Soreness Rules

Criterion

1. Soreness during warm-up that continues

2. Soreness during warm-up that goes away

3. Soreness during warm-up that goes away but redevelops during session

4. Soreness the day after lifting (Not muscle soreness)

5. No soreness

Action

2 days off, drop down 1 step

Stay at step that led to soreness

2 days off, drop down 1 step

1 day off, do not advance program to the next step

Advance 1 step per week or as instructed by healthcare professional

This Clinical Guideline may need to be modified to meet the needs of a specific patient. The model should not replace clinical judgment.