



# Prevention, Recognition, and Treatment of Exertional Rhabdomyolysis

EBP CEU Course  
6:30 - 8:00 pm

March 15, 2017  
Location: DeSantis Room 1052

## Course Description:

Exertional Rhabdomyolysis (ER) is the breakdown of skeletal muscle tissue following intense physical activity that results in impairment of the cell membrane which allows intracellular contents to be released into the bloodstream. Practicing clinicians may not be aware of current findings regarding effective treatment methods and return to play criteria, particularly if they have not recently had a patient with this condition. This course aims to provide clinicians with the most up-to-date information regarding recognition, treatment, and return to play for athletes diagnosed with Exertional Rhabdomyolysis, thus reducing the potential knowledge gap between educational knowledge and clinical practice.

## Course Objectives:

- Differentiate between signs and symptoms of Exertional Rhabdomyolysis (myalgia, tea-colored urine, and history of incident) and other conditions resulting from strenuous physical activity.
- Identify fluid resuscitation as an effective intervention for treatment of Exertional Rhabdomyolysis.
- Incorporate appropriate rehabilitative activities as a return to play program following treatment of Exertional Rhabdomyolysis.

## Course Faculty:

**Kelley Henderson, EdD, LAT, ATC**

Nova Southeastern University, Fort Lauderdale, FL  
Assistant Professor, Athletic Training

## Location:

Carl DeSantis Building Room 1052  
Nova Southeastern University  
3200 South University Dr.  
Fort Lauderdale, FL 33328

## Contact:

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## Fees:

NSU Clinical Preceptor	FREE
NSU AT Alumni	FREE
Non-affiliated Professionals	\$20

**RSVP by March 1, 2017 – [khenderson@nova.edu](mailto:khenderson@nova.edu) (Please indicate your profession)**  
**If payment is required, information will be provided upon request.**

Nova Southeastern University Athletic Training Program is an approved provider with the Board of Certification #P3568. This course has been submitted to and accepted by the BOC for 1.5 EBP CEUs.  
**Continuing Education Credits will be offered for PT and OT.**