

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 patient/client to put a mark on the (10cm) line in response to them answering your question whilst performing a designated activity. For example, to assess knee extensor DOMS, you may get people to squat and then ask them:

“How sore are your muscles?”

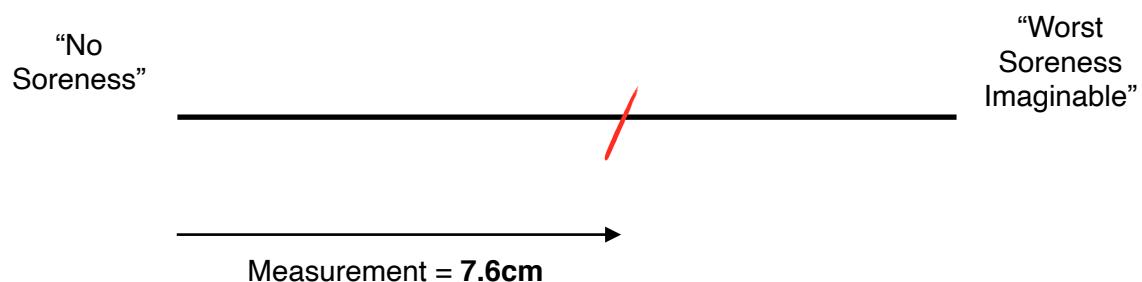
Afterwards, measure with a ruler where their mark is; 0 is the start of the scale on the left, 10 is the end of the line on the right. This is the score (e.g. 7.6 / 10)

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:

“How sore are your muscles?”



Patient:

Date:

Test details /limb :

Visual analogue scale (VAS) for assessment of _____

Criteria/statement _____

Patient:

Date:

Test details /limb :

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Criteria/statement _____

