



ULTRA SPORTS SCIENCE

Exercise muscle cramps

For race organizers

- Give information about the true and false causes of muscle cramps
- Remember the risk of drinking too much to avoid cramps

By drinking too much there is a real risk of developing a serious illness such as hyponatremia which can lead to death

-Provide massage stations to relieve the cramps of the runners at the different check points, although there is no scientific evidence this helps, it can relieve some tension within the muscles for some athletes.

-The cramp is not related to electrolytes, salt or even hydration

For professionals

Professor Martin Schwellnus in South Africa is an expert on this subject and talks about a syndrome ...

There are many of his publications that can be accessed- if you require further information please contact us.