The **Expanded Disability Status Scale (EDSS)** is the gold standard grading scale for measuring the disability caused by multiple sclerosis (MS). The scale looks at ambulation and functional systems. Online calculators are available.

A breakdown of the Expanded Disability Status Scale:

Score	Description
0	Normal neurological examination, no disability in any functional system
1.0	No disability, minimal signs in one functional system
1.5	No disability, minimal signs in more than one functional system
2.0	Minimal disability in one functional system
2.5	Mild disability in one functional system or minimal disability in two functional systems
3.0	Moderate disability in one functional system, or mild disability in three or four functional systems. No walking impairment
3.5	Moderate disability in one functional system and more than minimal disability in several others. No walking impairment
4.0	Significant disability but self-sufficient and up and about some 12 hours a day. Able to walk without aid or rest for 500m
4.5	Significant disability but up and about much of the day. Able to work a full day. May otherwise have some limitation of full activity or require minimal assistance. Able to walk without aid or rest for 300m
5.0	Disability severe enough to impair full daily activities and ability to work a full day without special provisions. Able to walk without aid or rest for 200m
5.5	Disability severe enough to prevent full daily activities. Able to walk without aid or rest for 100m
6.0	Requires a walking aid – cane, crutch, etc. – to walk about 100m with or without resting
6.5	Requires two walking aids – pair of canes, crutches, etc. – to walk about 20m without resting
7.0	Unable to walk beyond approximately 5m even with aid. Essentially restricted to a wheelchair; though wheels a standard wheelchair and able to get in and out alone. Up and about in wheelchair some 12 hours a day
7.5	Unable to take more than a few steps. Restricted to a wheelchair and may need help getting in and out. Can wheel but cannot carry on in a standard wheelchair for a full day and may require a motorised wheelchair
8.0	Essentially restricted to a bed or chair or being pushed in wheelchair. May be out of bed much of the day. Retain many self-care functions. Generally has effective use of arms
8.5	Essentially restricted to a bed for much of the day. Has some effective use of arms, retains some self-care functions
9.0	Confined to bed. Can still communicate and eat
9.5	Confined to bed and totally dependent. Unable to communicate effectively or eat/swallow
10.0	Death due to MS

References:

Multiple Sclerosis Trust. Expanded Disability Status Scale (EDSS) (2024). Available from: https://mstrust.org.uk/a-z/expanded-disability-status-scale-edss