American College of Rheumatology (ACR) 2016 Fibromyalgia Diagnostic Criteria

Quell Fibromyalgia

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National Fibromyalgia Association

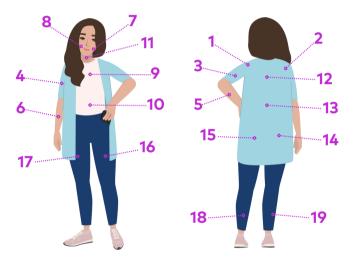
Generalized pain

Defined as pain in at least 4 of 5 regions, is present.

- 1 Left upper region, including shoulder or arm
- 2 Right upper region, including shoulder or arm
- 3 Left lower region, including hip, buttock or leg
- 4 Right lower region, including hip, buttock or leg
- 5 Axial region, including neck, lower back or upper back

Widespread Pain Index

Identify pain and tenderness during the past week in the following areas:



Generalized Pain Total (maximum 5)			
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e following areas:			
1 Shoulder girdle, left	11 Neck		
2 Shoulder girdle, right	12 Upper back		
3 Upper arm, left	13 Lower back		
4 Upper arm, right	14 Hip or buttock, left		
5 Lower arm, left	15 Hip or buttock, right		
6 Lower arm, right	16 Upper leg, left		
7 Jaw, left	17 Upper leg, right		
8 Jaw, right	18 Lower leg, left		
9 Chest	19 Lower leg, right		
10 Abdomen			

Widespread Pain Index Total (maximum 19) _____

Symptom Severity Score

Over the past week:	No problem	Slight/mild	Moderate	Severe
Fatigue	= O	= 1	= 2	= 3
Waking up tired or unrefreshed	= O	= 1	= 2	= 3
Cognitive functions (trouble thinking or remembering)	= O	= 1	= 2	= 3
During the past 6 months:				
Headaches	No = 0	Yes = 1		
Pain or cramps in the abdomen	No = 0	Yes = 1		
Depression	No = 0	Yes = 1		

Symptom Severity Score Total (maximum 12) _____

All of the following criteria must be met to make a diagnosis of Fibromyalgia.

Fulfill	s all diagnosis criteria for Fibromyalgia.	No	Yes
4. A d	diagnosis of fibromyalgia is valid irrespective of other diagnoses.	No	Yes
3. W	PI ≥ 7 and SSS score ≥ 5 OR WPI of 4–6 and SSS score ≥ 9.	No	Yes
2. Sy	mptoms have been present at a similar level for at least 3 months.	No	Yes
1. Ge	eneralized pain in at least 4 of 5 regions.	No	Yes

Information contained on this form was derived from Wolfe F, et al., 2016 Revisions to the 2010/2011 Fibromyalgia Diagnostic Criteria. Arthritis Rheumatol. 2016. www.QuellFibromyalgia.com ©2023 All Rights Reserved. NeuroMetrix, Inc. PN2206048 Rev A