PUSH/CRASH CYCLE AND TRIGGERS IN ME/CFS & LONG COVID (LC)

Understanding the Energy Envelope and Pacing during the Push/Crash Cycle

- The energy envelope for PEM/PESE is the balance between rest and exertion that requires intentional management (pacing) over time.

- There are three kinds of pacing for energy management
  - Pacing for those with intact metabolic function without significant health issues
  - Pacing for those with intact metabolic function with health issues such as a surgical procedure, injury, etc.
  - Pacing for those WITHOUT intact metabolic function and has PEM/PESE

- Each individual with ME/CFS and LC must learn their energy envelope and the triggers that contribute to their hourly and daily fluctuations.
- Energy envelope capacity and the PEM/PESE triggers vary greatly between mild and very severe individuals.
- Providers need to be mindful that every interaction impacts an individual's energy envelope and may result in PEM/PESE.

PEM triggers
For some people, the simple act of changing a routine or a basic daily self-care task can trigger PEM/PESE in those with severe ME/CFS.

![Diagram of energy envelope and pacing during the push/crash cycle](image)
Summary
It has been long recognized by clinical providers who treat ME/CFS that continued and repeated episodes of PEM within any one individual appear to be associated with a worsened long-term functional prognosis.

Key Takeaway:
AVOID pushing clients into PEM/PESE.

Co-authored by professional ME/CFS rehabilitation clinicians.