

## Visual analogue scale (VAS) for assessment of Delayed-Onset Muscle Soreness (DOMS).

The following scales can help you quantify patient/client muscle soreness pre- post-exercise and to monitor recovery

Feel free to adapt the questions on page 2 to suit different assessment settings and outcomes.

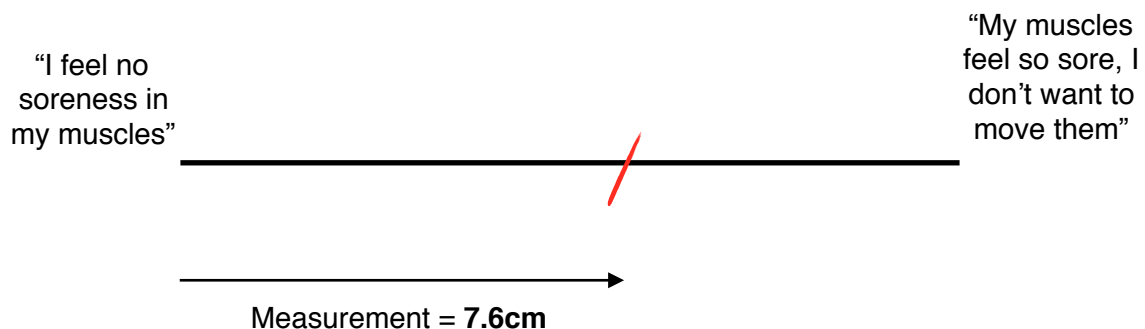
Ask your client to put a mark on the 10cm line in response to them performing a task that would elicit their soreness. For example, touching the toes and kicking the heel towards the glutes would test for hamstring soreness, a bodyweight squat and quads stretch would test for quadriceps soreness etc.

Afterwards, measure with a ruler where their mark is; 0 is the start of the scale on the left, 10 is the end of the line on the right. This is the score (e.g. 5.5, no need to write 'cm')

### NB:

- Be sure to use a separate sheet for each assessment so that the scores aren't influenced by a previous score.
- Check that the line is 10cm long when you print out the sheet.

### Example:



## VISUAL ANALOGUE SCALE (VAS)

*VAS scales are used in many assessment settings. They are subjective and are reliant on assessor expertise & reproducible test conditions. They represent a quick way to obtain an objective (numeric) score on a subjective rating.*



Client: \_\_\_\_\_

Date: \_\_\_\_\_

Test details /limb :

\_\_\_\_\_

**Visual analogue scale (VAS) for assessment of** \_\_\_\_\_

Criteria/statement \_\_\_\_\_

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**Visual analogue scale (VAS) for assessment of** \_\_\_\_\_

Criteria/statement \_\_\_\_\_

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