

# Chiari Type I – Symptoms Compilation

## Pain

1. Headaches
  - *Occipital headaches* – Pain and pressure stemming from the back of the skull and upper neck, often made worse by Valsalva maneuvers (coughing, sneezing, heaving, etc.).
  - *Orthostatic headaches* – headaches that get worse when upright and disappear when lying down. (See CSF Leaks and Low-Pressure Problems.)
2. Neck pain/tension/spasms
3. Myofascial Pain
4. Feeling like your head is too heavy for your neck (like a bobblehead; see Cranio-Cervical Instability)
5. Popping/cracking sounds in neck or upper back when stretching (Crepitus)
6. Back pain
7. Chest pain, in a band-like pattern around chest
8. Neuropathic Pain (Neuralgia)
  - Occipital (back of head/neck)
  - Trigeminal (face to brain)
  - Peripheral (extremities)

## Equilibrium/Balance Problems

1. Clumsiness
2. Dizziness (Vertigo)
3. Cervical Vertigo
4. Unsteady or drunken-like gait (walking difficulties)
5. Swaying/Floating Sensation
6. Bilateral problems with coordination of movement
7. Difficulty walking on uneven ground
8. Difficulty negotiating steps/stairs
9. Motion sickness

## Cardio-Respiratory Problems

1. Episodes of rapid heart rate (tachycardia)
2. Heart Palpitations
3. Postural Orthostatic Tachycardia Syndrome (POTS)
4. Hypertension (high blood pressure)
5. Hypotension (low blood pressure)
6. Tightness or heaviness in/on chest
7. Sudden/abrupt changes in blood pressure due to awkward position of head
8. Abnormal breathing
9. Shortness of breath
10. Sleep apnea (periods of breathing cessation during sleep; Central or Obstructive)
11. Throat closes when lying flat
12. "Strangling" feeling
13. Blackout spells (related to syncope)
14. Fainting (syncope)
15. Feeling like there's a "lump" in your throat
16. Sensitive gag reflex
17. Lack of gag reflex
18. Aspiration (oropharyngeal dysphagia; inhaling fluid or food products into the lungs; sometimes accompanied by coughing, gagging, choking, and/or vomiting.)

## Cognitive Problems

1. Insomnia/Fatigue
2. Brain fog (problems thinking and/or concentrating)
3. Secondary Attention Deficit Hyperactivity Disorder
4. Memory Problems (long/short term)
5. Aphasia (problems remembering words)
6. Dyslexia
7. Depression/Anxiety
8. Sensory Overload
9. Sensitivity to auditory stimuli
10. Emotions (over/under emotional)
11. Easily confused (sometimes causing aggression, resentment and/or depression)

## Eye/Vision Problems

1. Blindness or Color Blindness
2. Blurred/Double Vision
3. Blind spots
4. Decreased peripheral vision
5. Problems with depth perception
6. Aura Disturbances (floaters, spots, halos, or fireflies)
7. Photophobia (sensitivity to bright lights)
8. Oscillopsia (objects appear to be swaying)
9. Difficulty reading and focusing on lined text
10. Unequal pupil size
11. Pain/pressure behind the eyes (soreness in the eyeballs)
12. Spasms of the eyelids (Blepharospasm)
13. Nystagmus (uncontrolled horizontal or vertical movement of the eyes)

## Ear/Hearing Problems

1. Hearing loss
2. Fluctuating hearing
3. Pressure (stopped up feeling) in the ears (aural fullness)
4. Ringing or buzzing in the ears (tinnitus)
5. Intolerance of loud/confusing sounds
6. Pain/tension along ear, eye, jaw line
7. Fluid-like sound in ears (like water running)
8. Hear heartbeat in ears
9. Increased sensitivity to certain frequencies (Hypersensitive)
10. Increased sensitivity to noise (Hyperacusis; Misophonia)
11. Earaches

## Sensory Problems (touch, taste, smell)

1. Tingling/crawling feeling on scalp/body
2. Itchiness
3. Pins/needles sensations
4. Burning sensations
5. Electric shock sensations (Lhermitte's sign)
6. Loss of taste
7. Problems with sense of smell (loss of smell)
8. Decreased sensation to temperature

## Problems with Voice/Speech

1. Hoarseness/inability to modulate voice when singing or speaking loudly
2. Slurred speech
3. Disjointed (incoherent) speech
4. Change in voice character and timber

## Problems with Extremities

1. Poor blood circulation (cold hands/feet)
2. Decreased sensation to touch in extremities
3. Decreased hand coordination (poor fine motor skills)
4. Numbness/tingling sensation (paresthesia; can be felt in arms/hands, legs/feet, face/scalp, trunk)
5. Hand tremors
6. Spasticity (stiffness) of the legs
7. Arms/legs feel heavy & hard to lift.
8. Progressive lower limb spasticity (spasms)
9. Thickening of the finger joints
10. Hypermobility (see Ehler's-danlos Syndrome)

## Mid-Chest Problems

1. Difficulty swallowing (esophageal dysphagia; food/meds getting stuck in your esophagus without entering your stomach properly)
2. Nausea/vomiting
3. Gas/bloating
4. Abdominal pain
5. GERD
6. Increased food allergies/sensitivities
7. Drooling
8. Gag reflex (increased or lack of gag reflex)
9. Sinus/mucous problems

## Other Physical Problems

1. Decreased muscle tone
2. Muscle weakness
3. Restricted movements
4. Decreased neck mobility (up/down & side/side)
5. Profuse sweating or inability to sweat
6. Inability to regulate body temperature
7. Loss of sexual interest (lack of sensation in pelvic area)
8. Pulling sensation while sitting/standing
9. Numbness of the face
10. Gastrointestinal problems (reflux, gastroparesis)
11. Food/Meds get stuck in esophagus (Esophageal dysphagia)
12. Numbness of the pelvic area
13. Bladder/Bowel incontinence
14. Urinary frequency
15. Dehydration/excessive thirst
16. Menstrual problems (severe cramping during period)
17. Hiccups associated with drinking carbonated beverages
18. Swollen face
19. Skin problems
20. Dry skin and lips
21. Thinning hair
22. Drooling
23. Swollen lymph nodes
24. Seboreic Dermatitis
25. Syringomyelia (syrinx: cyst in the spinal cord)
26. Curvature of the spine (scoliosis) related to spinal cord impairment
27. Increased allergies/sensitivities (MCAS)