

There are Lots of Reasons NOT to Push Clients Too Far - “Rhabdomyolysis” is One

written by David Herbert | May 31, 2017

As pointed out many times in this column, a good number of claims and suits are asserted against personal trainers and other fitness professionals related to untoward events arising out of the over-exertion of clients. These adverse events include extreme fatigue, pulled or strained muscles, broken bones and even heart attacks or other life threatening events. Pushing clients too hard based upon philosophies related to “no pain – no gain” often lead to these and other unfortunate results as well as claims and litigation.