

# Friedman Chiropractic, Inc.

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## LEG CRAMP SOLUTIONS

One of the most common symptoms people have are leg cramps or spasms. There are three major classifications of leg cramps: waking at night, post exercise, and those which occur while walking. This last instance may be a symptom of a potentially serious problem called Intermittent Claudication. Luckily, this is the least common cause of leg cramps.

If one wakes at night with a leg cramp, you often have to jump out of bed and stand on your legs to get the muscle to relax. Another way of getting temporary relief is to strongly flex and extend your toes while massaging the knot in the muscle. These are all means of reducing the spasm once it has occurred.

The best way to *prevent* these types of cramps is to treat them nutritionally and neurologically. Often there is an imbalance in the intake of calcium, magnesium and vitamin D. Calcium and magnesium are essential to control the degree of contraction of the muscle itself. Utilizing chiropractic *Neurovascular Dynamics* testing procedures along with a dietary intake survey, it is possible to determine which nutrients are needed.

The next most common type of leg cramp is the post exercise cramp. These cramps can be due to electrolyte imbalances in the minerals potassium and/or sodium, often due to

dehydration. A good rule for water intake is that you should urinate every two or three hours. If you abide by this standard, you will adjust your water intake to take into

*“The cause of nerve irritation must be found and removed before the channels can relax and open sufficiently to admit the passage of obstructed fluids”*

*Dr. A.T. Still*  
*Founder of Osteopathy*

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account hot humid weather or increase in physical activity.

As mentioned above, intermittent claudication is a condition that is suspected when walking causes a leg cramp. This can be due to a number of health conditions that affect blood flow to the legs. You can either have a decrease in blood getting to the legs or going back out of the legs. How you walk and the length of your stride can also have a bearing on this type of cramp. There can also be spinal and pelvic misalignments causing a short leg that shifts more weight on one leg, thus aggravating the condition.

In addition to nutrient deficiencies, one often neglected aspect of leg cramps is

reduced micro-circulation to the lower extremities. The healing premise of osteopathy is that “the rule of the artery is supreme.” Chiropractic science emphasizes the importance of the nervous system in controlling all bodily functions, including the blood flow.

If there are restrictions in the blood capillaries (smallest vessels) into the legs one can feel cramps, numbness, tingling and aching. *Chiropractic Neurovascular Dynamics*, which combines the best of osteopathic and chiropractic principles, can be a big help by first locating the blockage or irritation in the nervous system and then utilizing treatment to expand blood and oxygen to the tissues.gastro-intestinal tract.

### Memorable Quotes

“The unexamined life is not worth living.” Socrates 469-599 B.C.



## Pythagorean Center for Natural Healing

A Facility of Friedman Chiropractic Inc.

With the inception of our website, we decided to personalize Friedman Chiropractic, Inc. in honor of a physician-philosopher whose approach to natural healing epitomizes our methods.

His name was Pythagoras.

For more information on this remarkable man, please visit our website.

### Applied Kinesiology...

...is a diagnostic tool using the muscle structure of the body to aid in the examination of a patient. Its use allows immediate feedback aiding the doctor in making decisions on what type of care the patient needs.

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