

Exercise-Associated Muscle Cramp: Is there any nutritional solution?

Mendes, Pedro Miguel¹; Mendes, António Pedro¹; Loureiro, Nuno¹; Araújo, João Pedro¹

1- Nutrition Unit of Medical Department, Sporting Clube de Portugal

Abstract

Several athletes go through the experience of feeling muscle cramps during or after intense physical exercise, these being called Exercise-Associated Muscle Cramps (EAMC). This phenomenon is highlighted by a spasmodic contraction of skeletal muscle that causes pain.

The evolution of scientific knowledge has proposed some hypotheses that explain the etiology of muscle cramp, such as electrolyte imbalance or the imbalance of nervous impulses patterns. Thus, it has been allowed to study possible solutions to mostly alleviate the pain caused by muscle cramps. Some nutritional strategies have been described, such as the ingestion of pickle juice or cider vinegar.

In this way, a review was prepared that highlights the emerging scientific knowledge on this topic, which is still mostly supported by anecdotal evidence.

Keywords: “Muscle Cramp”; “Exercise-Associated Muscle Cramp”; “Pickles Juice”; “Acetic Acid”; “Athletes”