

Post-Exertional Malaise (PEM)

What is Post-exertional Malaise?

- Post-exertional malaise is worsening of symptoms and decreased function after activity
- PEM can occur immediately after activity or can be delayed
- These symptoms tell you that you are overdoing your activities and need more recovery
- PEM reflects a malfunctioning energy system and poor recovery

Overload in these areas can cause post-exertional malaise

Cognitive

- Decision-making
- Concentrating
- Problem Solving
- Talking

Emotional

- Stress
- Anxiety
- Depression

Physical

- Exertion
- Upright Positions
- Sensory - light, sound, temperature, etc.

Immediate symptoms of overdoing may include:

- Out of breath
- Fatigue
- Dizziness
- Nausea

Delayed symptoms of overdoing last around 2-6 days and may include:

- Brain fog
- Muscle/joint pain
- Headache
- Sleep Issues

Delayed symptoms of overdoing that last 7 days or more may include:

- Flu-like symptoms
- Cardiopulmonary symptoms
- Weakness
- Decrease in function