

## Calf Pain

Chances are you've probably had a cramp in your calf. If you haven't you probably will. Low water intake and/or low potassium and/or magnesium sometimes are the causes, but not usually.

**First aid:** if you are lucky, you'll only get the cramp in only one calf. If you do, sit down in a chair or edge of a bed, step on the foot cramping and raise toes hard against the pressure of the foot that is stepping on it. Hold the pressure until the cramp recedes. Both calves cramping? Use a counter or the bed as a push up platform. Put your toes on the floor with your legs straight out behind you. Stay in the up pushup position, if you can, and push both heels toward the floor. Hold until the cramps recede. (You can use this method for only one calf cramping also) Soak the calves in hot water, 1 cup Epsom salts and 1/2 cup of baking soda for 20 minutes or longer.

**Calf tears:** are usually caused by explosive running, sports mishap or for the average person, from a fall or other accident. These are treatable using SLM, if a DVT is not involved (see next paragraph) and are easier to treat when the injury is fresh.

**Sore calf muscles:** Be careful with this one. If you have constant pain, have tenderness, increased temperature and swelling, a DVT (Deep Vein Thrombosis - "blood clot") could be lurking. This is usually caused by trauma to the calf and/or surgery. You need to see a physician immediately. Most sore calves are not in this category.

**SLM can treat most sore calves** resulting from a need for orthotics, muscle fatigue, poor circulation, tight arches, not warming up well, muscle weakness, and other muscles in the body being out of balance.

**Night calf cramps:** usually occur with older people and are a result of poor circulation and low back nerve problems. I have had good success using the SLM treatments for this