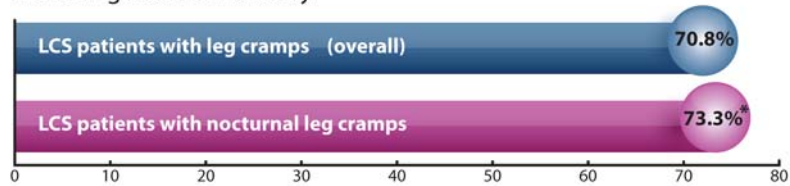


Cramping Up at Night

Leg cramps, particularly nocturnal leg cramps, are a common complaint among patients with lumbar spinal canal stenosis, according to a recent study:



*Percentage of LCS patients with leg cramps who experienced nocturnal cramps.

SOURCE: Matsumoto M, Watanabe K, Tsuji T, et al. Nocturnal leg cramps: a common complaint in patients with lumbar spinal canal stenosis. *Spine*, March 1, 2009;34(5):E189-94.