

FIBROMYALGIA TENDER POINTS

1. **Attachment of neck muscles at the base of the skull**
2. **Midway between neck and shoulder**
3. **Muscle over upper inner shoulder blade**
4. **2 cm below side bone at elbow**
5. **Upper outer buttock**
6. **Hip bone**
7. **Just above knee on inside**
8. **Lower neck in front**
9. **Edge of upper breast bone**

