

Cardiac rehabilitation

BORG rated perceived exertion scale (6-20)



Information for patients Active Programmes

Whilst you are exercising think how much effort you have put into it. This should reflect how hard or easy it feels generally, not just in your arms or legs. Find the number on the scale which best reflects how you feel. Try to be as honest as you can. There is no right or wrong answer, and your scores will vary depending on how you feel on each occasion.

6	
7	Extremely light
8	Very light
9	
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (Heavy)
16	
17	Very hard
18	
19	Extremely hard
20	

Alternative formats can be available on request. Email: alternativeformats@sth.nhs.uk

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