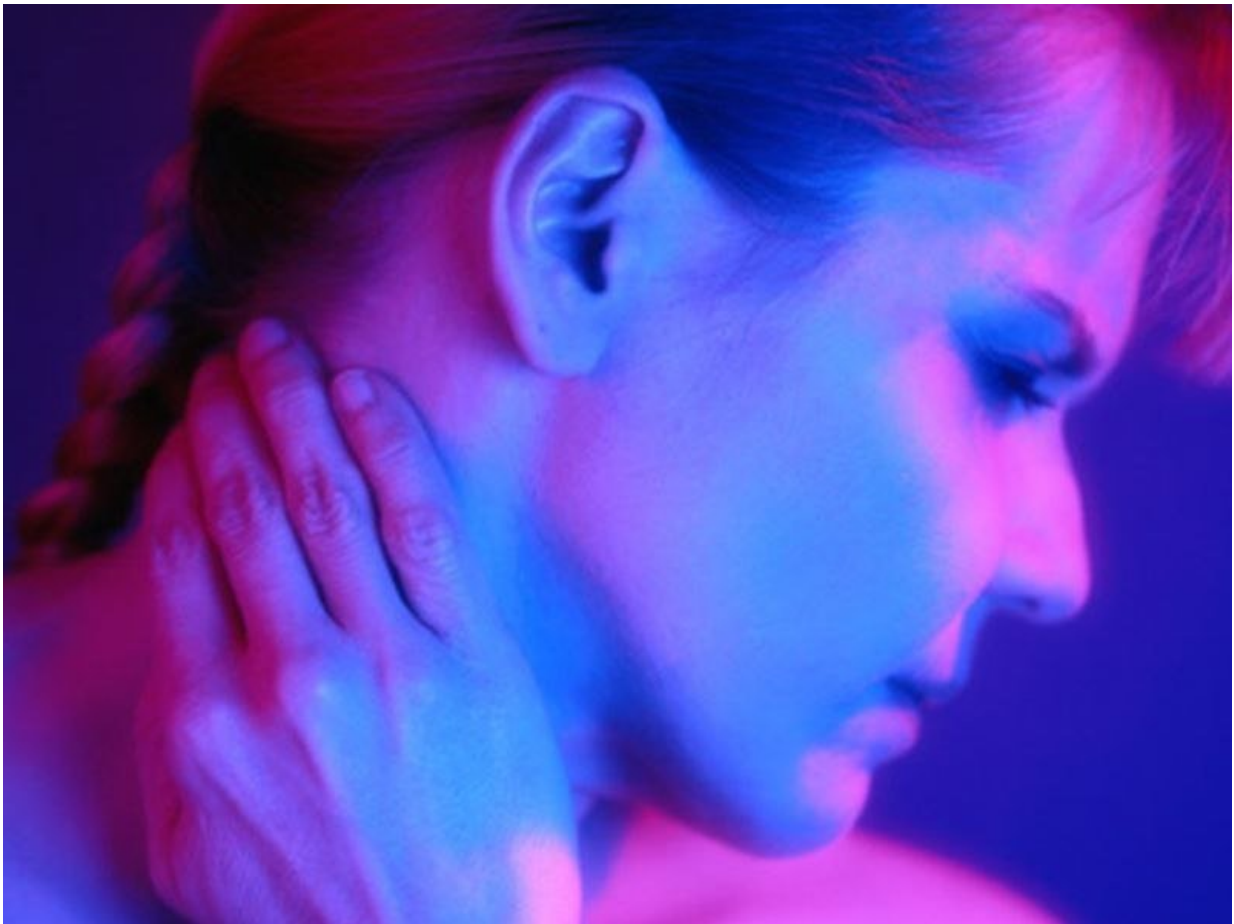


# Two simple tests can ID fibromyalgia in pain patients

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(HealthDay)—Two simple tests can indicate a probable diagnosis of

fibromyalgia (FM) in patients with chronic pain, according to a study published online Oct. 23 in the *Journal of Evaluation in Clinical Practice*.

Kim D. Jones, Ph.D., from Oregon Health and Science University in Portland, and colleagues studied 352 [patients](#) scheduled for routine examination in two primary care practices. The cohort included 52 patients with a chart diagnosis of FM, 108 with [chronic pain](#) but not FM, and 192 with neither [pain](#) nor FM. Participants were assessed for tenderness to digital pressure at 10 locations, pain evoked by a blood pressure (BP) cuff, and a single question: "I have a persistent deep aching over most of my body."

The researchers found that compared with patients with chronic pain but without FM, patients with FM endorsed the single question substantially more ( $7.4 \pm 2.9$  versus  $3.2 \pm 3.4$ ) and showed greater bilateral digital-evoked tenderness ( $6.1 \pm 3.1$  versus  $2.4 \pm 2.4$ ) and BP cuff-evoked pain ( $132.6 \pm 45.5$  versus  $169.2 \pm 48$  mmHg). The BP cuff-evoked pain became non-significant on multivariate analysis. On further analyses, a useful screening test was provided by pain on pinching the Achilles tendon at 4 kg/pressure over four seconds and positive endorsement of the single aching question.

"These results suggest that two tests, taking less than one minute, can indicate a probable diagnosis of FM in a chronic pain patient," the authors write. "In the case of a positive screen, a follow-up examination is required for confirmation or refutation."

**More information:** [Abstract](#)  
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