

## Rate Your Gait

***Did you know that most people with multiple sclerosis (MS) will develop difficulty walking over time?***

If you have experienced any changes in your gait (ability to walk), answer the questions below and share them with your doctor. You may benefit from treatment with PoNS®— an innovative, easy-to-use medical device designed to help people with mild to moderate symptoms of MS improve their gait.

**1. Do you have difficulty walking?**

- Rarely       Sometimes       Often       Most of the time

How many times a week do you notice it? \_\_\_\_\_

**2. Do you have trouble with balance or feel unsteady when you walk?**

- Yes       No       Not sure

**3. Do you feel tired or weak when you walk?**

- Yes       No       Not sure

**4. Do you walk slower than you used to?**

- Yes       No       Not sure

**5. What walking difficulties have you experienced, or are currently experiencing? (check all that apply)**

- Taking public transportation
- Taking walks
- Running errands
- Getting to the bathroom/phone/door on time
- Doing chores around the house
- Keeping up with others
- Crossing the street
- Walking on grass

**6. Does difficulty walking impact your day-to-day activities around the home?**

- Rarely       Sometimes       Often       Most of the time

**7. Does difficulty walking impact your social activities, (e.g., meeting up with friends or attending events)?**

- Rarely       Sometimes       Often       Most of the time

**8. Do you avoid going to certain places or doing certain activities?**

- Rarely       Sometimes       Often       Most of the time

**9. What places or activities do you avoid?** \_\_\_\_\_

\_\_\_\_\_

**10. What else would you like to share?** \_\_\_\_\_

\_\_\_\_\_

### **INDICATION**

The PoNS® device is indicated for use as a short term treatment of gait deficit due to mild to moderate symptoms from multiple sclerosis and is to be used as an adjunct to a supervised therapeutic exercise program for adults 22 years of age and over by prescription only.