

animal noises

ankle stretch or roll

arm flailing

arm jerking

arm twitching

back arching

back twisting

bending sideways

bladder contracting

body bending

body shaking

body twisting

breathing tics

cartwheels

clapping

banging head/ limbs on objects or other body parts



EXAMPLES OF TICS



clicking in the throat
clicking joints
closing eyes
closing eyes when walking
coughing
counting letters in words
crossing things out unnecessarily
doing something certain amount of times
drawing inappropriately
Dropping to floor
dystonic body positions
eye blinking
eye rolling
eye rolls to back of head
eye scrunching
eye squinting
eye stretching
eyebrow raising



EXAMPLES OF TICS

eyes from side to side

facial grimacing

finger bending

finger clicking

finger stretching

finger tapping

flapping arms

flicking leg when walking

food throwing

forced exhalation

frowning

gasping

grunting

hair pulling

hair tossing

hand blowing

hand squeezing

going over and over certain letters when writing

grabbing steering wheel of car (as a passenger)

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EXAMPLES OF TICS



hand washing

handstands

head jerking

head shaking

head turning

heavy blinking

hissing

hitting others

hitting Self

hopping

howling

humming

hurting self

imitating others disabilities

inappropriate gestures

Jaw thrusting

jumping

kicking leg back when walking

kicking others



EXAMPLES OF TICS

kicking Self
kissing noises
kissing others
knee bending
knee stretching
laughing
limb shaking
limb stretching
lip licking
lip smacking
lying down
making funny faces
mental tics - (mind tics)
mouth stretching
muting tic (cannot speak)
nail biting
nail picking
neck bending
neck flicking



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EXAMPLES OF TICS



neck twisting
nodding
nose scrunching
nose twitching
nostril flaring
opening car doors when driving
over stretching arms or legs
overextending fingers
picking clothes
pinching others
pinching Self
poking others
pouting
pulling on own clothes
punching floor
punching self or others
pushing out abdominal muscles
rapid blinking



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EXAMPLES OF TICS

re reading the same word or sentence over and over
reacting to things inappropriately
repeating others words/ phrases - echolalia
repeating own words/ phrases - palilalia
repeating phone numbers
retching
rubbing fingers together
rubbing stuff on body parts
rubbing toes together
saying negative things even when happy
saying random words phrases
saying the opposite of what you want to say



EXAMPLES OF TICS

screaming
screeching
scrunching fingers and toes
sharp inhale or exhale
shoulder raising
shoulder rolling
shoulder shrugging
shouting
shuffling on chair
sighing
sitting down or standing up when not desired
skin picking
skipping
slapping others
slapping self
sniffing
snorting
speaking very loudly
speaking very quietly



EXAMPLES OF TICS



standing up and/ or sitting back down involuntarily

spitting

squatting

squeaking

stabbing self with objects

stamping feet

stepping in the road

stepping on cracks on the floor

sticking tongue out

stomach crunching

stomach tensing

stretching back

sucking clothes

swearing verbally or with gestures

tapping things

teeth grinding

tensing abdominal muscles

tensing diaphragm

throat clearing

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EXAMPLES OF TICS

throwing / tipping food off plates/ out of packaging

throwing drinks out of a glass

throwing head backwards

throwing head forwards

throwing self on floor

throwing things in general

toe crunching

toe stretching

touching hot or sharp objects

touching others

touching things certain times

turning wrists in or out

tutting

vomiting

whispering words or phrases

Whistling

writing inappropriately

yawning

Yelling words / phrases

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