

COMPARTMENT PRESSURE TESTING

You have been referred for measurement of the pressures within the muscles of your lower legs or forearms. These muscles are enclosed in compartments by a strong fibrous substance called fascia. If the fascia is too tight, when the muscles swell with the increased blood flow of exercise, this will result in pain due to the rise in pressure.

PLEASE BRING SHORTS, RUNNING SHOES, REFERRAL LETTER AND ANY RELEVANT X RAYS

Pressure testing involves

- You will exercise to bring on your leg or arm pain.
- Local anaesthetic will be injected into a small area of the skin on the leg or arm to be tested.
- A larger needle will be inserted into the numb area and a plastic catheter threaded through the needle to measure the compartment pressures. You will be aware of pushing, but this part of the test will not be painful.
- When the catheter is connected to the monitor, you will again be asked to exercise to provoke your symptoms

PLEASE ALLOW 60 MINUTES TO COMPLETE TESTING

Contraindications

A past history of bleeding problems or treatment with blood thinning medication.

PLEASE NOTIFY THE DOCTOR IF YOU HAVE ANY ALLERGIES, ARE ON ANY MEDICATION OR HAVE A HISTORY OF BLEEDING PROBLEMS.

Complications

Severe complications are very rare.

Minor local skin bruising and bleeding or muscle contusion causing soreness are common.

Very rarely, severe bleeding can occur into the compartments after this test. If you experience a large amount of increasing pain in the 6-12 hours after the test, you must contact your doctor or local hospital immediately and notify them that you have had this testing performed.

After the test

You should not undertake strenuous exercise on the day of testing.

There is no restriction on walking or daily activities.

Ice and elevation can help reduce any soreness and swelling.

Please ask if you require a certificate for work.

Cost is \$425 and is payable on the day of testing. This includes \$210 of consumables which is not rebatable. A portion of the remainder can be claimed from Medicare.