

Traditional OT & PT guidelines

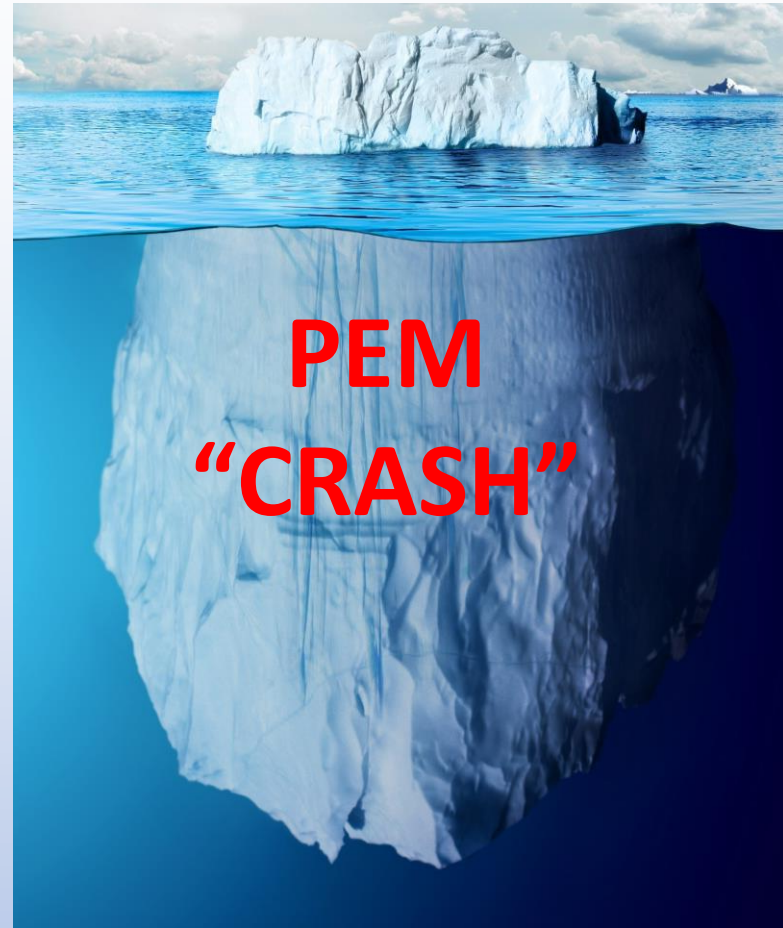
Improve/increase activity performance → restore health & functioning

Traditional strategies

- increase strength
- range of motion
- endurance
- coping strategies
- illness beliefs

PEM is out of view

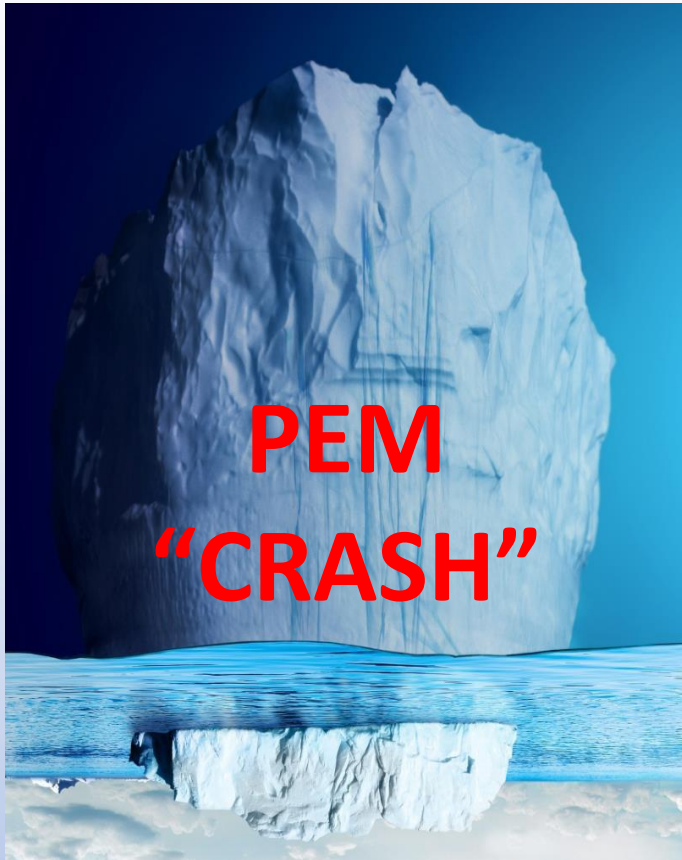
- the “crash” is usually out of sight from providers post activity: hours, days, weeks
- patient too unwell to maintain therapy schedule
- therapist assumes patient is well & achieved goals or not motivated to continue



PEM Guideline: Flipping the Iceberg

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Manage symptoms, manage activity within limitations of PEM & restore autonomy → Improve Quality of Life



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- **PRIOR to session:** telehealth

- **Identify PEM**

- screening tools
- questionnaires
- checklist

- **Develop PEM specific treatment plan**

- symptom management
- pacing techniques
- modification & adaptations
 - ADLs & IADLs
 - home/work/school
- patient & caregiver education

- **Utilize tools & strategies within limitations of PEM**

- Frames of Reference: examples
 - sensory integrative
 - proprioceptive (PNF)
 - bio-mechanical
 - cognitive-behavioral
- Guidelines/Programs: examples
 - Heart Rate monitoring
 - POTS, OI, EDS, CCI...

- **Flexible Care**

- one on one sessions
- telehealth/virtual care
- recorded/written instructions
- consult with other providers/work/school

