

TABLE 2. Incident Cases^a and Incidence Rates^b of Exertional Rhabdomyolysis, Active Component, U.S. Armed Forces, 2025

	Hospitalizations		Ambulatory Visits		Total	
	No.	Rate	No.	Rate	No.	Rate
Total	241	18.3	280	21.3	521	39.7
Sex						
Male	226	21.0	261	24.3	487	45.3
Female	15	6.3	19	8.0	34	14.2
Age, y						
<20	35	21.7	70	43.3	105	65.0
20–24	70	22.0	88	27.6	158	49.6
25–29	68	21.9	71	22.9	139	44.8
30–34	34	15.8	31	14.4	65	30.2
35–39	23	13.6	13	7.7	36	21.3
40+	11	7.9	7	5.0	18	13.0
Race and ethnicity						
White, non-Hispanic	101	15.4	126	19.2	227	34.6
Black, non-Hispanic	76	34.5	88	40.0	164	74.5
Hispanic	42	15.3	39	14.2	81	29.5
Other, unknown ^c	22	13.5	27	16.6	49	30.1
Branch of service						
Army	141	31.6	166	37.2	307	68.8
Navy	15	4.5	14	4.2	29	8.7
Air Force	40	12.3	27	8.3	67	20.7
Marine Corps	44	25.9	69	40.6	113	66.4
Coast Guard	1	2.4	4	9.7	5	12.2
Military rank						
Enlisted	185	17.8	195	18.7	380	36.5
Officer	36	14.8	43	17.6	79	32.4
Recruit	20	70.6	42	148.3	62	219.0
Military occupation						
Combat-specific ^d	53	33.2	82	51.3	135	84.5
Motor transport	11	25.4	12	27.7	23	53.1
Pilot, air crew	5	11.5	4	9.2	9	20.7
Repair, engineering	36	10.2	34	9.6	70	19.8
Communications, intelligence	47	17.5	33	12.3	80	29.8
Health care	15	14.4	13	12.4	28	26.8
Other	74	21.8	102	30.0	176	51.8
Home of record						
Midwest	38	19.6	37	19.1	75	38.6
Northeast	33	21.1	34	21.7	67	42.8
South	124	21.3	135	23.2	259	44.6
West	33	10.9	62	20.4	95	31.2
Other, unknown	13	16.7	12	15.4	25	32.2

Abbreviations: No., number; y, years.

^aOne case per person per year.^bRate per 100,000 person-years.^cIncludes those of American Indian/Alaska Native, Asian/Pacific Islander, and unknown race/ethnicity.^dInfantry/artillery/combat engineering/armor.