



CHRONIC EXERTIONAL vs ACUTE COMPARTMENT SYNDROME

COMPARTMENT SYNDROME

Compartment Syndrome is a painful condition that occurs when pressure within the muscles builds to dangerous levels. This pressure can decrease blood flow, which prevents nourishment and oxygen from reaching nerve and muscle cells.

CHRONIC EXERTIONAL

Chronic Exertional Compartment Syndrome (CECS) is an exercise-induced muscle and nerve condition that may cause pain, swelling and disability in the affected muscles. CECS is most common in active individuals who participate in repetitive exercise.

ACUTE

Acute Compartment Syndrome is a medical emergency, usually caused by trauma, like a car accident or broken bone. Without prompt treatment, Acute Compartment Syndrome can permanently damage muscles. It can also lead to disability, paralysis or even death.

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