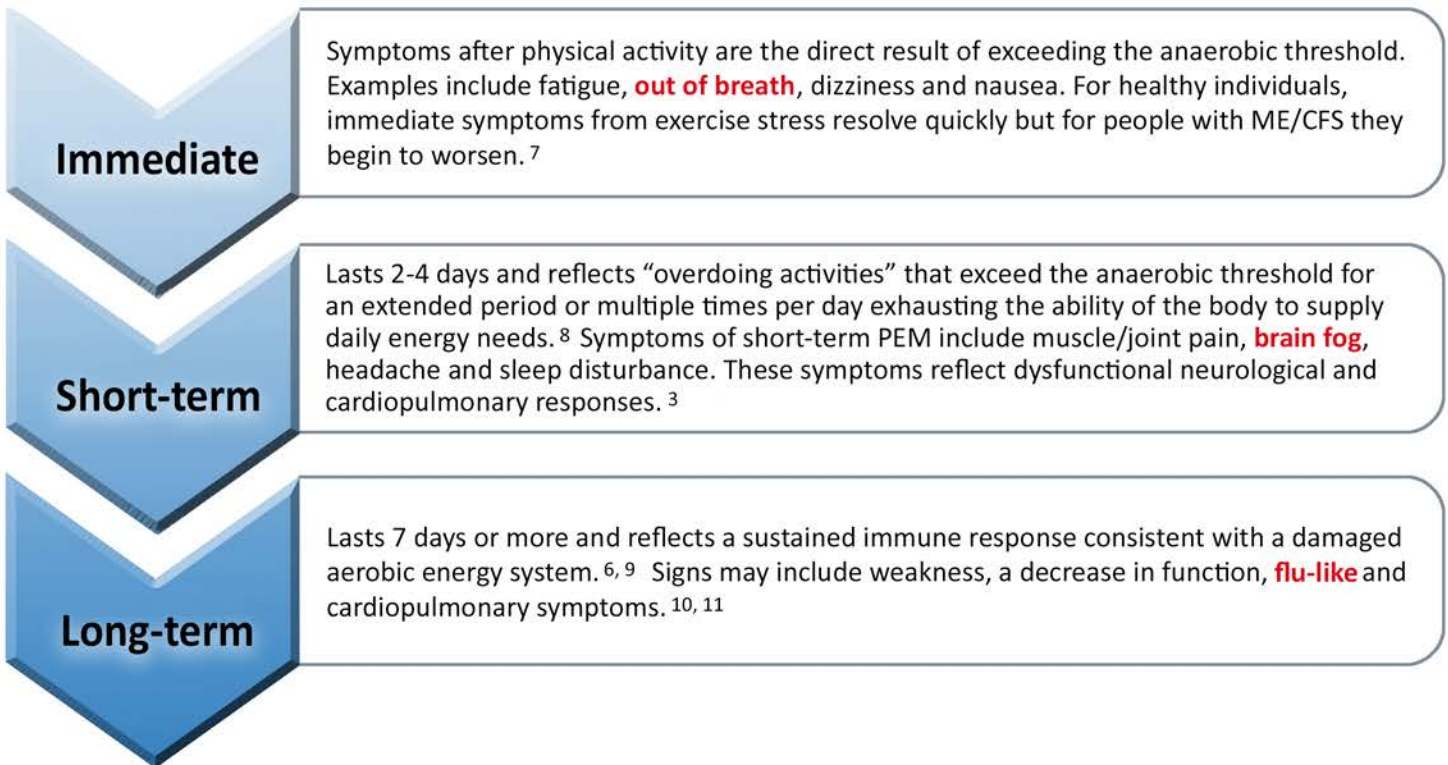


Post-exertional Malaise (PEM) Timecourse for ME/CFS

What is Post-exertional Malaise Following Physical Activity?

Post-exertional malaise (PEM) is considered the hallmark clinical feature of myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). PEM is the worsening of symptoms and decreased function following physical, cognitive, or emotional effort. The onset may occur immediately after activity or be delayed.^{1, 2} Immediate, short-term and long-term PEM symptoms following physical activity can be explained in terms of the damaged energy systems found in ME/CFS.^{3, 4, 5} Overload in other areas (cognitive, emotional, sensory, upright posture, etc) can also cause immediate and longer-term symptoms, but responses to these stressors are less well documented in the literature.⁶

PEM Timecourse



Identifying PEM After Activity

1. Do you experience severe fatigue with at least 3 symptoms in the categories below?
a. feel unwell b. feel weak c. don't sleep well d. have pain
2. Does it take a day or more to recover from exertion?^{10, 12}

Preventing PEM

1. What is your first symptom of PEM?^{2, 13}
2. How long does your PEM last?
3. Do your symptoms progress or change over the immediate/short-term/long-term?

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