



LEG PAIN

Pain or cramping in the leg

CAUSES

CRAMP

A cramp is an uncontrollable contraction of the muscles, usually affecting the legs, arms, and abdomen. It is usually due to a lack of water and salt in the body. Other causes include sudden intense physical activity (working out without warming up), excessive physical activity (like jogging for too long) or maintaining the same position for a long period of time.

Symptoms:

- Pain in the leg
- Hardness of the muscle in the thigh or calf

DO:

- Slowly and gradually stretch your leg and gently massage the cramping muscle.
- Try rubbing muscle creams or ointments on the affected area to help relieve pain.
- Get some rest.
- Drink lots of fluids to rehydrate your body.

DON'T:

- Don't exercise or work out without warming up. Do some stretching exercises first.

INJURY

The leg may become injured in a varied number of ways, such as strain or sprain due to overuse, or bone fracture due to a fall or a hard blow. There may be pain and an inability to move or put weight on the leg. Emergency help must be sought.

Symptoms:

- Pain in the leg
- Deformed or broken bone in the leg

DO:

- For a muscle injury, apply heat to the affected area and rest the leg.
- If the bone has been fractured, seek help immediately.

DON'T:

- Don't put undue pressure on the leg if there is an injury. Keep off your feet and get some rest.



Leg fractures must be treated by a qualified medical practitioner. Physical therapy may be recommended during the healing phase.