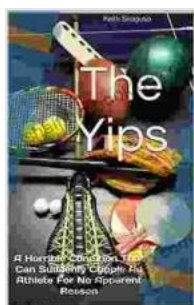


The Horrible Condition That Can Suddenly Cripple An Athlete For No Apparent Reason

Athletes are often seen as the epitome of health and fitness, but they are just as susceptible to injury and illness as anyone else. One of the most debilitating conditions that can affect athletes is exertional rhabdomyolysis, a condition that can cause sudden and severe muscle damage.



The Yips: A Horrible Condition That Can Suddenly Cripple An Athlete For No Apparent Reason by Keith Siragusa

★★★★☆ 4.8 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 86 pages



Exertional rhabdomyolysis occurs when muscle tissue is damaged and breaks down, releasing a protein called myoglobin into the bloodstream. Myoglobin can damage the kidneys and other organs, and can even lead to death.

The symptoms of exertional rhabdomyolysis can include:

- Muscle pain and weakness
- Swelling and bruising

- Dark urine
- Nausea and vomiting
- Confusion
- Seizures

Exertional rhabdomyolysis can be caused by a variety of factors, including:

- Overexertion
- Dehydration
- Heat stroke
- Trauma
- Certain medications

Treatment for exertional rhabdomyolysis typically involves:

- Rest
- Fluids
- Pain relievers
- Dialysis

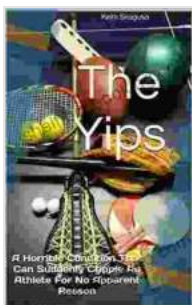
In severe cases, exertional rhabdomyolysis can be fatal. However, with early diagnosis and treatment, most people recover fully.

Preventing Exertional Rhabdomyolysis

There are a number of things that athletes can do to prevent exertional rhabdomyolysis, including:

- Gradually increasing the intensity and duration of workouts
- Staying hydrated
- Avoiding exercising in hot weather
- Listening to their bodies and resting when they need to

Exertional rhabdomyolysis is a serious condition, but it can be prevented and treated. By following these tips, athletes can help to stay healthy and safe.

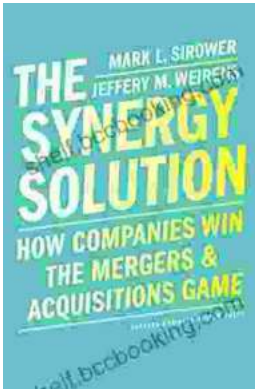


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