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## How to stop your legs aching in bed

Some people write off nightly leg pain as a symptom of getting older, but if you are experiencing nightly leg pain that is interrupting your sleep that could be a symptom of Peripheral Artery Disease (PAD). Peripheral Artery Disease is a circulatory disease that is caused by fatty deposits in your artery walls. Those deposits build up and reduce blood flow to your legs or arms. With reduced blood flow, your legs do not get the oxygen they need, and they start to hurt. More serious cases of PAD can lead to heart attack, stroke, infection, and possible amputation. Ellichman Vein and Vascular Centers are here to help. If you are experiencing leg pain that lasts longer than a few days, you should seek the advice of a medical professional either your primary care doctor or a specialist like Dr. Jonathan Ellichman. Below you can find more information on PAD as well as Ellichman Vein and Vascular Centers state of the art treatments that will have you feeling better in just 24 hours. Click here to set up your appointment or call Dr. Ellichman's office today (901) 479-1063. What is Peripheral Artery Disease (PAD)? Peripheral Artery Disease (PAD) is a circulatory disease in which fatty deposits in your arteries reduce blood flow to your legs or arms. According to the National Center for Biotechnology Information, an estimated 8.5 million people suffer from PAD and nearly 15% of Americans over the age of 70 have been diagnosed with it. Symptoms of Peripheral Artery Disease include: Leg Cramps Legs feel weak Legs feel numb Legs feel cold Legs are an odd color Legs feel tight or tingly Sores on toes, feet, legs that will not heal These risk factors can increase your chances of developing Peripheral Artery Disease: 50 years old or older History of diabetes History of high blood pressure or hypertension History of high cholesterol History of smoking How can Ellichman Vein and Vascular Centers help? If you are experiencing these symptoms you should speak with your primary care doctor, or a specialist like Dr. Jonathan Ellichman. Click here to set up your appointment or call Dr. Ellichman's office today (901) 479-1063. At Ellichman Vein and Vascular, we can diagnose artery blockages with a noninvasive ultrasound screening, or Ankle Brachial Index. If these tests show that you could benefit from treatment, Dr. Ellichman's office can schedule you for a minimally invasive treatment in our own office. The treatment can take as little as 30 minutes and you could be back on your feet feeling pain free in as little as 24 hours. Click here to set up your appointment or call Dr. Ellichman's office today (901) 479-1063. PAD and PVD: Are They The Same Thing? While we get used to hearing medical acronyms, we're not always sure what they mean. Dive into PAD and PVD - what are they and what's the best way to prevent these diseases. Why Do My Legs Hurt? Listed below are different reasons why your legs may hurt. There are many different diagnoses associated with your leg pain. 5 Ways to Stop Leg Pain There are many reasons why you may experience leg pain, here we will share 5 ways to stop leg pain. While some symptoms can be an expected occurrence with temporary discomfort,.... Medically reviewed by Alana Biggers, M.D., MPH — Written by Carly Vandergrindt — Updated on June 3, 2019CausesTreatmentPreventionSummary What causes leg and calf cramps at nightImagine you're lying down and your lower leg seizes. The pain is intense enough to make you want to scream. It doesn't let up, and your muscle is hard to the touch. When you try to move your leg, it feels paralyzed. Sound familiar?According to American Family Physician, nocturnal leg cramps affect up to 60 percent of adults. Sometimes referred to as muscle spasms or charley horses, they occur when one or more of the muscles in the leg tighten involuntarily.Leg cramps most often affect the gastrocnemius muscle (calf muscle) which spans the back of each leg from the ankle to the knee. However, they can also affect the muscles at the front of each thigh (quadriceps) and the back of each thigh (hamstrings).You can be awake or asleep when a leg cramp strikes. Most of the time, the muscle relaxes itself in less than 10 minutes. Your leg might feel sore or tender for up to a day afterward. Frequent calf cramps at night can disrupt your sleep.Leg cramps during sleep are more common among women and older adults.Experts don't know exactly what causes leg cramps at night. There are, however, known factors that