

Twelve football players hospitalized with Rhabdomyolysis

By Brendan Stiles

HawkeyeDrive.com

In a release sent out by the UI on Tuesday, 12 members of the Iowa football team were admitted Monday evening into the University of Iowa Hospital and Clinics.

The release did not disclose any names of players or specifics as to why they were in UIHC due to the Health Insurance Portability and Accountability Act (HIPAA). However, multiple news outlets including [the Cedar Rapids Gazette's Marc Morehouse](#) and [KGAN-2 TV in Cedar Rapids](#) have since confirmed the players were hospitalized for exertional rhabdomyolysis.

[According to WebMD, Rhabdomyolysis "results from a breakdown of muscle fibers and release of their contents into the bloodstream,"](#) and could potentially lead to kidney failure.

The reports of Rhabdomyolysis came following [an initial report from CBS Sports' Adam Jacobi was published saying the conditions stem from "an excessively intense offseason workout."](#) Tuesday evening, the UI sent out a second release clarifying that the players hospitalized all participated in winter workouts that are in accordance with NCAA standards and that the symptoms they were being treated for at UIHC "are likely related to those workouts."

According to an unnamed UIHC staff physician who was quoted in the release, all 12 players are "in safe and stable condition," and there is no timetable set yet for any of them to be released. It added that releases would be made on a case

by case basis.

Iowa head coach Kirk Ferentz is out recruiting and cannot be reached for comment, Iowa athletics director Gary Barta said in the original release sent out.