

## **Subacute Lumbar Compartment Syndrome: Treatment by Graston Technique®**

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### **ABSTRACT**

***Objective:*** To discuss an overlooked clinical entity (subacute lumbar compartment syndrome) and its treatment by Graston Technique®.

***Clinical Features:*** Subacute compartment patients present with low back pain related to exercise combined with prolonged flexion posture, relief of symptoms at rest and lumbar extension. There are typically no neurological deficits in the lower extremities.

***Intervention and Outcome:*** The restrictive lumbar posterior fascial layers and adjoining restrictive fascia (thoracic, gluteal, hamstring) was treated with Graston Technique® (instrument-assisted soft tissue mobilization). This resulted in restoration of fascial extensibility and the resolution of the complaint.

***Conclusions:*** The posterior spinal fascial compartments can be responsible for intermittent lower back pain. Functional clinical tests can be employed to determine if the involved fascia is abnormally restrictive. Treatment directed at the restrictive fascia using Graston Technique® may result in normal fascial functional testing and elimination of symptoms.

**Key Indexing Terms:** lumbar compartment syndrome, fasciotomy, Graston Technique®.