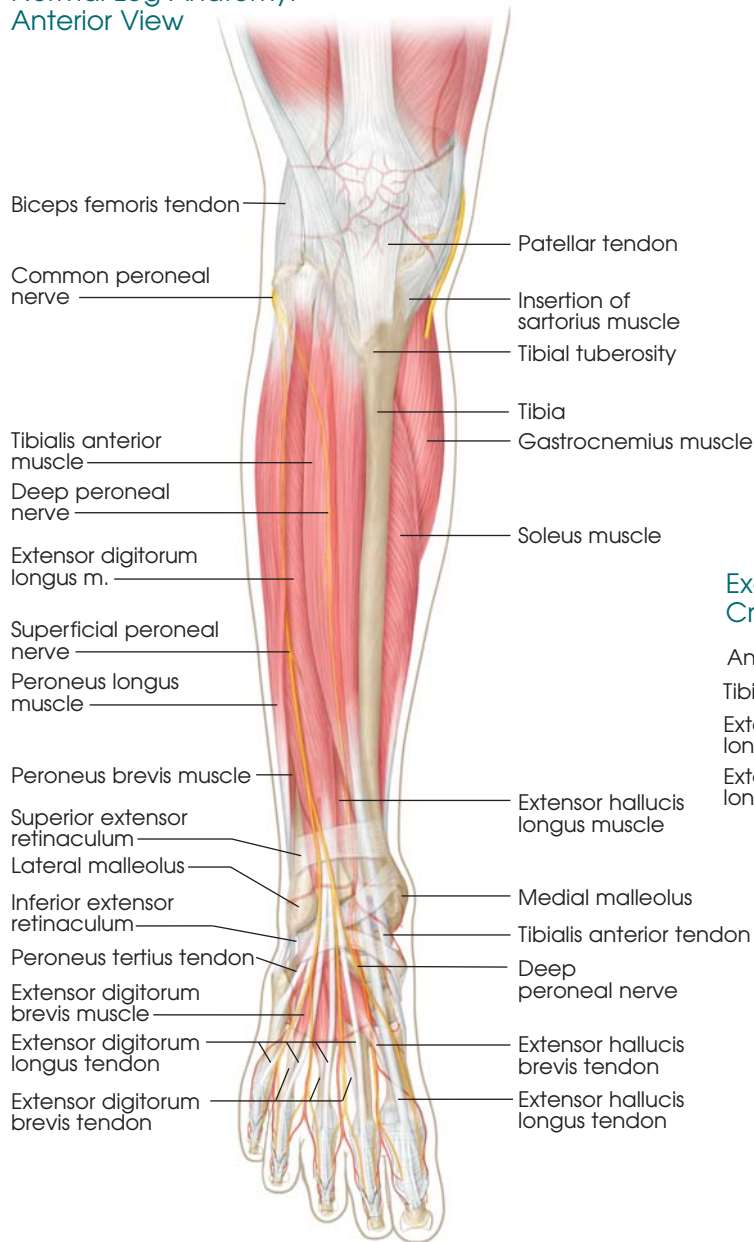
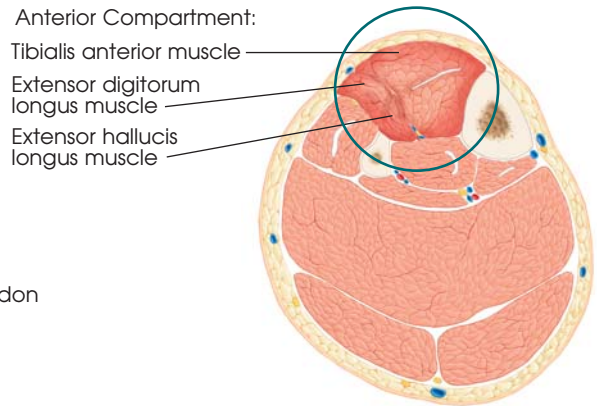


Exertional Compartment Syndrome

Normal Leg Anatomy:
Anterior View



Exertional Compartment Syndrome
Cross Section View



Exertional Compartment Syndrome occurs when the muscles of the lower leg, which are tightly wrapped in tissue called fascia, swell and cause pain with activity. Usually there is room in the fascia “compartment” for the muscles to function, but with this syndrome, the swollen muscle is constricted by the tight wrapping which reduces blood flow and causes pain. It can occur during activities that require repetitive movements such as running, fast walking or biking. Symptoms include pain with activity, tingling/ numbness in leg or foot and muscle tightness in the front of the leg.

Common Treatment Options

- Rest.
- Stretch and massage the muscles of the lower leg.
- Modify activity to a sport or level of intensity that does not cause pain.
- Wear cushioned orthotic inserts or shoes.
- When resistant and recurrent, surgery is usually necessary to open the tight fascia.

