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## Night time cramps in feet and legs

Why do my feet and legs cramp at night. What causes night cramps in feet and legs. What causes night time cramps in feet and legs.

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Clinically mysterious and painful - but manageable. Geriatrics. 2001, 56: 39-42. Google Scholar Page 2 Access policies Press center Support and Contact Leave a feedback Careers Follow DMC DMC Twitter page DMC Facebook page DMC Weibo page Nocturnal leg cramps can occur to anyone at any age. And they can occur at any time of day or night. Calcium muscles can suddenly become difficult, tight and painful at any time, as during a race or when they get away to sleep. Almost everyone has a muscle cramp that comes without notice. The research finds up to 60 percent of adults and seven percent of children have experienced leg cramps at night. The probability that an adult will have a leg cramp increases as they grow old. In this article: What are the legs at night? Night leg cramps, night leg cramps, and a "Charley Horse" are all names for a painful contraction,or spasm in the muscles of the legs. The hard lump that feels at the point of pain is the contracted muscle. Leg cramps are most commonly occurring in calves and ropes, although they may occur inthighs, and almost all the other muscles. They tend to shake a person awake in the middle of the night, but they can also hit day by day during a physical effort like running and cycling. The feeling of a cramped and tight legs can last from a few seconds to several minutes. Sometimes pain may persist, and if cramp is particularly severe, the muscle may be sore for days later. However, however painful, leg cramps are harmless. Sometimes leg cramps seem to come from nothing, but they can also be related to movement. Fitness routines can put your legs hard to test, causing a cramp. Some muscle cramps of the legs can also be the result of a sedentary lifestyle, which is a normal event until the pain is prolonged or recurring. However, while they can affect people of all ages, those over the age of 50 can get them more often. What causes your legs' night cramps? The cause of night cramps of the legs can be the result of many circumstances ranging from vigorous exercise to something more serious, such as kidney disease. If a person suffers from a condition such as kidney failure or damage to diabetic nerves, he will have other symptoms as well as leg cramps. Generally, nocturnal leg cramps are not a sign of a underlying condition. In most cases, there is no specific underlying cause of leg cramps, but they usually occur for a reason, such as muscle trauma. Sometimes, the cause may be something as simple as maintaining a uncomfortable position for a long time, as in a movie or an airplane. Other causes may include medications such as diuretics (often used to help control high blood pressure) and steroids. The lack of minerals such as potassium, magnesium or calcium can also be the underlying cause, as well as cold. Dehydration is often cited as a cause because athletes who train strenuously with heat often suffer from cramps. However, this theory is disputed as research shows athletes in the colder climates also get cramps. Some doctors believe that muscle fatigue and nervous dysfunction can cause leg cramps. It is suggested that during sleep, the foot is stretched and the muscles of the calf are shortened, which could be a trigger of leg cramps. Some doctors also think that the brain can mistakenly tell the leg to move during the dream, causing them to contract and resulting in night cramps to the legs. Another theory is that cramps are more likely today, because of the lack of cobbling, which is a position that stretches the muscles of the calf. Disorder where the adrenal glands do not produce enough hormones. Alcohol abuse.Anemia. Drugs for pressure of theof cancer. Chronic renal insufficiency. Late phase of the healing (fibrosis) of the liver.diabete,dialisi,diarreal,diuretico, (lidric retention riders) .stress or use of a muscle for a long time can cause a cramp to the legs during or afterwards later The cramps often affect anyone if the body is out of condition. Pied dishes. Gastric bypass operation.Emodialysis (renal dialysis). Hypertoidism (hyperactive thyroid). Hypothyroidism (hypoactive thyroid) .Popotassemia (decrease in blood potassium levels). Poisoning.Problems to motor neurons. Muscle factory.Danni to nerves, as per anticancer treatments.osteoArtrite.Parkinson (disturbance of the central nervous system that affects movements). Malattia of peripheral arteries (pad) .Gravanza (especially in the following phases). Sarcoidosis. A disease in which small growths or lumps produce tissue inflammation (swelling) anywhere in the body. Some drugs, including oral contraceptives, intravenous iron sucrose, conjugated estrogens, naproxity, raloxifen, teriparatid and medications to lower cholesterol (Statins). Spinal cord injury or pinched nerve in the neck or back. Vascular vascular insufficiency and venous insufficiency. Older people are more likely to have cramps with legs. Furthermore, due to muscle loss, which begins towards the half of the 40s and increases in less active people, the odds of having night cramps at the legs are major. Some activities can make a person more prone to leg cramps. These include exercises that depend heavily from the leg muscles, such as the recreational run, the leg's weight training, or sports that require a lot of run, resulting in muscular fatigue. You can reduce the probabilities of leg cramps linked to the activity by drinking lots of water and stopping the exercise when you are tired. The restless leg syndrome (RLS) is sometimes confused with night cramps with legs, but It's a different condition. In general, pain is not a primary feature of RLS, although some people describe their RLS as painful. What are the symptoms of the night cramps at the legs? The night cramps at the legs are unintentional improvised and painful contractions of the foot muscles , calves and thigh. These leg cramps are quite painful, causing the muscles impressed to feel tight or knotted. They can happen while a person is sleeping or just resting. The cramp can last for a few seconds to several minutes. The average duration is about 9 minutes. The muscles can remain tender up to 24 hours after the episode. The cramps occur mainly in the calf muscles, but they can also commonly occur in the thighs or feet. How are the night cramps to be diagnosed with the legs? Night cramps to occasional legs do not require official medical diagnosis. However, it is important to consult a doctor in the event of recurrent muscle spasms, especially if they occur more than once a week without an adequate explanation. The diagnosis is generally obtained