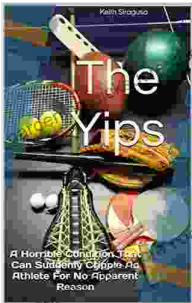


The Horrific Condition That Can Suddenly Cripple an Athlete for No Apparent Reason



The Yips: A Horrible Condition That Can Suddenly Cripple An Athlete For No Apparent Reason by Keith Siragusa

★★★★☆ 4.8 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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Print length : 86 pages



Exertional compartment syndrome (ECS) is a rare but potentially devastating condition that can affect athletes of all ages and abilities. It occurs when pressure builds up in a muscle compartment, which is a space surrounded by fascia, a tough connective tissue that wraps around muscles and other tissues.

ECS can be caused by a variety of factors, including:

1. **Overuse:** Repetitive activities that put stress on a particular muscle group can lead to ECS. This is especially common in athletes who participate in sports that involve running, jumping, or other high-impact activities.
2. **Trauma:** A direct blow to a muscle or a fracture can also cause ECS.

3. **Tight fascia:** In some cases, ECS can occur even in the absence of overuse or trauma if the fascia surrounding a muscle compartment is too tight.

When pressure builds up in a muscle compartment, it can compress the blood vessels and nerves that supply the muscles in that compartment.

This can lead to a variety of symptoms, including:

- Pain
- Swelling
- Numbness
- Tingling
- Weakness
- Paralysis

ECS can be difficult to diagnose, as the symptoms can be similar to those of other conditions, such as a muscle strain or a nerve injury. However, there are a few tests that can help to confirm the diagnosis, including:

1. **The compartment pressure test:** This test measures the pressure inside a muscle compartment. A pressure of more than 30 mmHg is considered to be diagnostic of ECS.
2. **The magnetic resonance imaging (MRI) scan:** This test can help to visualize the muscle compartments and identify any areas of increased pressure.

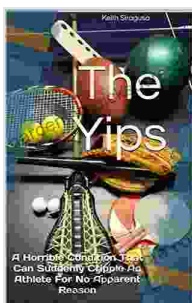
Treatment for ECS typically involves surgery to release the pressure in the affected muscle compartment. This surgery is usually performed on an emergency basis, as the longer the pressure remains elevated, the greater the risk of permanent damage to the muscles and nerves.

After surgery, most patients will need to undergo physical therapy to regain full use of the affected limb. Recovery from ECS can take several months, but most patients are able to return to their previous level of activity.

ECS is a serious condition, but it can be successfully treated if it is diagnosed and treated promptly. If you are an athlete and you experience any of the symptoms of ECS, it is important to see a doctor right away.

References

1. Exertional Compartment Syndrome, National Institutes of Health
2. Compartment Syndrome, Mayo Clinic
3. Exertional Compartment Syndrome, WebMD



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