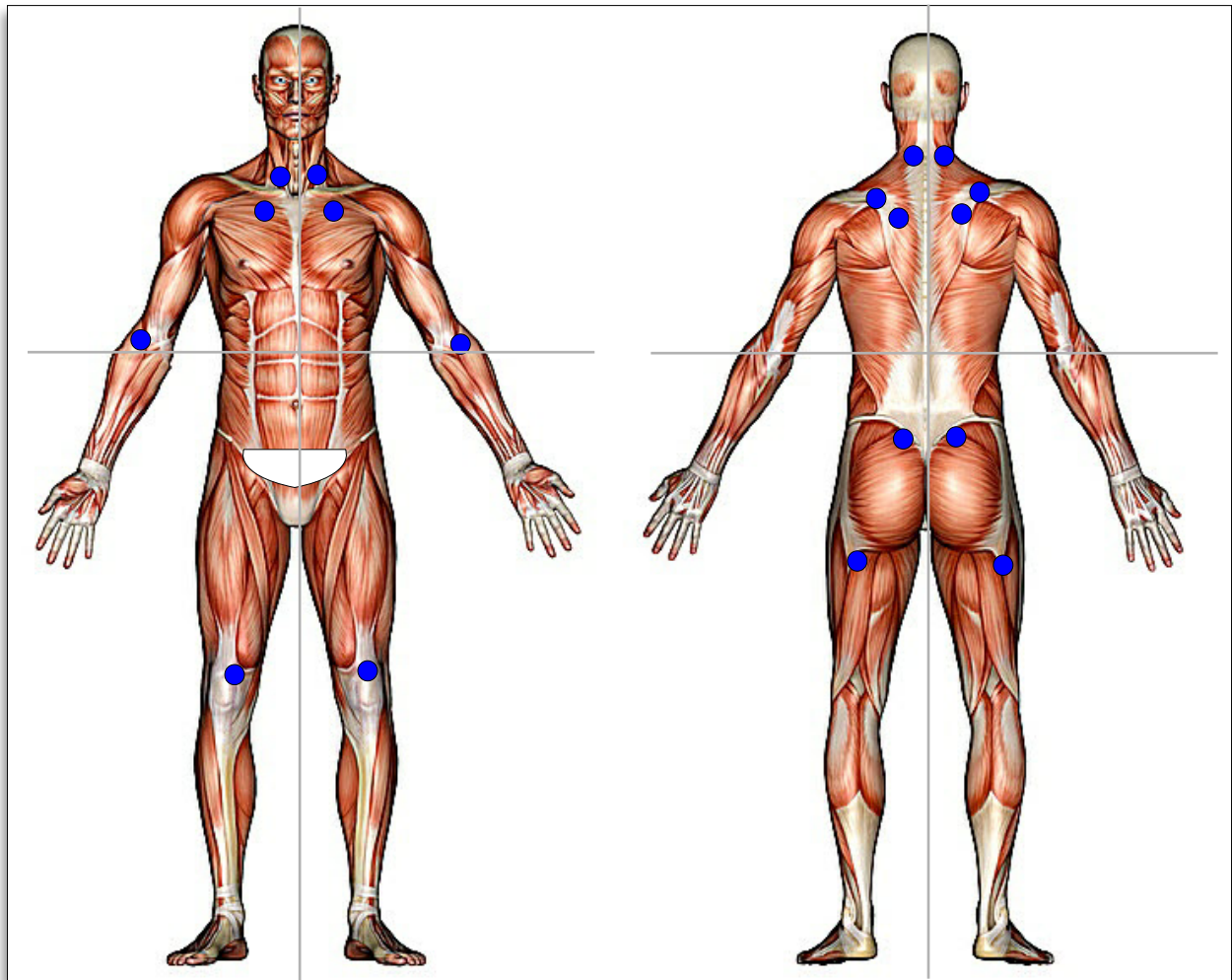


AMERICAN COLLEGE OF RHEUMATOLOGY ACR 1990 PROTOCOL

Adapted into the present design by Dr. Holmes Keikobad. ©acu-free.com LLC

In this course you are taught how to take this test and assess the results for a patient you suspect of having Fibromyalgia. The Test involves 3 steps:

1. Establishing a history of widespread pain lasting more than three months, affecting all four quadrants of the body, see thin lines on body map below.
2. Establishing pain and tenderness in 11 out of 18 designated possible tender points, some are on front of the body and some on back, marked in blue below.
3. Entering findings into a table, not shown here, and reading out Score. If this reaches a certain limit the likelihood of Fibromyalgia is increased.



This test can be applied in all cases of chronic pain and muscle stiffness. It is also useful for tracking improvement of symptoms as the treatment proceeds. Your workbook contains the full test including all tables, which you can copy and incorporate into our case sheets.