**PDDS: Patient-determined Disease Steps**

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 3 blocks.

 5 **Late Cane:** To be able to walk 25 feet, I have to 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 2 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.