This is a summary of the American Academy of Neurology (AAN) guideline (Neurology® 2010; 74:691–696) regarding symptomatic treatment for muscle cramps.

Please refer to the full guideline at www.aan.com for more information.

### NONPHARMACOLOGIC TREATMENTS

<table>
<thead>
<tr>
<th>Are there effective nonpharmacologic treatments for muscle cramps?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Insufficient evidence</strong></td>
</tr>
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</table>

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<table>
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<tr>
<th>Is quinine effective in the treatment of muscle cramps?</th>
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<td><strong>Strong evidence</strong></td>
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<th>Are there any other pharmacologic treatments effective for the treatment of muscle cramps?</th>
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<td><strong>Weak evidence</strong></td>
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**Classification of Recommendations:**

- A = Established as effective, ineffective or harmful (or established as useful/predictive or not useful/predictive) for the given condition in the specified population. **(Level A)**
- B = Probably effective, ineffective or harmful (or probably useful/predictive or not useful/predictive) for the given condition in the specified population. **(Level B)**
- C = Possibly effective, ineffective or harmful (or possibly useful/predictive or not useful/predictive) for the given condition in the specified population. **(Level C)**
- U = Data inadequate or conflicting; given current knowledge, treatment (test, predictor) is unproven. **(Level U)**

**Classification of Evidence for Studies of Therapeutic Intervention:**

- Class I = A randomized, controlled clinical trial of the intervention of interest with masked or objective outcome assessment, in a representative population. Relevant baseline characteristics are presented and substantially equivalent among treatment groups or there is appropriate statistical adjustment for differences. **(Level A)**
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- Class III = All other controlled trials (including well-defined natural history controls or patients serving as own controls) in a representative population, where outcome is independently assessed, or independently derived by objective outcome measurement. **(Level C)**
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This is an educational service of the American Academy of Neurology. It is designed to provide members with evidence-based guideline recommendations to assist the decision making in patient care. It is based on an assessment of current scientific and clinical information and is not intended to exclude any reasonable alternative methodologies. The AAN recognizes that specific patient care decisions are the prerogative of the patient and the physician caring for the patient, and are based on the circumstances involved. Physicians are encouraged to carefully review the full AAN guidelines so they understand all recommendations associated with care of these patients.