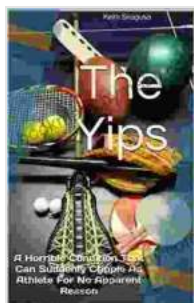


# The Horrible Condition That Can Suddenly Cripple An Athlete For No Apparent Reason

As an athlete, you know that injuries are a part of the game. But what if you could suddenly be crippled by a condition that has no apparent reason? This is the reality for people who suffer from exertional compartment syndrome.

Exertional compartment syndrome is a condition that occurs when the pressure inside a muscle compartment becomes too high. This can happen during intense exercise, and it can cause severe pain, swelling, and numbness. If left untreated, exertional compartment syndrome can lead to permanent nerve damage and muscle loss.



## 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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File size : 2137 KB  
Text-to-Speech : Enabled  
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Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 86 pages



The symptoms of exertional compartment syndrome can vary depending on the severity of the condition. In mild cases, you may only experience pain and swelling. In more severe cases, you may also experience

numbness, tingling, and weakness. The pain is often described as a burning or aching sensation, and it can be worse when you exercise.

Exertional compartment syndrome is most common in the lower leg, but it can also occur in the forearm, thigh, and buttocks. It is more likely to occur in people who participate in high-impact activities, such as running, cycling, and weightlifting.

There are a number of factors that can increase your risk of developing exertional compartment syndrome, including:

- Obesity
- Diabetes
- High blood pressure
- History of blood clots
- Use of certain medications, such as steroids

If you think you may have exertional compartment syndrome, it is important to see a doctor right away. The doctor will perform a physical examination and ask about your symptoms. They may also Free Download an MRI or CT scan to confirm the diagnosis.

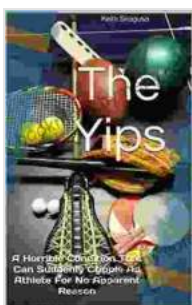
Treatment for exertional compartment syndrome typically involves surgery to release the pressure inside the muscle compartment. In some cases, you may also need physical therapy to help you regain range of motion and strength.

Exertional compartment syndrome is a serious condition, but it can be managed with proper treatment. If you are an athlete, it is important to be aware of the symptoms of exertional compartment syndrome and to seek medical attention if you think you may have the condition.

### Here are some tips to help prevent exertional compartment syndrome:

- Warm up before exercising.
- Cool down after exercising.
- Stay hydrated.
- Avoid exercising in extreme heat or cold.
- Listen to your body and stop exercising if you experience any pain.

By following these tips, you can help reduce your risk of developing exertional compartment syndrome.

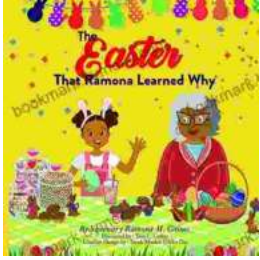


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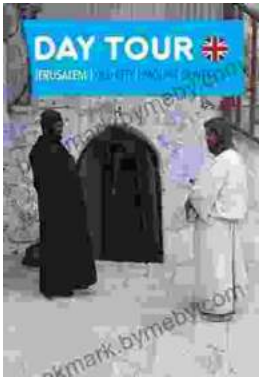
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