

Use this Performance Scale to guide you to which level of exercise is recommended for you for NCHPAD's 4 Week Starter Kit for Individuals with Multiple Sclerosis (MS). Please read the choices listed below and choose the one that best describes your own situation. **This scale focuses mainly on how well you walk.** You might not find a description that reflects your condition exactly, but please mark the **one** category that describes your situation the closest.

- 0 Normal:** I may have some mild symptoms, mostly sensory due to MS but they do not limit my activity. If I do have an attack, I return to normal when the attack has passed.
- 1 Mild Disability:** I have some noticeable symptoms from my MS but they are minor and have only a small effect on my lifestyle.
- 2 Moderate Disability:** I don't have any limitations in my walking ability. However, I do have significant problems due to MS that limit daily activities in other ways.
- 3 Gait Disability:** MS does interfere with my activities, especially my walking. I can work a full day, but athletic or physically demanding activities are more difficult than they used to be. I usually don't need a cane or other assistance to walk, but I might need some assistance during an attack.
- 4 Early Cane:** I use a cane or a single crutch or some other form of support (such as touching a wall or leaning on someone's arm) for walking all the time or part of the time, especially when walking outside. I think I can walk 25 feet in 20 seconds without a cane or crutch. I always need some assistance (cane or crutch) if I want to walk as far as three blocks.
- 5 Late Cane:** To be able to walk 25 feet, I must have a cane, crutch, or someone to hold onto. I can get around the house or other buildings by holding onto furniture or touching the walls for support. I may use a scooter or wheelchair if I want to go greater distances.
- 6 Bilateral Support:** To be able to walk as far as 25 feet, I must have two canes or crutches or a walker. I may use a scooter or wheelchair for longer distances.
- 7 Wheelchair/Scooter:** My main form of mobility is a wheelchair. I may be able to stand and/or take one or two steps, but I can't walk 25 feet, even with crutches or a walker.
- 8 Bedridden:** Unable to sit in a wheelchair for more than one hour.

If you answered **0 or 1** → Use **LEVEL 1** physical activity videos.

If you answered **2 or 3** → Use **LEVEL 2** physical activity videos.

If you answered **4 or 5** → Use **LEVEL 3** physical activity videos.

If you answered **6, 7, or 8** → Use **LEVEL 4** physical activity videos and/or visit [The National Multiple Sclerosis Society](#) for more resources.

PDDS & Performance Scales:

Hohol MJ, Orav EJ, Weiner HL. Disease Steps in multiple sclerosis: A simple approach to evaluate disease progression. *Neurology* 1995; 45: 251–55.

Hohol MJ, Orav EJ, Weiner HL. Disease Steps in multiple sclerosis: a longitudinal study comparing disease steps and EDSS to evaluate disease progression. *Multiple Sclerosis* 1999; 5: 349–54.

Marrie RA and Goldman M. Validity of performance scales for disability assessment in multiple sclerosis. *Multiple Sclerosis* 2007; 13: 1176-1182.

Additional Reference for the Performance Scales:

Schwartz CE, Vollmer T and Lee H. Reliability and validity of two self-report measures of impairment and disability for MS. North American Research Consortium on Multiple Sclerosis Outcomes Study Group. *Neurology*. 1999; 52: 63-70.

Acknowledgement for use:

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