

# Signs You Shouldn't Ignore

 Rhabdomyolysis symptoms I shouldn't ignore ✕

- Muscle pain or soreness
- Muscle weakness
- Dark colored urine (cola or tea like)
- Swelling
- Nausea
- Confusion

*Recognizing the signs is the first step. The next is  
choosing to care for yourself.*

**Get tested to know if you're at risk**