

Borg Scale

RPE & PAIN SCALE

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how heavy and strenuous the exercise feels to you and how tired you are. The perception of exertion is mainly felt as strain and fatigue in your muscles and as breathlessness or aches in the chest. Use this scale from (**6 to 20**), where **6** means “No exertion at all” and **20** means “Maximal exertion.”

- **9 Very light.** As for a healthy person taking a short walk at his or her own pace.
- **13 Somewhat hard.** It still feels OK to continue.

15 It is hard and tiring, but continuing is not terribly difficult.

- **17 Very hard.** It is very strenuous. You can still go on, but you really have to push yourself and you are very tired.
- **19 An extremely strenuous level.**

Instructions to the Borg-RPE-Scale

1. Try to appraise your feeling of exertion and fatigue as spontaneously and as honestly as possible, without thinking about what the actual physical load is.
- 2- Try not to underestimate, nor to overestimate. It is your own feeling of effort and exertion that is important, not how it compares to other people's.
- 3- Look at the scale and the expressions and then give a number. You can equally well use even as odd numbers.

RPE Scale

BORG 6-20 Rate of Perceived Exertion Scale (RPE)

No Exertion	6	Little to no movement, very relaxed
Extremely Light	7	Able to maintain pace
	8	
Very Light	9	Comfortable and breathing harder
	10	
Light	11	Minimal sweating, can talk easily
	12	
Somewhat Hard	13	Slight breathlessness, can talk
	14	Increased sweating, still able to hold conversation but with difficulty
Hard	15	Sweating, able to push and still maintain proper form
	16	
Very Hard	17	Can keep a fast pace for a short time period
	18	
Extremely Hard	19	Difficulty breathing, near muscle exhaustion
Maximally Hard	20	STOP exercising, total exhaustion

Pain Scale

CARDIAC college		Rating of Perceived PAIN (Borg)
0		Nothing at all
0.3		
0.5		Extremely weak (just noticeable)
1		Very weak
1.5		
2		Weak
2.5		
3		Moderate
4		
5		Strong
6		
7		Very Strong
8		
9		
10		Extremely strong

RPE as a Indicator of HR

Personal Cardiorespiratory Exercise Plan

F I T T = FREQUENCY, INTENSITY, TIME, TYPE

F **FREQUENCY** — Number of days per week: _____

I **INTENSITY** — How hard will you work? Measure by one of the two methods below.

Method 1: Heart rate (for moderate intensity exercise)

▶ Calculate your maximal heart rate (**MHR**) by subtracting your age from 220 = _____ beats per minute

Note: Remember to consult your doctor about this approach if you take any prescription medications on a regular basis.

▶ Calculate the **low end** of moderate-Intensity exercise heart-rate range by multiplying your MHR by 0.64 (for vigorous exercise use 0.77) = _____ beats/min.

▶ Calculate the **high end** of moderate-Intensity exercise heart-rate range by multiplying your MHR by 0.76 (for vigorous exercise use 0.93) = _____ beats/min.

▶ Set a target range for your heart rate during exercise: _____ beats/min. to _____ beats/min.
low end high end

Method 2: Borg Rating of Perceived Exertion (RPE) Scale

Moderate-Intensity exercise = 12 to 13 RPE; Vigorous-Intensity exercise = 14 to 16 RPE.

▶ Set your target RPE number to reach during exercise: _____

T **TIME** — Number of minutes per session: _____ to _____

T **TYPE** — What you'll do to exercise: _____

THANK YOU