

Expanded Disability Status Scale (EDSS)

The Expanded Disability Status Scale (EDSS) is a commonly used scale for assessing the level of disability in people with multiple sclerosis. The scale was originally described by Kurtze (1983) and has been adapted on the [Multiple Sclerosis Trust](#) website.

The *Criteria* requires that each of the functional systems listed below be reviewed. The description in the table below should be referred to and for ambulant patients a score from 0 (no disability) to 5.5 (more severe disability) be indicated. If the patient has impairment such that assistance is required to enable walking (cane, crutches, frame) the score will be from 0 to 6.5, if a wheelchair is required for all but a few steps the score will be 7.0 – 8.5, if confined to bed the score will be 9 and death due to MS is scored 10.

Functional systems

- pyramidal - weakness or difficulty moving limbs
- cerebellar - ataxia, loss of coordination or tremor
- brainstem - problems with speech, swallowing and nystagmus
- sensory - numbness or loss of sensations
- bowel and bladder function
- visual function
- cerebral (or mental) functions
- other

ALL functional system scores must be scored individually and then the EDSS calculated from the table below.

Expanded Disability Status Scale (EDSS)

| Score | Description |
|-------|--|
| 0.0 | No disability |
| 1.0 | No disability, minimal signs in one FS |
| 1.5 | No disability, minimal signs in more than one FS |
| 2.0 | Minimal disability in one FS |
| 2.5 | Mild disability in one FS or minimal disability in two FS |
| 3.0 | Moderate disability in one FS, or mild disability in three or four FS. No impairment to walking |
| 3.5 | Moderate disability in one FS and more than minimal disability in several others. No impairment to walking |
| 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 preclude 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 wheelchair; though wheels self in standard wheelchair and transfers alone. Up and about in wheelchair some 12 hours a day |
| 7.5 | Unable to take more than a few steps. Restricted to wheelchair and may need aid in transferring. Can wheel self but cannot carry on in standard wheelchair for a full day and may require a motorised wheelchair |
| 8.0 | Essentially restricted to bed or chair or pushed in wheelchair. May be out of bed itself much of the day. Retains many self-care functions. Generally has effective use of arms |
| 8.5 | Essentially restricted to bed much of 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 |

The Expanded Disability Status Scale has been replicated from the Multiple Sclerosis Trust website at:

- <https://www.mstrust.org.uk/a-z/expanded-disability-status-scale-edss> with permission from the Multiple Sclerosis Trust UK

