

The Modified MRC Scale

Description	Grade
I only get breathless with strenuous exercise	0
I get short of breath when hurrying on level ground or walking up a slight hill	1
On level ground, I walk slower than people of my age because of breathlessness, or I have to stop for breath when walking at my own pace on the level	2
I stop for breath after walking about 100 yards or after a few minutes on level ground	3
I am too breathless to leave the house or I am breathless when dress/undressing	4

Chris Stenton. The MRC breathlessness scale. *Occup Med (Long)*(2008)58(3): 226-227
doi:10.1093/occmed/kqm162, Table 1.

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mMRC = modified Medical Research Council



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