



Fibromyalgia Tender Point Chart

Patient Name _____ Date _____

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

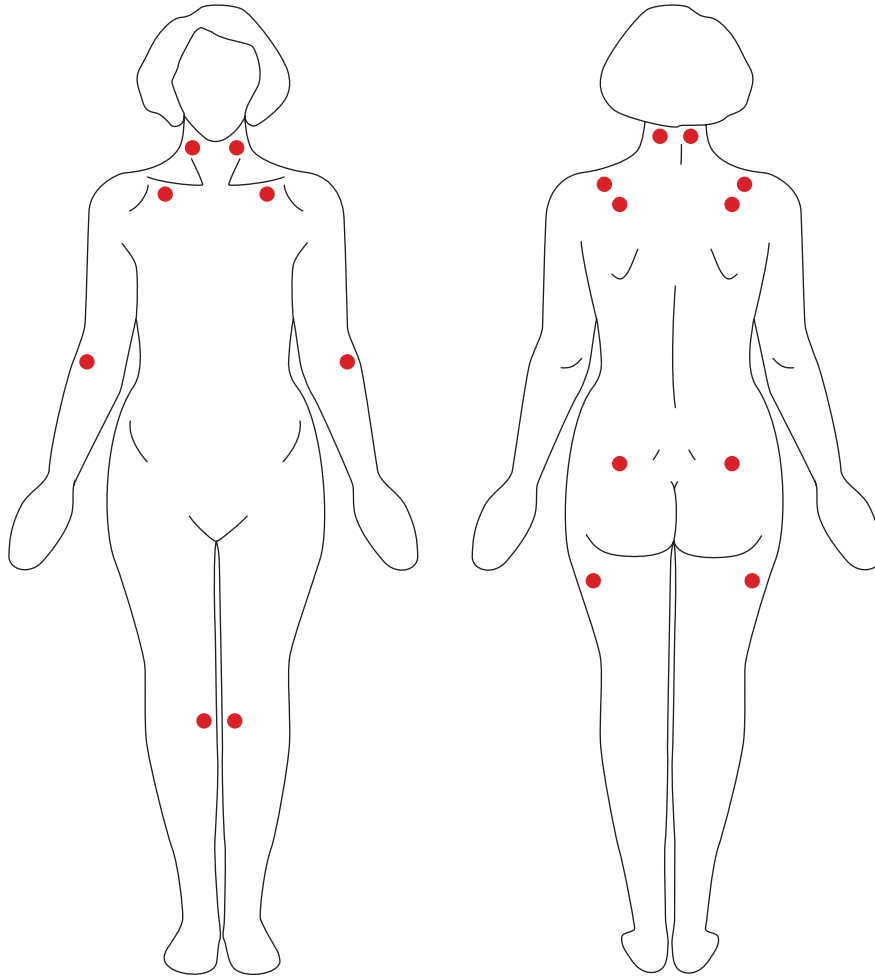
Palpation of the 18 tender points should be done using an approximate force of 4 kg (enough to turn the thumbnail white)

Low cervical:
Anterior aspects of the intertransverse spaces at C5-C7

Second rib:
Second costochondral junctions

Lateral epicondyle:
2 cm distal to the epicondyles

Knee:
Medial fat pad proximal to the joint line



Occiput:
Suboccipital muscle insertions

Trapezius:
Midpoint of the upper body

Supraspinatus:
Above the medial border of the scapular spine

Gluteal:
Upper outer quadrants of buttocks

Greater trochanter:
Posterior to the trochanteric prominence

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:

- | | |
|---|--|
| <input type="checkbox"/> Mitochondrial Dysfunction | <input type="checkbox"/> Intestinal Tract Abnormalities |
| <input type="checkbox"/> Toxin Exposure | <input type="checkbox"/> Hormone Imbalance/HPA Dysregulation |
| <input type="checkbox"/> Nervous System Abnormalities | <input type="checkbox"/> Other |

Wolfe F, Smythe HA, Yunus MB, Bennett RM, Bombardier C, Goldenberg DL, et al. *The American College of Rheumatology 1990 criteria for the classification of fibromyalgia: report of the multicenter criteria committee.* Arthritis Rheum 1990;33:160--72

Hawkes, K. *Natural Therapies for Fibromyalgia Syndrome.* ANSR – Applied Nutritional Science Reports, Advanced Nutrition Publications Inc. 2003