Muscle Soreness Index

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- 10: Extremely sore; severely debilitated
- 8: Very sore, interferes with daily activities
- 6: Sore; very uncomfortable
- 4: Sore; but doesn't interfere with activities
- 2: Minor soreness
- 0: No soreness

The graph shows the muscle soreness index over trials for two conditions: Placebo and Phosphatidylserine.