



- Baseline**
- Daily function within disease limits

- Exertion**
- Dependent on disease severity
 - Within energy envelope
 - Within learned exertion limits

- Push**
- Trial & error to learn how far is safe
 - Err on the side of caution
 - Elusive & ever-changing limits

- Symptomatic**
- Flu-like symptoms
 - Cognitive
 - Sensory
 - Insomnia
 - Headaches
 - Orthostatic Intolerance

- Crash**
- Restricted iADL, ADL, mobility
 - Forced to limit stimulation
 - Often bed tethered
 - Plan cancellations
 - Higher caregiver assistance

- Exit Cycle**
- Return to baseline
VS
• New, more restricted baseline