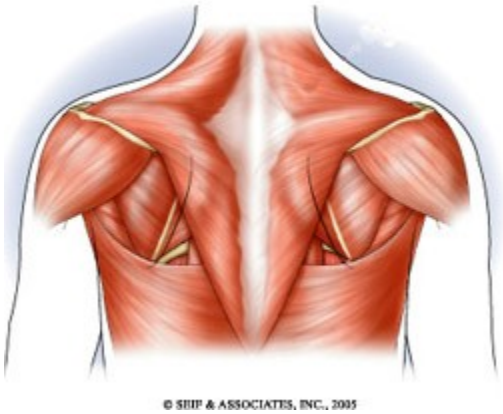
Muscle Cramps

Muscle cramps are when muscles tighten by themselves. The reason why you have muscle cramps may not be known. Most of the time, muscle cramps improve or go away within minutes.

HOME CARE



- Massage the muscle.
- Stretch the muscle.
- Relax the muscle.
- Only take medicine as directed by your doctor.
- Tonic water may help. Make sure it contains quinine.

GET HELP RIGHT AWAY IF:

- Cramps are frequent and do not get better with medicine.

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