

SIMPLE WAYS TO REDUCE

LEG
CRAMPS

Disclaimer: Please consult your doctor prior to performing exercises and treatment advice provided in this article.



Calf cramp

Hamstring cramp

LEG cramps are common and can affect anyone at any time. I have heard of people experiencing the painful involuntary contractions during a sporting event and even at night time. I know, it's not a pleasant feeling at all because I've had it before. The muscles that are prone to leg cramps are calves, quads and hamstrings. Although, other muscles like traps, neck, abdomen and low back can be affected as well.

Generally, leg cramps are common to endurance athletes, typically in a hot environment. However, leg cramps are also common in middle-aged population and being pregnant. Sometimes the nature of your work can contribute to your leg cramps if you are standing and walking for a long period of time with improper footwear. These are other factors to consider when figuring out how to help reduce your leg cramp.

There are a number of possible causes for a leg cramp:

1. Dehydration
2. Muscle fatigue
3. Electrolyte depletion
4. New activities

Treatments for muscle cramping that seems to help are:

1. Stop the activity that causes cramping
2. Gentle stretch and massage the muscle area
3. Hold the joints in a stretch position until cramping stops
4. Maintain fitness

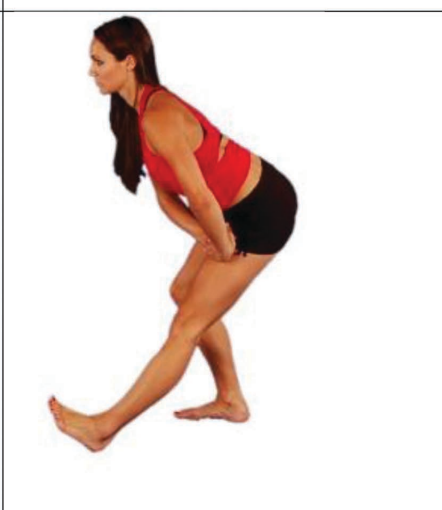
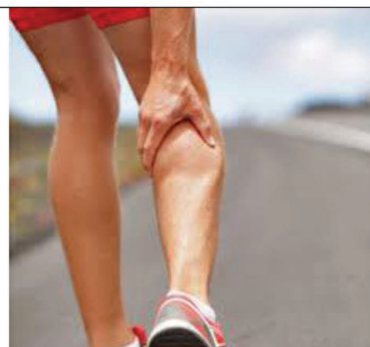
Preventing leg cramps

Important tips to remember:

- To keep hydrated, frequently drink water throughout the day. Not only during the summer months but during the winter months as well. The air is dry mostly in winter and hot air blowing out of the vents do not help leg cramps if you're dehydrated.

- I'm sure you've been told to eat bananas. Well, bananas won't stop the cramping but it will definitely help in preventing muscle cramps. Banana is known to have high contents of potassium that will help in the nutrient imbalance in the cellular level. Also try to consume sports drinks as they have electrolytes that help with electrolyte depletion.

- Be sure to start slow with new activities. Give your body enough time to adapt to the new movements. Maintain your fitness level to avoid starting over and to avoid unwanted leg cramps.



Calf stretch (hold for 30sec x 3)

Hamstring stretch (hold for 30sec x 3)

If you are drinking plenty of water, stretching regularly, consuming enough potassium but still have a problem with leg cramps, be sure to consult your doctor. There may be other underlying conditions that are causing your leg cramps.

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