



Tender Point Test for Fibromyalgia

Testing and Scoring Instructions

By Dr. Donna F. Smith

INTRODUCTION

The biological points on the **Tender Point Test for Fibromyalgia form** are provided according to the Rheumatology 1990 Classification Criteria for Fibromyalgia. Regarding the symptoms on the Tender Point Test, in Dr. Smith's e-book, titled, **Fibromyalgia Syndrome (A Clinical Nutrition Syndrome)**, she included a Table providing the percentages for the most common symptoms of Fibromyalgia, rating them from the highest to the lowest symptom.

Below are the Testing and Scoring Instructions for the Tender Point Test form. A **Total Score of 11 or more out of 18 Tender Points** is the criteria that is used to medically diagnosis Fibromyalgia.

Dr. Smith designed this **Tender Point Test Form** for her Fibromyalgia clients to monitor their initial and monthly progress on the improvement of their tender points and symptoms until optimal scores have been attained. Then this form is used annually, at the time of their Clinical Nutrition Annual Assessment to monitor health maintenance and disease prevention.

Dr. Smith's clients are asked to complete and submit this form prior to starting their **Clinical Nutrition Therapeutic Supplement and Dietary Program** and submit monthly updates on the Column #1 Dates of the **Auto-Ship Schedule**, until Dr. Smith indicates this is no longer needed monthly.

Testing Instructions

You will need a friend or family member to test your tender points. To Test simply apply pressure to each of the tender points, represented by solid circles on the front and back Body Diagrams.

1. Apply the same amount of pressure to each tender point by pushing as far inward as possible.
2. Score the effect of the applied pressure according to the criteria in the Scoring Instructions below.

Scoring Instructions

As you test each tender point, please measure the level of pain, irritation or discomfort to score the effects of the pressure applied according to the below criteria. Write the letter for score in the blank space for the number that corresponds to the number of the tender point (solid circle). Add up the number of tender points that have been scored A, B or C and you have the Total Score.

1. **Score A** if the pressure, barely inward, causes too great of pain to push more inward. This is assessed as Severe Pain.
2. **Score B** if the pressure, inward half way, is painful. This is assessed as Moderate Pain.
3. **Score C** if the pressure can be applied more than half way to as far as possible (full distance) before feeling any degree of pain, irritation or discomfort. This is assessed as Mild Pain.