Anterior Compartment
• 1 cm lateral to tibia.
• Insert needle 1-3 cm.
• Pressure rises with plantar flexion.

Lateral Compartment
• Just lateral to the posterior edge of the fibula.
• Insert needle 1 cm.
• Pressure rises with foot inversion.

Deep Posterior Compartment
• Medial calf just under tibia, aim towards the posterior fibula.
• Insert needle 2-4 cm.
• Pressure rises with toe extension.

Superficial Posterior Compartment
• With patient prone, 3-5 cm medial of midline.
• Insert needle 2-4 cm.
• Pressure rises with dorsiflexion.

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Zero Device
To zero the device, hold it at the intended angle of insertion and press “zero.” 00 will appear on the screen.

Needle Insertion
Prep the skin and with a sterile glove, re-palpate your landmarks. Insert the needle into the compartment.

Read Pressure
Inject 0.3 ml of saline and read the pressure. You can confirm correct placement by passive flexion of that compartment or by gently squeezing the compartment. Then remove the needle and place a dressing.

Setup the Chamber
Connect the syringe and the needle to the chamber.

Fill Chamber with Saline
Inject enough saline to fill the chamber and flush the needle. Ensure NO air bubbles are left in the chamber.

Setup the Device
Load the chamber with the needle and syringe attached into the pressure monitoring device. The lid should close easily and click shut. Switch the device on.

NOTES

This is for reference purposes only. Consent to photograph was obtained from the patient or family. EM:RAP and the authors assume no liability for use of the techniques described. Local practice, current guidelines, and clinician experience should determine the exact procedural process in any individual patient.