

Name _____

Cramp Combat: Understanding Muscle Cramps and Prevention

Open-Ended Response Answer Key

1. Dehydration contributes to muscle cramps by causing an imbalance in electrolytes, reducing blood flow to the muscles, and making muscles more prone to fatigue.
2. Warming up and stretching before physical activity is important because it helps improve flexibility, reduce the risk of injury, and prepare muscles for the demands of exercise.
3. One electrolyte other than potassium that is important for muscle function is calcium.
4. It is important to pace yourself during physical activity to prevent muscle cramps because overexertion can lead to muscle fatigue and increased risk of cramping.

