

Central Northern Adelaide Renal and Transplantation Services (CNARTS)

Consumer Health Information Sheet:

Muscle Cramps in Chronic Kidney Disease

Cramps - especially leg cramps - are common in kidney disease.

Cramps are a contraction or pulling of one or more muscles.



Reducing Cramps

- Stretch your muscles every day.
- Don't sit for too long. Get up and walk around. Stretch when you stand up.
- If you get leg cramps at night, stretch before going to bed.
- Try doing light exercise before bed, such as a short walk or riding a stationary bicycle.
- Keep the bed covers at the foot of the bed loose (not tucked in).
- Drink plenty of fluids if you are not on a fluid restriction.
- Avoid exercising in extreme heat.
- Limit alcohol and caffeine (tea, coffee, cola).
- Wear comfortable shoes with good support around and under your foot.
- Avoid walking on concrete floors for long periods of time.
- If you have tried these things and they are not working, talk to your General Practitioner (GP) or kidney specialist.

Relaxation

- Try muscle relaxation by slowly tensing, and then relaxing, each main muscle. Do this one at a time.
- Close your eyes and image being in a peaceful, calming place.
- Try music or art therapy, or another relaxing past-time. Enquire at your local council or community centre.

Talk to your GP or kidney care team if you have questions or concerns.

For more information

Useful websites:

- <https://www.ckmcare.com/InformationRows/Symptoms>
- <https://www.bcrenalagency.ca/health-info/managing-my-care/sympton-assessment-and-management>
- Kidney Health Australia: <https://kidney.org.au/your-kidneys>



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Health

Central Adelaide
Local Health Network

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Central Northern Adelaide Renal and Transplantation Service (CNARTS)

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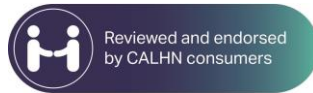
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W: www.sahealth.sa.gov.au/centralnorthernadelaiderenalandtransplantservice

or search 'renal' on the SA Health web site

This information sheet does not constitute medical advice and is for general information only. Readers should always seek independent professional advice where appropriate.



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