
Phase One:

Rest for 72 h and encourage oral hydration.

Sleep 8 h consecutively, nightly.

Remain in thermally controlled environment if ER occurred in association with a heat injury.

Follow up in 72 h for repeat CK and UA.

When the CK value is less than five times the upper limit of the lab normal range and the UA has returned to normal, begin Phase Two. Otherwise remain in Phase One, and return every 72 h and repeat until CK is less than five times the upper limit of the lab normal range and the UA has returned to normal.

If CK remains greater than or equal to five times the lab upper limit of normal and/or the UA is persistently abnormal for 2 wk, refer for expert consultation.

Phase Two:

Begin light activities, no strenuous physical activities.

Physical activity at own pace and distance.

Follow up with care provider in 1 wk.

If no return of clinical symptoms, then begin Phase Three; otherwise remain in Phase Two and return at 1-wk intervals. May progress to Phase Three when there is no significant muscle weakness, swelling, pain, or soreness. If muscle pain persists without objective findings beyond 4 wk, consider specialty evaluation to include psychiatry.

Phase Three:

Gradually return to regular sporting activities and physical training.

Follow up with care provider as needed.