



## Gotta “Charley Horse”

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Gotta “Charley Horse”?

The other day someone asked me where the term “Charley Horse” came from. I didn’t have an answer for him. Where did that term come from? Well I Googled/Binged/Yahoed searched it and found its etymology. Although not 100% confirmed, the story goes a Boston baseball player named Charley “The Hoss” Radbourne was running the bases and came up lame and went to the ground. His team mate ran over to him and asked him(think Boston accent) “What’s da matta Charley Hoss? The birth of the phrase Charley Horse derived from that. Of course the story has never been confirmed and there are others out there.

Most of us suffer at one point in time a “charley horse” or muscle cramp. Some of the causes of muscle cramps can be dehydration, lack of calcium and magnesium, vigorous activity and injury. Other common occurrences of muscle cramps happen while we are sleeping. Although there is no real known cause of night cramps, most are initiated with a sudden shortening of a muscle.

Muscle cramps can be prevented or happen less frequently. Staying active is one way to prevent muscle cramps. Stretching before and after any activity is important. Hydration is also important. We should be drinking half of our bodies weight in ounces of water per day. Increasing our water intake during increased activity will help replenish lost electrolytes. Making sure you are getting enough calcium and magnesium in your diet is also important. Some sources of magnesium are present in greens, grains nuts and soybeans. A magnesium supplement can also be taken however added magnesium can be hazardous for those who have difficulty eliminating magnesium(common in people with kidney insufficiency).

Some very simple steps can be taken to prevent and lessen the affects of muscle cramps. See your doctor however if the frequency in muscle cramping increases.