Muscle Spasm

What is it?

- <u>Muscle Spasm</u> —is an involuntary contraction of a muscle that occur suddenly, usually resolve quickly, often painful; also called a muscle cramp; inflammation that occurs when a muscle is overstretched or torn
 - Spasm of the Skeletal Muscles more common, often due to electrolyte abnormalities and dehydration
 - Spasm of the Smooth Muscles are within the walls of hollow organs, colicky pain (pain comes and goes), examples are gallbladder pain, kidney stone pain and diarrhea
 - <u>Dystonias</u>- a special form of muscle spasms whereby an abnormality perhaps exists with the chemicals that help transmit signals within the brain; examples are blepharospasm and torticollis and treatment may include Botox injections to paralyze the affected muscle and relieve the spasm
- **Spasm** is a temporary burst of energy, emotion, stress, activity or anxiety

Symptoms:

 <u>Symptoms</u>- severe low back pain, tightness in the muscles in the area, the spasm may form muscle knots, muscle stiffness, muscle tightening, severe pain, muscle fatigue

Facts:

- <u>Caused by</u>- the overuse of a muscle or when the muscle is tired, stretched or held in one position for a long period of time
- <u>Higher Risk for</u>- athletes who are doing strenuous exercises in a hot environment, construction workers, roofers, writer's, persons with diabetes, anemia or multiple sclerosis

What can I do?

- <u>See your Health Care Provider</u>- for more information
 - <u>Blood Tests</u>- CBC/complete blood count looking for anemia, electrolytes (especially potassium, sodium, magnesium, and calcium), creatinine (to check for kidney function), and glucose and thyroid function tests and EMG/electromyography to determine if there may be an abnormality of the nerves or muscle or both

