Foot Cramping

Cramping of the feet is usually related to the **intrinsic musculature** of the foot as seen on the right. These tiny muscles are either out of shape or overstressed. There are some things you can do to mitigate these cramps.

**Mechanically speaking:** foot massage with a
- **Foot Massager Roller** especially before bed can help alleviate cramping.
- **Intrinsic muscle foot exercises** can help to strengthen the small muscles in the foot and include picking up marbles with your toes. Specific exercises can be found on Youtube under ‘intrinsic muscle foot exercises’.
- We also advocate the use of **custom foot orthotics** to help decrease the muscle strain on these small foot muscles during physical activities.

**Hydration is important.** Adequate fluid intake (not alcohol) is the mainstay of dietary changes.
Increased uptake of food with **potassium** is also recommended. These would include bananas, but also watermelon, lima beans, avocados, potatoes. Many high potassium food lists can be found on the internet.

**Supplementation of Mg and K** can help, we would suggest consulting your primary care physician regarding amounts.

**Mustard before bed.** There is some evidence that a teaspoon of mustard before bed can be effective in preventing night time muscle spasms as well.

The following **medications** can be a partial cause of muscle spasm as well:

- Furosemide (Lasix), hydrochlorothiazide (Microzide), other diuretics
- Donepezil (Aricept), used to treat Alzheimer’s disease
- Neostigmine (Prostigmine), used for myasthenia gravis
- Nifedipine (Procardia), a treatment for angina and high blood pressure
- Raloxifene (Evista), an osteoporosis treatment
- Terbutaline (Brethine), albuterol (Proventil and Ventolin), asthma medications
- Tolcapone (Tasmar), which helps treat Parkinson’s disease
- Statin medications for cholesterol, such as atorvastatin (Lipitor), fluvastatin (Lescol), lovastatin (Mevacor), pravastatin (Pravachol), rosuvastatin (Crestor), or simvastatin (Zocor)