

# Walking Self-Assessment

It's important to recognize changes in your walking due to multiple sclerosis (MS). Answer these simple questions and share the results with your doctor.

Discuss this assessment with your doctor and ask about treatment options that may help improve your walking.

Name:

Created on:

## My Responses to the Self-Assessment

**1. Since developing MS, have you noticed that your walking is getting worse?**

Not at all | A little | Moderately | Quite a bit | Extremely

**2. Have you ever noticed that your walking makes it difficult to keep up with friends or family members?**

Not at all | A little | Moderately | Quite a bit | Extremely

**3. Have you ever found yourself late for an appointment, missed a train or bus because you couldn't walk fast enough?**

Not at all | A little | Moderately | Quite a bit | Extremely

**4. Are there days or periods of time when your walking is noticeably slower?**

Not at all | A little | Moderately | Quite a bit | Extremely

**5. Are you having trouble making it in time to the bathroom or to answer the phone or doorbell?**

Not at all | A little | Moderately | Quite a bit | Extremely

**Notes:**

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