by examining the history of the And proceeding to a physical examination. The medical history is important to identify the possible cause of cramps to the legs. During the leg cramps, they are typical of visible muscle retraclops and sudden and intense pains. The description of the symptoms by the patient helps to differentiate leg cramps from other common conditions. common. The scans of magnetic resonance are useful for determining if the compression of the nerve is the cause of the cramps to the leg. A magnetic resonance uses a magnetic field and radio waves to create a detailed image of the internal body structures. Laboratory work can also be necessary to exclude low levels of potassium, calcium or magnesium. How are the cramps of the leg at night treated? In most cases, you can take care of a cramp to your home. Forced stretching of the contract muscle will help relieve pain. However, frequent muscle spasms are often linked to underlying health conditions that need medical treatment. Currently, there are no drugs specifically designed to treat recurrent muscle cramps, but if the cramp is a sign of another problem, addressing the underlying problem could provide relief. If the leg cramps often occur and for any apparent reason, it is important to see a doctor. If there is no cause below, leg cramps will probably improve without treatment. Often, the autmassage of the affected muscle, followed by the application of the ice, it is useful. Other treatments for the home during and after a cramp to the leg include: moving. When you experience leg cramps, the best thing to do is walk around. Walking tells the muscle that needs to contract and relax. OTC Pain Relief. Analgesic balms or patches, available in most pharmacies, can provide further relief. The devourers are usually too slow acting to be useful for a cramp to the leg; However, when a severe cramp leaves a tender muscular feeling, an over-the-counter painkiller (OTC) can help after the cramp is over. OTC painkiller drugs that are formulated to treat menstrual cramps, such pamprin and Midol, can be effective treatment for severe leg cramps. Extension. Stop any activity that could have induced the cramp, and slightly stretch the muscle. Gently hold the stretch for a few seconds during the area's massage. Tips. Stretch the calf muscles standing and walking on toes of feet toes for a few seconds can help. For a cramp to the leg in the calf or in the back of the thigh (Hamstring): staying arm from a wall with flat ground feet. They lean forward against the wall with arms extracted and flat hands on the wall. Keep the heels on the ground. Hold down for 10 seconds, then gently come back to a vertical position. Repeat five or ten times. Alternatively, sit or mind with the straight leg, pull the upper part of the foot towards the head. For a cramp in the front of the thigh (Quadriceps): while holding on a chair for stability, pull the foot back buttocks. Massage. If the cramp is induced by exercise, simple strokes and a massage can help relax the muscle and stop it from contraction. Hot Soak. Many athletes and physical therapists recommend magnesium in the form of Epsom salts. This old-school remedy can be applied to a wet cloth and pressed on a tight muscle. Alternatively, add some Epsom salts to the hot bath water and soak for a few minutes. Heat provides relief for many many with or without Epsom salts. Even the dry heat of a heating pad can also help. Budget. While the heating pads speed up the relaxation process, a packet of ice will help numb the pain. Quinero as a treatment for leg cramps is no longer recommended. A 2010 FDA Warnings About Quinine Detailed on the potentially hazardous interactions and side effects of quinine that outweigh the modest benefits. Is it possible to prevent night leg cramps? There are several things you can do at home to help relieve night leg cramps. Anyone who regularly suffers from leg cramps should work to strengthen their muscles, which will help make leg cramps less frequent. Some other simple things that can help prevent leg cramps include: Diet. Eat a healthy diet with plenty of fresh fruits and vegetables and foods high in vitamins, potassium, magnesium and calcium. The advice to eat bananas for leg cramps is correct because banana potassium can help. Vitamins and minerals: potassium and magnesium. Increased magnesium intake may reduce the frequency of night leg cramps, especially for pregnant women. Health experts recommend getting at least 300 milligrams of magnesium every day. Similarly, potassium is an important electrolyte, a substance that conducts electricity in the body (along with magnesium) for the functioning of the nerve and muscle cells. Potassium plays a key role in smooth muscle contraction, making it important for proper muscle function. A nutritional supplement can help you achieve your daily allowance of both. However, the best way to get these nutrients is by eating foods rich in potassium (sweet potatoes, white beans and bananas) and magnesium (nuts, lentils and quinoa).hydration. Drink plenty of water. Being properly hydrated can help the body better process minerals from foods and supplements.Stretch properly before exercise. Focus on your calf and foot muscles. Estercise. If you can't find a program that suits your age and ability, move during the day to exercise your feet and legs. Wear suitable, comfortable, supportive shoes, especially if you have flat feet or other foot problems. Before you go to bed. Before you go to bed, stretch out.Sleep under loose covers. Loose covers are important for people who sleep on their back. Loose sheets help prevent your feet and toes from turning down during sleep. If you have frequent and severe leg cramps, talk to a doctor to make sure there is no underlying health problem causing the cramps.Novus spine and pain cenovus Pain Center Vein Center Lakeland, Florida, specializes in treating night leg cramps. Using a comprehensive approach and state-of-the-art therapies, we work with patients to restore function and regain an active lifestyle while minimizing the need for opioids. For your convenience, you can schedule an appointment online, request a callback or call our office at 863-583-4445. The permanence of the leg cramps resources why is my leg cramps? What what Help? (Webmd) legs (webmd) legs legs a night (Cleveland Clinic) Causes and treatment for legs legs (Medical News Today) Cramps Night legs (Mayo Clinic) What causes leg legs and how can you stop? (Everyday health) How to stop the leg muscle tires (soccer line) Charley horse (line) What causes leg cramps? (Healthline) Night leg cramps (American Family Physician) Associate muscular cramps (PubMed) Muscle cramps (American Academy of Orthopaedic Surgeons) Muscle Crembles (Mayo Clinic) Clinic

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