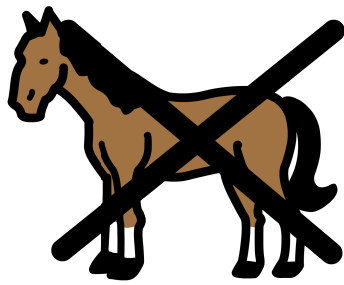




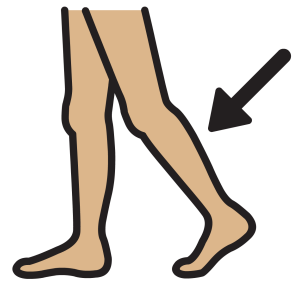
What is a Charley Horse?



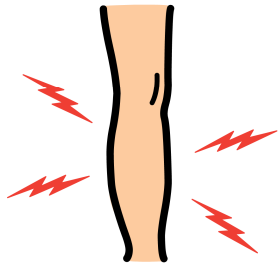
A Charley Horse is not a horse!



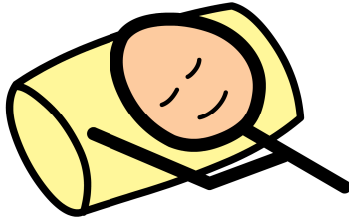
It is a funny name for a cramp in your leg



It happens in your calf



It hurts a lot!



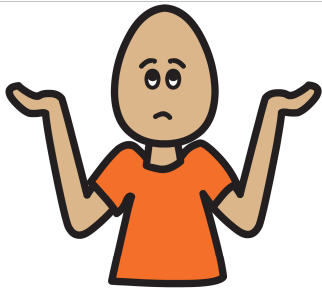
Sometimes you get a Charley Horse while you are sleeping



Sometimes you get one at your desk



It feels like a tight squeeze on the back of your leg



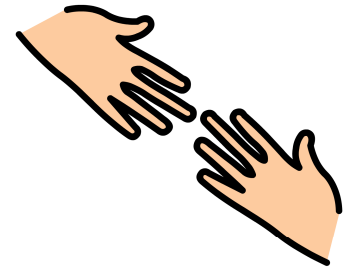
What should you do?



Stand up. Walk around.



Say: My leg hurts!



Say: I need help!



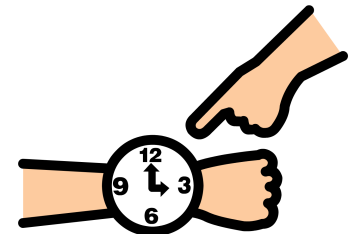
Rub your calf



An adult can help



Rub your hands down your leg. NOT up. Press down hard



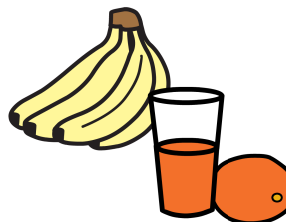
Charley Horses hurt But not for long



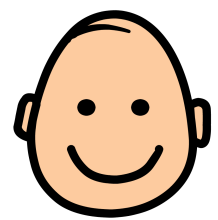
Stretch every day to keep Charley Horses away!



Drink enough water



Eating bananas or drinking orange juice every day can help



Now you know what to do!

What is a Charley Horse?