

## **Chronic Exertional Compartment Syndrome of the Forearm: Evaluation and Surgical Management**

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### **Proposal:**

We propose a Video Theater abstract on the diagnosis and management chronic exertional compartment syndrome of the forearm (CECS). This video will review the current literature discussing the diagnosis and management of this pathology. We will present the case of a 20-year-old male collegiate rower with bilateral forearm pain and swelling with intense exercise. Diagnosis of exertional forearm compartment syndrome was confirmed with pre- and post-exertion compartment measurements in clinic and the patient subsequently underwent staged, bilateral endoscopic forearm fasciotomies. The video will demonstrate a step-by-step surgical approach to this novel treatment of this condition. Currently, there is a paucity of technique videos demonstrating this surgical technique.

### **Method/Technique/Results:**

Surgical management in this case consisted of release of forearm fascia using an endoscopic device. Post-operatively, the patient experienced resolution of his pre-operative pain without any neurovascular complications or change in strength.

### **Summary:**

Exertional forearm compartment syndrome is a rare and challenging pathology to address with surgical intervention. This video attempts to demonstrate our preferred surgical management of this condition, namely, endoscopic forearm fasciotomy.