

CRAMP

Meaning: CRAMP (noun): a sudden, painful contraction of a muscle that causes discomfort and restricts movement.

1. After running for an hour, I felt a sharp cramp in my calf muscle.
2. She often gets a cramp in her hand from writing too much during exams.
3. The athlete's cramp during the match forced him to leave the field early.
4. To prevent a cramp while swimming, it's important to stay hydrated.
5. He tried to stretch out the cramp, but it lingered for several minutes.
6. After hours of running, I felt a cramp tightening my calf muscle.
7. The sudden cramp in her hand made it difficult to finish the painting.
8. He experienced a painful cramp during the final stretch of the race.
9. Eating too quickly can often lead to an uncomfortable stomach cramp.
10. She tried to stretch her legs to relieve the cramp that had caught her off guard.
11. I often get a cramp in my leg after running for too long.
12. She stretched her muscles to prevent a cramp during her workout.
13. The sudden cramp in his stomach made him double over in pain.
14. After sitting at his desk for hours, he felt a cramp in his back.
15. To alleviate the cramp, she applied heat to the affected area.