Classification of Fibromyalgia (according to the 1990 ACR criteria):

1. Widespread pain, lasting at least 3 months, in combination with
2. Tenderness at 11 or more of the 18 Tender Points

*Palluation of the 18 tender points should be done using an approximate force of 4 kg (enough to turn the thumbnail white)*

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Further evaluation can be done using the symbols below to indicate locations and symptoms on the chart.

- + = Pain
- * = Tingling
- /// = Numbness
- ✓ = Shooting Pain

Considerations in possible causes of Fibromyalgia:

- Mitochondrial Dysfunction
- Toxin Exposure
- Nervous System Abnormalities
- Intestinal Tract Abnormalities
- Hormone Imbalance/HPA Dysregulation
- Other

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