



Muscle Cramp (EAMC)

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A cramp is defined as a rapid, painful squeezing or contraction of a muscle that lasts seconds to minutes and is accompanied by a palpable hard knot in the affected muscle. The cramps are classified into three types: the first one is para-physiological, the second is symptomatic, and the third is idiopathic. The exercise-associated muscle cramp (EAMC) is a temporary but intense and painful involuntary contraction of skeletal muscle occurring during or soon after a period of physical activity. (What has to go here) is a symptomatic cramp. EAMC is a musculoskeletal condition characterized by involuntary spasm of the calves, hamstring, and the foot muscles that occur unexpectedly, episodically, and are continuously uncomfortable.

Leg cramps are most common at matches in hot weather; the athlete has often linked to secondary injury. The muscles mainly involved are posterior calf muscles, gastrocnemius, soleus, and plantar muscles. It is typically affecting the athletes. There is evidence on the cause of EAMC that some cases may be associated with disturbances of mineral imbalance, evidence in favor of a role for dehydration, sustained abnormal spinal reflexes. Cramp is notoriously unpredictable, but it is believed that shortened muscle length, overload phenomenon, poor sleep, stressful sports competition is a risk factor for athletes.

In a recent time, it was noted that Pakistani cricket team players are suffering from EAMC due to hot weather situation in Sharjah, Dubai. The match happened between Pakistan and India and the youngest and fastest bowler Naseem Shah and Haris Rauf were suffering from EAMC. The situation was well treated by the Physiotherapist, and we have to make sure this situation will not happen

again in the important matches due to change in weather. In future, this matter has to be resolved by teamwork; the Nutritionist helps in mineral imbalance, and the muscle performance will be treated by the physiotherapist.