

FAST FACTS FOR ME/CFS

1

ASSESS

Consult IOM criteria
and ensure the
presence of

PEM

Post-Exertional Malaise

2

CONTRAINDICATED

Any therapy that aims to
increase activity beyond
the **ENERGY ENVELOPE**

including:

GET *Graded Exercise Therapy*

CBT *Cognitive Behavioural
Therapy*

3

MANAGE

Support **PACING**

Manage Symptoms

Treat Comorbidities

Consult Your Local
Health Pathway