

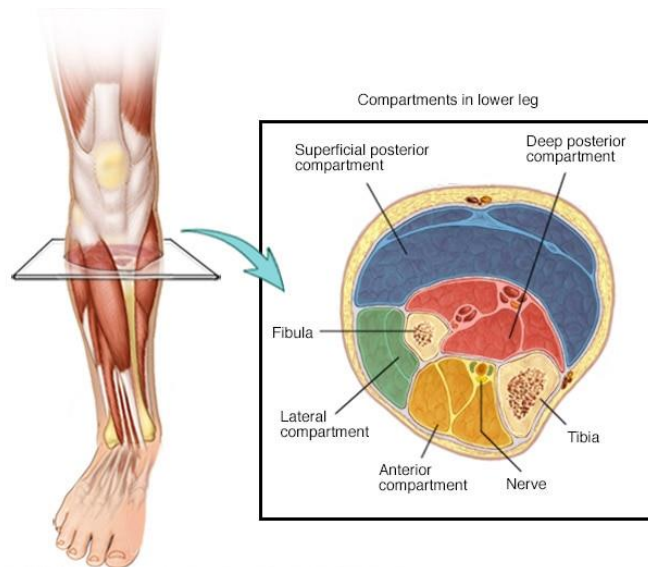


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## ***Chronic Exertional Compartment Syndrome (CECS)***

### **What is it?**

CECS is an uncommon cause of pain in the lower legs during exercise. *Pressure* can increase within one or more compartments of the lower leg when the compartment loses its ability to stretch and adapt to increased blood flow during exercise. CECS is most often seen in *running and jumping* sports. Common symptoms include *pain, tightness, and swelling of the shin and lower extremity*. Occasionally, a patient may develop numbness, tingling, or even weakness of the ankle/foot. The pain tends to *increase during exercise* and improves with rest.



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### **How is it diagnosed?**

CECS is usually diagnosed clinically. It can be confused with other exercise-related causes of leg pain, like shin splints. Xray, bone scan, and MRI are sometimes ordered to rule out other causes. “*Compartment pressure testing*” is used to confirm the diagnosis (using pressure sensors & needles in the muscle compartments of the legs).

### **Treatment:**

- Modified rest – reduce running and jumping
- Gait retraining – *avoid heel strike*, reduce stride length, increase cadence, avoid over striding, run upright
- Ice, NSAIDs after exercise
- Physical Therapy, Massage Therapy, stretching
- Botox injections – especially the anterior and lateral compartments
- Surgery – Fasciotomy