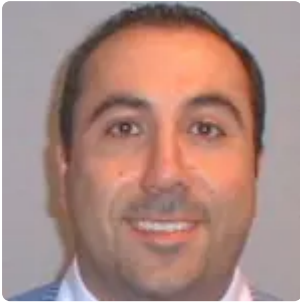


The Easiest And Most Effective Way To Relieve Leg Cramps

The Easiest And Most Effective Way To Relieve Leg Cramps Night leg cramp is a very common and painful problem that many American people suffer. Indeed, several late studies demonstrate that more than 70% percent of adults over fifty years old suffer some degree of night leg cramps. The situation is always similar, you are sleeping peacefully; suddenly, you start feeling an aching sensation in your leg, which make you get up and make it hard for you to fall asleep again. By the way, do you know what night leg cramps are? Night leg cramps are abrupt and involuntary contractions of the calf muscles that occur when you are sleeping. It is possible to feel the pain in the muscles in the soles of the feet. In any case, the duration of these cramps can be variable, occasionally they can last a few seconds and but usually they last some minutes. Either way, you still feel the soreness for a while after the leg cramp. Leg cramps can take place in anybody, yet older adults are more likely to experience this kind of problem. Nowadays, there are several alternatives to relieve night leg cramps. Once they take place, the first thing to do is to walk or jiggle the hurting leg and then lift it up. Another excellent way to relieve leg cramps is to straighten the aching leg and bend your foot toward the knee, so you will have the sensation of your [michel alkhailil](#) calf muscles enlarging; too, you can have a hot shower and then have an ice massage in the cramped muscles. The easiest and most effective way to relieve leg cramps



Although the precise causes of night leg cramps are not very clear. Occasionally, night leg cramps are provoked by over exercising the muscles, structural disorders, sitting for too long or incorrect leg posture during sleeping. Actually, the latter cause is the most common because doctors frequently notice it in their patients. Therefore, it is crucial to maintain right and comfy leg positions during sleeping to avoid night leg cramps. The orthopedic Leg Wedge Pillow proves to be very helpful for people who suffer frequent night leg cramps and for people who want to feel more comfy during the night. This great leg support pillow works as a great the leg spacer, and its very useful for people who sleep on a side. Also, the Leg Wedge Pillow can be used as an ankle support for both legs for people who sleep on their back. What makes the Leg Wedge Pillow a unique pillow is its dual-purpose features. So, this memory foam pillow can be used as contour leg spacer knee wedge in its close or folded mode. Also, this leg support pillow can be used as a leg elevation pillow in its open or unfolded mode, to promote better circulation through the lower limbs. Besides, the Leg Wedge Pillow is designed to adapt to the natural curves of your body and legs. Therefore, you can maintain a correct sleep position, eliminating night leg cramps in a safe and natural way.