

Leg pain

see [Bilateral leg pain](#).

Leg [pain](#) is a common problem. It can be due to a [cramp](#), [injury](#), or other cause.

see [Sciatica](#)

see [Lumbosacral radiculopathy](#)

Causes

Leg pain can be due to a muscle cramp (also called a charley horse). Common causes of cramps include:

[Dehydration](#) or low amounts of [potassium](#), [sodium](#), [calcium](#), or [magnesium](#) in the blood

Medicines (such as [diuretics](#) and [statins](#))

Muscle fatigue or strain from overuse, too much exercise, or holding a muscle in the same position for a long time An injury can also cause leg pain from:

A torn or overstretched muscle (strain)

Hairline crack in the bone (stress fracture)

Inflamed tendon (tendinitis)

Shin splints (pain in the front of the leg from overuse)

Other common causes of leg pain include:

Atherosclerosis blocks blood flow in the arteries (this type of pain, called claudication, is generally felt when exercising or walking and is relieved by rest)

Blood clot (deep vein thrombosis) from long-term bed rest

Infection of the bone ([osteomyelitis](#)) or skin and soft tissue (cellulitis)

Inflammation of the leg joints caused by arthritis or gout

Nerve damage common in people with diabetes, smokers, and alcoholics

Varicose veins

Less common causes include:

Cancerous bone tumors (osteosarcoma, Ewing sarcoma)

Legg-Calve-Perthes disease – poor blood flow to the hip that may stop or slow the normal growth of the leg
Noncancerous (benign) tumors or cysts of the femur or tibia (osteoid osteoma)

[Sciatica](#)

Slipped capital femoral epiphysis – usually seen in boys and overweight children between ages 11 and 15
Home Care

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