

Fibromyalgiaaustralia

FIBROMYALGIA SYNDROME Symptoms and Signs Checklist symptoms vary in type & intensity.
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 ☐

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