

Dystonia on the Internet

The internet can be an excellent tool to access information. It can also leave you feeling swamped and in a state of information overload. To help you source reliable information, we suggest a number of web sites that other members have found helpful.

Dystonia in general

- Firstly, we hope you find our website www.dystonia.org.uk useful for information about dystonia and the work of The Dystonia Society.
- www.wemove.org (US organisation). Arguably the most extensive site for neurological conditions on the web. It provides lots of information on all aspects of dystonia (and other movement disorders).
- www.dystonia-foundation.org (US organisation) is the website of the Dystonia Medical Research Foundation (DMRF) of the USA which is the largest dystonia membership organisation in the US.
- www.dystonia-europe.org European Dystonia Federation gives you detailed information about dystonia and links to member organisations in Europe.

Sites dedicated to specific forms of Dystonia

- www.torticollis.org (US organisation) this is a site dedicated to torticollis with its own message board.
- www.drdcentral.com (US organisation) is a site dedicated to Dopa-Responsive Dystonia.
- www.bleparospasm.org (US organisation) Site run by the Benign Essential Blepharospasm Research Foundation.

Counselling

- www.psychotherapy.org.uk is the website of the UKCP, a professional body for counselling and psychotherapy and a good reference point for anyone seeking information about counselling and psychotherapy in the United Kingdom. The website can help you locate a counsellor or psychotherapist in your area.
- <http://www.bacp.co.uk> the BACP is a professional body for counselling and psychotherapy in the UK and can help you locate a counsellor in your area.

Physiotherapy and Osteopathy

- www.csp.org.uk CSP is a chartered association of physiotherapists, this website can provide you with information about practitioners in your area with an interest and experience of working with people with neurological conditions.
- www.osteopathy.org.uk the general osteopathic association can provide you with information about practitioners in your area with an interest and experience of working with people with neurological conditions.

Some other useful sites include:

- www.cafamily.org.uk provides advice, information and support to the parents of all disabled children - no matter what their disability or health condition.

A word of caution: These sites will hopefully provide you with useful information. However, they cannot answer specific questions about your situation. There is no substitute for the information provided by a physician who is well acquainted with your own particular circumstances.