



Foot & Leg Cramps



A muscle cramp is a strong, painful contraction or tightening of a muscle that typically comes on suddenly and can last anywhere from a few seconds to several minutes. It often occurs in the legs and though the calf muscles. However, sometimes it occurs in the small intrinsic foot muscles and is misdiagnosed.

Specific stretching, taping, dry needling and massage techniques can make a massive difference and rid you of any symptoms. Sometimes the cramps are secondary to poor lower limb biomechanics and that can be augmented with footwear modifications or orthotic therapy.

Call 9388 9999