

# Finding Fibromyalgia

## Using the American College of Rheumatology (ACR) Criteria and the Manual Tender Point Survey

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Are patients with these symptoms in your practice?

Use the following checklist and scoring sheet on the reverse side to determine whether a patient meets the ACR criteria for a diagnosis of Fibromyalgia. (Check all conditions that apply. )

### ACR criteria for the classification of Fibromyalgia<sup>1</sup>

(1) The patient has experienced widespread pain for 3 months or more in all 4 quadrants of the body.

Widespread pain is defined as:

- Pain above and below the waist
- Pain on the left and right sides of the body
- Pain in the axial skeleton

(All 3 conditions above must be present to fit the definition of widespread pain.)

(2) The patient experiences pain on palpation in at least 11 of 18 tender points.

The **Manual Tender Point Survey (MTPS)** is a standardized approach to assess whether pain is present in 11 of 18 tender points. A diagram of survey sites and a scoring sheet are located on the reverse side.

### How to perform the Manual Tender Point Survey<sup>2</sup>

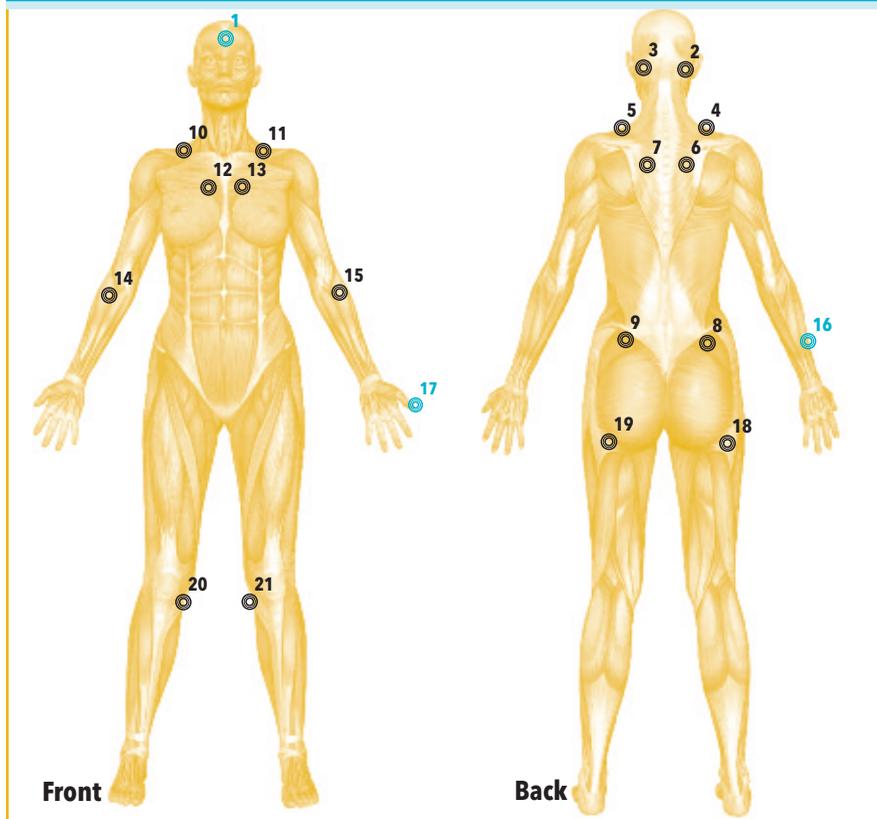
1. Locate each survey site visually (see reverse for diagram), and then with light palpation. (Note that survey sites include 18 tender points and 3 control points.)
2. Use the thumb pad of your dominant hand to apply pressure perpendicularly.
3. Gradually increase thumb pressure until you reach a pressure of 4 kg/cm<sup>2</sup> (enough to whiten your fingernail).
4. Each survey site should be pressed once for a total of 4 seconds.
5. After applying pressure at each site, ask the patient whether there was any pain and ask her/him to rate the intensity of pain on a scale of 0 to 10 (0=no pain; 10=worst pain). Record the answers on the scoring sheet (see reverse).

## Manual Tender Point Survey Sites and Scoring Sheet

Using this scoring sheet, record the amount of pain—on a scale of 0 to 10 (0 = no pain; 10 = worst pain)—at each survey site.

Note that survey sites 1, 16, and 17 are control points and do not count toward the total number of painful tender points.

### Manual Tender Point Survey Sites<sup>2</sup>



### Manual Tender Point Survey Scoring Sheet<sup>2</sup>

#### SEATED position

**1** **Mid-forehead** (control point)

**2, 3** **Occiput:** Suboccipital muscle insertions

**4, 5** **Trapezius:** Midpoint of upper border

**6, 7** **Supraspinatus:** Above medial border of scapular spine

**8, 9** **Gluteal:** Upper outer quadrant of buttocks

**10, 11** **Low cervical:** Anterior aspect of intertransverse space of C5-7

**12, 13** **Second rib:** Second costochondral junction

**14, 15** **Lateral epicondyle:** 2 cm distal to epicondyle

**16** **Right forearm** (control point): Junction of proximal  $\frac{2}{3}$  & distal  $\frac{1}{3}$

**17** **Left thumbnail** (control point)

#### Right

#### Left

1. _____	3. _____
2. _____	4. _____
3. _____	5. _____
4. _____	6. _____
5. _____	7. _____
6. _____	8. _____
7. _____	9. _____
8. _____	10. _____
9. _____	11. _____
10. _____	12. _____
11. _____	13. _____
12. _____	14. _____
13. _____	15. _____
14. _____	16. _____
15. _____	17. _____

#### SIDE position

**18, 19** **Greater trochanter:** Posterior to trochanteric prominence

18. _____	19. _____
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#### SUPINE position

**20, 21** **Knee:** Medial fat pad proximal to the joint line

20. _____	21. _____
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**Number of positive tender points (those with a score of 2 or greater) \_\_\_\_\_**

**References:** 1. Wolfe F, Smythe HA, Yunus MB, et al. The American College of Rheumatology 1990 criteria for the classification of fibromyalgia. Report of the Multicenter Criteria Committee. *Arthritis Rheum.* 1990;33(2):160-172. 2. Okifuji A, Turk DC, Sinclair JD, Starz TW, Marcus DA. A standardized manual tender point survey. I. Development and determination of a threshold point for the identification of positive tender points in fibromyalgia syndrome. *J Rheumatol.* 1997;24(2):377-383.