

Rating of Perceived Exertion Scale

Procedure:

Just before the 6-minute walk test, show the scale to the patient and ask the patient to rate his/her level of exertion. At the end of the 6-minute walk test, remind the patient of the number that they chose before the test and ask the patient to grade their exertion level again.

Instructions:

Say to patient:

“Please grade your level of exertion using this scale. By “exertion” we mean your level of effort. A zero on the scale indicates “no exertion at all”. A ten on the scale indicates “maximal” exertion.”

Rating of Perceived Exertion	
0	Nothing at all
0.5	Extremely light
1	Very light
2	Light
3	Moderate
4	Somewhat hard
5	Hard
6	
7	Very hard
8	
9	
10	Extremely hard (almost maximal)

References:

Borg GA. Psychophysical bases of perceived exertion. *Medicine and Science in Sports and Exercise*. 1982;14(5):377-381.

MacKay-Lyons M, Macko R, Eng J, et al. Aerobic exercise recommendations to optimize best practices in care after stroke. 2012; <http://strokebestpractices.ca/wp-content/uploads/2013/07/AEROBICS-FINAL-July-2013.pdf>. Accessed February 22, 2018.