



# Fact or Fiction in the Mechanism And Treatment of Muscle Cramps



**Kevin Miller, Ph.D., ATC**  
Professor of Athletic Training  
Central Michigan University

**Brendon McDermott, Ph.D., ATC**  
Assistant Professor of Kinesiology  
University of Arkansas

**2.4.2017**  
**10:00am - 12:00pm**  
**Smith Center Auditorium**  
**Michigan State University**  
**Free Parking in Stadium Lot**

## After This Presentation You Will Be Able To:

- Describe methods to identify athletes most at risk of developing muscle cramp.
- Describe how stress and psychology may predispose athletes to muscle cramp.
- Detail the reasons why dehydration is unlikely to be a causative factor in muscle cramp genesis.
- Describe why certain treatment and preventative strategies for muscle cramping are unlikely to.

**2.0 EBP CEU's Presented By:**  
Michigan State University  
Athletic Training Program  
BOC Provider #P-431