can increase your risk. In most cases, nocturnal leg cramps are idiopathic, which means their exact cause isn't known.Nighttime leg cramps may be related to foot position. We often sleep with our feet and toes extending away from the rest of our bodies, a position called plantar flexion. This shortens the calf muscles, making them more susceptible to cramping.Other factors that may contribute to nighttime leg cramps include:Sedentary lifestyle. Muscles need to be stretched regularly to function properly. Sitting for long periods of time could make leg muscles more susceptible to cramping.Muscle overexertion. Too much exercise can create an overworked muscle and may be associated with muscle cramps.Improper sitting position. Sitting with your legs crossed or your toes pointed for long periods of time shortens the calf muscles, which could lead to cramping.Prolonged standing. Research suggests that people who stand for long periods of time at work are more likely to experience nocturnal leg cramps.Abnormal nerve activity. According to electromyographic studies, leg cramps are associated with increased, abnormal nerve firing.Shortening of the tendons. The tendons, which connect muscles and bones, shorten naturally over time. This could lead to cramping in the muscles.Leg cramps at night are unlikely to be the first sign of a more serious medical condition. They are, however, associated with the following conditions:pregnancystructural issues, such as flat feet or spinal stenosisneurological disorders, such as motor neuron disease or peripheral neuropathyneurodegenerative disorders, such as Parkinson's diseasemusculoskeletal disorders, such as osteoarthritisliver, kidney, and thyroid conditionsmetabolic disorders, such as diabetescardiovascular conditions, such as heart disease or peripheral vascular diseasemedications, such as statins and diureticsThough leg cramps at night can be intensely painful, they aren't typically serious. Most people who experience them don't need medical treatment.You can try the following at home to try to relieve a cramp:Massage your leg. Rubbing the affected muscle may help it relax. Use one or both hands to gently knead and loosen the muscle.Stretch. If the cramp is in your calf, straighten your leg. Flex your foot so that it's lifted to face you and your toes are pointing towards you.Walk on your heels. This will activate the muscles opposite your calf, allowing it to relax.Apply heat. Heat can soothe tight muscles. Apply a hot towel, hot water bottle, or heating pad to the affected area. Taking a warm bath or shower may also help.Drink pickle juice. Some evidence suggests that drinking a small amount of pickle juice may help relieve muscle cramps.Take an over-the-counter painkiller if your leg is sore after. Nonsteroidal anti-inflammatory (NSAID) drugs such as ibuprofen (Advil, Motrin) and naproxen (Aleve) can help relieve tenderness after a cramp. Acetaminophen (Tylenol) can work as well.If frequent cramps are disrupting your sleep, make an appointment with your doctor. They might prescribe a muscle relaxant to prevent cramps. If your cramps are related to another medical condition, they can help manage that too.The following tips may help you avoid leg cramps while sleeping:Drink plenty of fluids. Fluids allow for normal muscle function. You might need to adjust how much fluid you drink based on factors such as the weather, your age, activity level, and medication you're taking.Stretch your legs. Stretching your calves and hamstrings before bed can reduce the frequency and severity of nocturnal leg cramps.Ride a stationary bike. A few minutes of easy pedaling might help loosen up your leg muscles before you go to sleep.Change your sleeping position. You should avoid sleeping in positions in which your feet are pointing downward. Try sleeping on your back with a pillow behind your knees.Avoid heavy or tucked-in bedding. Heavy or tucked-in bedding could push your feet downward while you sleep. Choose loose, untucked sheets, and a comforter that will allow you to keep your feet and toes upright while you sleep.Choose supportive footwear. Poor footwear can aggravate issues with the nerves and muscles in your feet and legs, especially if you have flat feet.If you've ever experienced leg cramps at night, you know how painful they can be. Fortunately, they're usually not a sign of a serious problem. Stretching the calf and hamstring muscles before bed may help to prevent nocturnal leg cramps. Last medically reviewed on June 3, 2019

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