

"It seems like you're always stuck in second gear...

it hasn't been your day, your week, your month, or even your year"

Theme from TV programme "Friends"

The fatigue experienced in arachnoiditis is not simply feeling a bit tired, it is feeling as if someone pulled the plug and let all our energy drain out.

It is not just feeling sleepy, but a feeling of having no strength left to do anything.

Dog Tired?

It is in essence very similar to the fatigue felt in certain other chronic conditions, notably MS, chronic fatigue syndrome (CFS), post-polio syndrome and autoimmune conditions such as Rheumatoid Arthritis and Systemic Lupus.