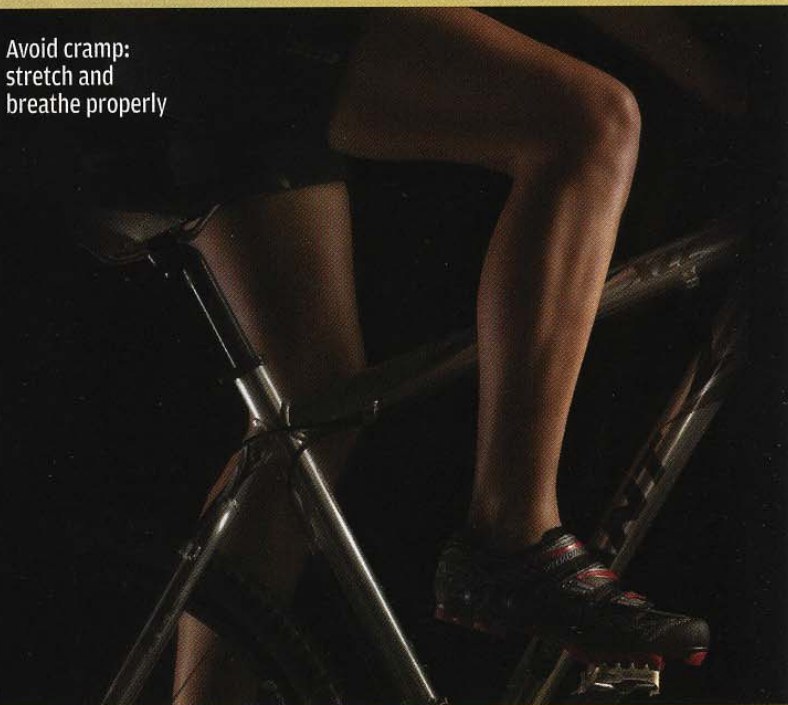


WHAT HAPPENS WHEN YOU GET CRAMP?

→ We debunk the myths of cramp

Avoid cramp:
stretch and
breathe properly



Muscle cramps are muscle spasms, and as we all know, can be very painful. They are usually of little medical consequence and happen at night (nocturnal cramp) or during long periods of exercise (exertional cramps). Sometimes cramp can also be caused by minor muscular or nerve abnormalities.

Usually cramps happen when you exert yourself more than normal. But cramps can also occur through a failure to stretch before exercise, and possibly due to family history. Surprisingly, research shows that mineral imbalances through dehydration are not necessarily a cause, but excess fluid can be.

Research from Cape Town University in South Africa suggests that cramp can also be as a result of changes in sensitivity of the reflexes that originate from the muscle and tendon tension receptors. Only muscles that are lengthened with stretching regularly during long exercise will not cramp.

Cramp in the diaphragm can cause a stitch when you are breathing heavily. Breathing more regularly and forcing the contained air out when breathing out can prevent this happening. There is little conclusive research on nocturnal cramping, but stretching tired and injured muscles before you go to bed will help to prevent it.