

WHAT IS LEG CRAMPING?

Leg cramps are also known as a **Charley Horse**, a muscle spasm when the muscle suddenly tightens up on its own and cannot relax. These cramps can happen anywhere in the body but mostly occur in the legs and feet. Even though cramps can be painful, they can be relieved quickly and are not a cause for concern. They do not cause any lasting damage or complications unless they are resulting from some underlying condition.



Crumps Terms

J Dewey



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