## FIBROMYALGIA SYNDROME Symptoms and Signs Checklist

**Canadian Guidelines 2007**

**Musculoskeletal System**
- generalized stiffness
- muscle cramps—e.g., legs
- chest pressure and pain
- TMJ

**Nervous System**
- persistent fatigue
- lack of endurance
- migraines or new onset headaches

**Sensory**
- hypersensitivity to pain
- hyper-responsiveness to noxious stimuli
- perceptual and dimensional distortions
- feeling of burning or swelling
- sensory overload phenomena
- loss of cognitive map
- dyspnoea

**Cognitive**
- difficulties processing information
- slowness in cognitive processing
- concentration problems
- difficulties with word retrieval
- confusion and word mix-ups
- short-term memory difficulties

**Motor and Balance**
- muscle weakness and paralysis
- poor balance, ataxia and tandem gait
- clumsiness and tendency to drop things
- difficulty in tandem gait
- atypical numbness or tingling

**Neuroendocrine System**
- marked weight change
- heat/cold intolerance
- neuropsychological
- mood swings, anxiety
- reactive depression

**Visual and Auditory Disturbances**
- visual changes or eye pain
- double, blurred or wavy vision
- dry or itchy eyes
- photophobia
- tinnitus—buzzing or ringing in ears
- hyperacusis & interference from background noise

**Sleep Disturbances**
- sleep disorders—hyper or insomnia
- non-refreshing sleep

**Circulatory System**
- neurally mediated hypotension
- fainting or vertigo
- palpitations and tachycardia
- fluid retention
- bruising

**Digestive System**
- lump in throat
- nausea
- heartburn
- abdominal pain
- irritable bowel syndrome

**Urinary System**
- irritable bladder
- overactive bladder

**Reproductive System**
- dysmenorrhea
- PMS or irregular menstrual cycles
- loss of sexual libido or impotence
- anorgasmia

---

**education** • **best practice** • **management** • **empowerment**

Supported by Bridges and Pathways Institute Inc. | ABN 29 248 878 249 | PO Box 793, BLACKWOOD SA 5051
Telephone: +61 8 8358 6086 | Email cathiepowell@fibromyalgiaustralia.com.au