

Cramps



I suddenly woke up in the middle of the night with cramps and burst into tears. It hurts so much that it hurts several times a year, and it also hurts when I sit in the same position for a long time. While we were sitting in the time chair chatting, I was suddenly attacked. It surprises the people in the room. At times like this, while enduring the pain, try to lift your big toe as hard as you can. It's all I can do as I pull it forward, stretch my calf, and wait for it to subside. Soccer and track and field athletes also experience leg cramps during competitions. So, age and daily health doesn't seem to have anything to do with the amount of training. When we looked into it, we found that minerals are necessary for muscle function. The quantitative balance of elements (Mg, Ca, Na, K, etc.) may be disrupted due to unfavorable mineral levels, savage ectotherm, etc. Decrease in the ability to control contractions, long-term exercise, mental Muscle fatigue due to tension (same as shoulder/neck stiffness?), socks Muscle spasms due to tightening of the legs due to shoes or tights. It is said that the phenomenon that occurs in bricks is cramps and cramps. To relieve muscle spasms, try pulling your toes, tapping your shoulders, or massaging your hips and shoulders. In addition to physical treatments such as loosening, there are also medical treatments and preventive measures.



The most famous is a Chinese medicine called Shakuyaku Kanzo-to Method (commonly known as 68 "Rokuhachi"), there is a doctor-prescribed medicine and a commercially available straw). It usually begins to work within 5 to 10 minutes after taking it. It is also a good idea to drink it as a preventative measure before and after strenuous exercise. It is also effective for muscle spasms of the face and eyelids. However, after taking 68, a little blood pressure, please be careful as the price will be high. Shakuyakukanzoto is also available at drug stores, but I occasionally get it by having my family doctor write a prescription for it. Other mineral-containing drinks and supplements are also effective.