

First Aid for Muscle Cramps

Written by BMH
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Rehab One, Ltd. Newsletter

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Muscle Cramps

Muscle cramps can occur any time – during exertion or at rest. Sometimes they're caused by certain medications or dehydrations.

- Have the victim stretch out the affected muscle to counteract the cramp.
- Massage the cramped muscle firmly but gently.
- Apply heat. (Use a heating pad or a hot water bottle wrapped in cloth.) Moist heat is more effective than dry heat. Do Not apply direct heat to the skin.
- Get medical help if cramps persist.

Muscle Strains

- Muscle strains are commonly known as pulled muscles.
- Apply cold compresses at once. Reapply them for 20 minutes every 3 to 4 hours for the first 24 hours. (Do Not apply ice directly to the skin.)
- If the strained muscle is in an arm or leg, elevate the limb to reduce swelling & bleeding within the muscle. Rest the pulled muscle for 24 hours.

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- Get medical help if the victim is in great pain or if a body part is not working properly.