

Questionnaire Regarding Cramps and Pain in ALS

PATIENT CRAMP EDUCATION

Muscle cramps are one of several kinds of involuntary muscle contractions that can occur. This handout explains the three most common types of muscle contractions that occur in ALS.

| Type                 | What it feels like  | What it is                                    |
|----------------------|---|---|
| <b>CRAMP</b>         | <b>A painful contraction of one or part of one muscle. It is relieved by stretching the muscle. Cramps go away on their own after a few seconds or minutes.</b> Most if not all people have had muscle cramps after exercising. | A group of lower motor neurons fire together. |
| <b>Fasciculation</b> | <b>A painless twitching in a muscle. Often this happens repeatedly and it is often going on in many muscles at any time.</b> Most if not all people have had fasciculations around their eyes or somewhere in their body.       | A single of lower motor neuron fire.          |
| <b>Spasticity</b>    | <b>Muscle stiffness affecting one or more whole limbs. Most the time spasticity is not painful, but if it is severe it can hurt.</b> Most people have not experienced spasticity before their ALS.                              | A group of upper motor neurons fire together  |