

COULD MUSCLE SPASM BE CONTRIBUTING TO YOUR MUSCULAR PAIN?

Grab
Hard to move
Lock
Spasm
Bunched
Squeeze
Stiff
Contracted
Pinch
Sore
Hurt
Knot
Ouch
Rigid
Constricted

Knotted
Trigger point
Bunch
Hard
Seized up
Trigger
Pulled
Spasm
Pinch
Squeeze

Ache
Constrict
Tensing
Grab Bunch
Seize Pulled
Cramp
Squeezing
Pinch Ouch
Twinge Clench

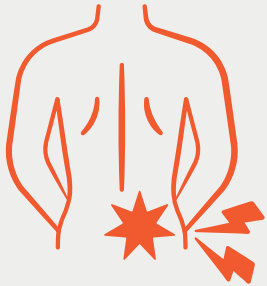
Charley horse
Pinched
Clench
Hard Sore
Tight
Pain
Bunched
Bunch
Grabbing
Tension
Tender Pulled

Pain
Grab
Hard
Glenched
Lock Pinch
Back's gone
Stiff
Ache
Gripping
Locked up
Tight band
Tense

WHAT HAPPENS DURING PAINFUL MUSCLE SPASM?

Skeletal muscles are the muscles in your body that attach to bones. Their job is to move your body, maintain your posture, and stabilise your joints.¹

A muscle spasm is a sudden and involuntary contraction (tensing) of one or more muscles in response to a trigger such as injury, overuse, or fatigue.²⁻⁵



These protective responses can cause pain and inflammation.^{3,6}



As well as pain and discomfort, ongoing muscle spasm can cause changes in blood flow, resulting in a build-up of inflammatory products that can be toxic to the muscle.^{2,5,6}



IS PAINFUL MUSCLE SPASM IMPACTING YOUR LIFE MORE THAN YOU THOUGHT?

Think about your painful muscle spasm and rate how much it has interfered with the following factors in the last 24 hours.⁹ Circle the number that best reflects your experience: 1 = does not interfere; 10 = completely interferes.

General activity

1 ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ 10

Mood

1 ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ 10

Ability to walk

1 ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ 10

Work (both inside and outside the home)

1 ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ 10

Relationships with other people

1 ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ 10

Sleep

1 ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ 10

Enjoyment of life

1 ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ 10

Take this brochure and use it to start a discussion with your doctor about painful muscle spasm and how it affects your life.

HOW CAN YOUR DOCTOR HELP?

Your doctor may recommend treatments to help address the three components of painful muscle spasm in a variety of ways.

PAIN



- Prescribe or recommend medications to help relieve the pain (called analgesics)^{10,11}

INFLAMMATION



- Prescribe or recommend anti-inflammatory medications – these may be topical (creams) or oral (tablets)^{10,11}

SPASM



- Prescribe medications to help relax the skeletal muscles¹²⁻¹⁴

PAIN

INFLAMMATION

SPASM

- Provide you with a referral to an allied health professional such as a physiotherapist¹⁵
- Recommend non-medication options such as heat, cold, or vibrations¹⁵

TALK TO YOUR DOCTOR ABOUT PAINFUL MUSCLE SPASM TODAY.

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