



WeCare Neurology

Dr. DhruPAD Joshi, DO

6833 Indiana Ave, Ste 101, Riverside, CA 92506

www.wecareneuro.com

Ph: (909) 255-6518

For an active cramp, stretch, the muscle involved to release the cramp. For ex, if your calf is cramping, straighten your leg and bend your foot up towards your face to stretch out the calf muscles.



For prevention of cramps:

1. **Good hydration** – Increase your water intake. Try to drink at least 8 glasses, or 2L, or a half gallon, of water daily.
2. Stretching exercises before bed! Stretch those legs.
3. If all else fails, can always try to put a bar of Ivory soap under the bedsheets!

If those are ineffective, you can try:

1. Magnesium – 400mg daily; OR
2. Iron supplementation – 100-200mg daily; OR
3. Vitamin B complex

Please speak to your doctor before adding these on as they can have side effects and risks as well. If all else fails, we can try a blood pressure medication (calcium channel blocker) that can be effective.

BEWARE: tonic water contains quinine, which has been associated with serious risks including death, so do not try this without speaking to your doctor first.