

COMPARTMENT PRESSURE TESTING

You have been referred for measurement of the pressure within muscles of your lower leg to include/exclude a diagnosis of chronic compartment syndrome. Many muscles of the body and particularly those in the lower leg are contained within compartment by tissue called fascia which forms the boundaries. With exercise, muscle blood flow increases and they swell. If the fascia is too tight the pressure rises within such a compartment and causes pain.

BRING	<ul style="list-style-type: none">▪ SHORTS▪ RUNNING SHOES▪ LETTER OF REFERRAL▪ RELEVANT X-RAYS
TIME	<ul style="list-style-type: none">▪ 45-60 MINUTES
COST	<ul style="list-style-type: none">▪ PAYMENT IS REQUIRED ON THE DAY OF TESTING▪ ASK WHEN BOOKING ABOUT THE COST▪ MEDICARE WILL COVER A PORTION OF THE FEE
TAC & WORKCOVER	<ul style="list-style-type: none">▪ PAYMENT IS REQUIRED ON THE DAY OF TESTING▪ ASK WHEN BOOKING ABOUT THE COST

Test

You may be asked to exercise initially to aggravate your leg pain. Then you will have an area of skin on the leg anaesthetised. A larger needle will be inserted through this numb area, then the fine plastic catheter that measures the pressure will be inserted into the muscles. After the equipment is connected and calibrated, you will be asked to exercise in a certain manner to reproduce your pain.

Contraindications

Please notify the doctor if you have any allergies or history of bleeding problems.

Possible Complications

- Local / skin bleeding is usually minor
- Muscle contusion / bruising – there may be some soreness
- Very rarely more significant deep bleeding may occur

It must be stressed that the risk of such complications is very small, and appropriate treatment exists for all of them. If you experience increasing swelling, pins and needles, numbness or increasing / unremitting severe pain after the test contact the clinic as soon as possible.

After the test

We recommend patients who have been tested do not participate in more than mild physical activity (eg. walking) on the day of testing. Preferably the legs should be elevated, and iced if required. Your doctor can supply a certificate.

Results

A formal report will be forwarded to your referring doctor within a week. A draft report may be available sooner.