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 soul 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:**

```
"I feel no soreness in my muscles"  "My muscles feel so sore, I don't want to move them"
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Measurement = 7.6cm
Client: _____________________________   Date:   ______________________

Test details /limb :

_________________________________________________

Visual analogue scale (VAS) for assessment of _________________________________

Criteria/statement _________________________________________________

_________________________________________________

Visual analogue scale (VAS) for assessment of _________________________________

Criteria/statement _________________________________________________

_________________________________________________