

Night leg cramps

Night leg cramps, also called nocturnal [leg cramps](#), are painful, involuntary contractions or spasms of muscles in your legs, usually occurring when you're in bed. Night leg cramps usually involve your calf muscles, although muscles in your feet or thighs might cramp as well.

The prevalence of nocturnal leg cramps did not differ with or without typical LSS symptoms in the community. The degree of dural tube compression that is determined by dural sac cross-sectional area (DCSA) had a direct effect on the presence of nocturnal leg cramps. Neurological impairment, such as PTR abnormalities, was associated with the presence of nocturnal leg cramps ¹⁾.

¹⁾

Handa J, Otani K, Nikaido T, Kikuchi SI, Konno SI. Nocturnal Leg Cramps and Lumbar Spinal Stenosis: A Cross-Sectional Study in the Community. Int J Gen Med. 2022 Nov 1;15:7985-7993. doi: 10.2147/IJGM.S383425. PMID: 36345529; PMCID: PMC9636894.

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