PEM/PESE PUSH/CRASH CYCLE

**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