

Rhabdomyolysis

Did you know? Rhabdomyolysis is more common than you think.

Rhabdomyolysis is a condition due to muscle cell injury and the release of cell components into the circulation.

There are multiple potential etiologies for rhabdomyolysis, and it can cause serious complications such as acute kidney injury (AKI).

Despite its high prevalence, there is no established formal definition for rhabdomyolysis.

At present, to establish a diagnosis of rhabdomyolysis we recommend:

- CK of > 1000 IU/L **PLUS**
 - acute muscle weakness
 - myalgia
 - muscle swelling

OR

- CK > 5 × ULN for the standard definition of rhabdomyolysis

To ensure appropriate coding and risk adjustment, rhabdomyolysis should be classified as either **traumatic** or **nontraumatic**.

Traumatic rhabdomyolysis is secondary to a mechanical force injury such as a crush injury or prolonged immobilization.

Nontraumatic rhabdomyolysis may be secondary to exertional causes such as seizures or non-exertional causes such as electrolyte abnormalities.

References:

<https://pubmed.ncbi.nlm.nih.gov/30617905/>
UpToDate: Rhabdomyolysis