

Name\_\_\_\_\_

Date\_\_\_\_\_

### Fibromyalgia Tender Points

Shade in if the tender point is there and circle the R and L and grade the tender point from 1 -10

- **R L \_\_ Low Cervical Region:** (front neck area) at anterior aspect of the interspaces between the transverse processes of C5-C7.
- **R L \_\_Second Rib:** (front chest area) at second costochondral junctions.
- **R L \_\_Occiput:** (back of the neck) at suboccipital muscle insertions.
- **R L \_\_Trapezius Muscle:** (back shoulder area) at midpoint of the upper border.
- **R L \_\_Supraspinatus Muscle:** (shoulder blade area) above the medial border of the scapular spine.
- **R L \_\_Lateral Epicondyle:** (elbow area) 2 cm distal to the lateral epicondyle.
- **R L \_\_Gluteal:** (rear end) at upper outer quadrant of the buttocks.
- **R L \_\_Greater Trochanter:** (rear hip) posterior to the greater trochanteric prominence.
- **R L \_\_Knee:** (knee area) at the medial fat pad proximal to the joint line

