

**FIBROMYALGIA DIAGNOSTIC TRIGGER POINT  
PAIN THRESHOLD TESTING**

**Test Date:**

**1/15/2003**

Sheely Chiropractic Clinic *Since 1980*  
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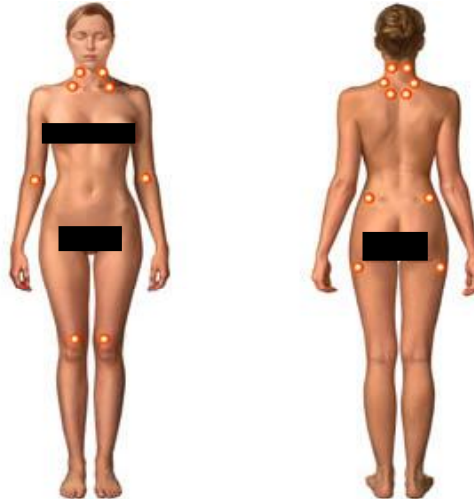
**Anterior**

Control Pt Forehead **11**

Right	Left	
2.5	4.1	Low Cervical
6.25	8	2nd Rib
9.25	14.75	Lat Epicond
7.25	6	Medial Knee
Control Pt	Lt Thumb	<b>8.25</b>

**Posterior**

Left	Right	
5.25	3.5	Occiput
11.75	7.25	Trapezius
8.75	9.25	Supraspinatus
14.75	11.75	Gluteal
8	9	Greater Troch
Control Pt	Rt Forearm	<b>14.5</b>



**Fibromyalgia/Pressure Pain Threshold Survey 1/15/2003**

Patient:	Tammy Sample
Height:	67.5"
Weight:	180
Gender:	Female
Handedness:	Right
Date of Birth:	11/5/1956

Patient underwent a Fibromyalgia/Pressure Pain Threshold (FM/PPT) Test today to assess muscular tenderness. An algometer was used to determine the pressure pain threshold at each of the 18 survey sites designated by the American College of Rheumatology (ACR) for the diagnosis of Fibromyalgia (FM).

Tender/trigger points are specific sites on the body that cause pain when pressed. The pain may spread when a tender point is pressed and cause or trigger pain in a larger area (for example, down the leg, arm, or back). There are 9 pairs of tender points. Each pair has one point on each side of the body, for a total of 18 points.

Total Survey Site Score: 147.35  
Avg. Survey Site Score: 8.19  
Avg. Control Site Score: 11.25 93.02%  
Avg PPT in Normal: 8.80

1. Patient reported tenderness in **eleven** of 18 survey sites used by the ACR to determine if individuals meet the "tender point" criterion for the diagnosis of FM. Thus, the patient **did** meet the tender point criterion for the diagnosis of FM.

2. Patient's average Pressure Point Threshold (PPT) during examination of the 18 ACR survey sites was **11.25**. This is **93.02%** of the PPT found in normal individuals (i.e., ones who do not have any chronic musculoskeletal pain problems).

\*ACR "tender point" criterion: pain reported in at least 11 of 18 survey sites with applied force less than 4 kgs (8.8 lbs).  
Control points: Forehead, Left Thumbnail, Right Forearm