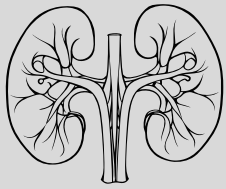


RHABDOMYOLYSIS:

What You Need to Know After Intense Workouts

WHAT IS RHABDOMYOLYSIS?



A rare but serious condition caused by muscle breakdown. It releases proteins

like myoglobin into your blood, which can damage your kidneys.

WARNING SIGNS TO WATCH FOR:



Severe or unusual muscle pain or soreness.



Muscle weakness



Dark- Colored urine (cola or tea-like)



Swelling, Nausea, confusion

WHAT TO DO IF YOU NOTICE SYMPTOMS:



STOP TRAINING AND GET MEDICAL ATTENTION IMMEDIATELY.

CAUSES IN ACTIVE PEOPLE:



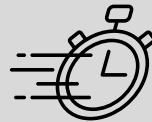
Very intense or unfamiliar workouts



Dehydration



Heat or humidity



Returning to training too fast



Certain medications (e.g. statins)

WHAT YOU CAN DO TO PREVENT IT:

- Stay hydrated before, during, and after training.
- Progress gradually- don't skip steps
- Listen to your body and stop if something feels off
- Don't "push through" extreme pain
- Let your trainer or therapist know about any symptoms