CANFORGEN 160/12 CMP 071/12 311442Z AUG 12

EXERTIONAL RHABDOMYOLYSIS AND INTENSE EXERCISE/CONDITIONING PROGRAMS

UNCLASSIFIED

1. THE PURPOSE OF THIS CANFORGEN IS TO INFORM CF PERSONNEL OF A POTENTIAL HEALTH HAZARD ASSOCIATED WITH INTENSE PHYSICAL EXERCISE OR EXTREME CONDITIONING PROGRAMS (ECP'S)

2. ECP'S CAN RESULT IN INCREASED INJURY RATES, INCLUDING A POTENTIALLY LIFE THREATENING CONDITION CALLED EXERTIONAL RHABDOMYOLYSIS. WITHIN THE PAST YEAR, CF PERSONNEL FROM SEVERAL BASES HAVE DEVELOPED EXERTIONAL RHABDOMYOLYSIS. THOSE MOST AFFECTED REPORTED ENGAGING IN AN INTENSE COMPETITION OR WORKOUT, PARTICULARLY CROSSFIT, PRIOR TO THEIR DIAGNOSIS.

3. ECP'S ARE NOT ENDORSED BY PERSONNEL SUPPORT PROGRAMS (PSP), DIRECTORATE OF FITNESS (DFIT) OR DIRECTORATE OF FORCE HEALTH PROTECTION (DFHP). CF PERSONNEL SHOULD AVOID PARTICIPATING IN ECP'S; INSTEAD, THEY SHOULD UNDERTAKE SAFER TRAINING AND CONDITIONING PROGRAMS AS DEVELOPED BY DFIT OR LOCAL PSP FITNESS PERSONNEL. INFORMATION ON AVAILABLE COURSES CAN BE FOUND AT: HTTPS://PUBLIC.CFPSA.COM/EN/ABOUTUS/PSP/DFIT/COURSES (UNDERSCORE)CERTIFICATIONS/PAGES/DEFAULT.ASPX

4. ADDITIONAL INFORMATION ON EXERTIONAL RHABDOMYOLYSIS AND ECP'S CAN BE FOUND AT: HTTP://CMP-CPM.FORCES.MIL.CA/HEALTH-SANTE/WN-QN/ADV-AVI/DEFAULT-ENG.ASP

5. SIGNED BY RADM A. SMITH, CMP