

Anterior Compartment Syndrome

What is it?

Restricted blood flow, due to the swelling or expansion of the muscle located between the two lower leg bones, the tibia and fibula, causing pain. Tends to be a chronic condition.

What causes it?

Repetitive flexion and extension of the foot. Chronic condition – muscle inflammation due to overuse. Acute injury – swelling or bleeding of tibialis anterior muscle due to a tear or damage

Symptoms

Pain, swelling, tightness, restricted movement, loss of strength, reduced feeling on top of foot.

Top Tips

Rest and apply ice asap. Seek advice on an exercise programme.

How to Treat it

Rest, ice and elevate. Anti-inflammatories and painkillers. Massage using stretches.



Rehab

Stretching and strengthening exercises. Massage.

Definitions

Flexion – a bending movement that decreases the distance between two parts of the body

Extension – moving in a posterior direction, increasing the angle between body parts

Chronic – an injury caused over time

Acute – a sudden injury

Associated Conditions

- Calf Strain,
- Achilles Tendon Strain,
- Achilles Tendinitis,
- Medial Tibial Pain Syndrome/Shin Splints

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