

Muscle Spasm

What is it?

- **Muscle Spasm** –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
 - **Dystonias**- 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:

- **Symptoms**- 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:

- **Caused by**- the overuse of a muscle or when the muscle is tired, stretched or held in one position for a long period of time
- **Higher Risk for**- 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?

- **See your Health Care Provider**- for more information
 - **Blood Tests**- 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

