

Information Sheet

Muscle spasm

A muscle spasm is classed as a sudden involuntary muscle contraction, often referred to as a cramp. The main difference between the two is that a cramp is usually a short-term pain, whereas a spasm can last for some time or return in cycles. This information is intended for muscle spasm or cramping due to over activity, a sudden burst of activity or from inactive pressure on the tissues such as sitting in a constant position for too long.

NB. This information does not replace a medical diagnosis but is intended as a guide. Always seek professional advice before beginning a program of self-help.



Self-help

- Avoid dehydration by drinking your recommended daily intake of water
- Always warm up and cool down adequately when exercising
- Practise relaxation techniques if spasms relate to tension
- Take steps to reduce stress and tension
- When in spasm gentle stretching and placing the affected area on something cold can be effective
- Use gentle massage to ease an active spasm and deep tissue massage for a longer term treatment to relax soft tissues and prevent further spasm
- If symptoms are regular or continuous speak to your GP

*Please note, this is intended as a guide to how you can help improve the symptoms of muscle spasm at home. Should you require any further or more specific advice, please do not hesitate to contact me.