

Fibromyalgia Doctor Discussion Guide

Symptom Assessment

My Fibromyalgia Pain Rating

Indicate your level of pain over the last 24 hours by circling a face on the scale below.

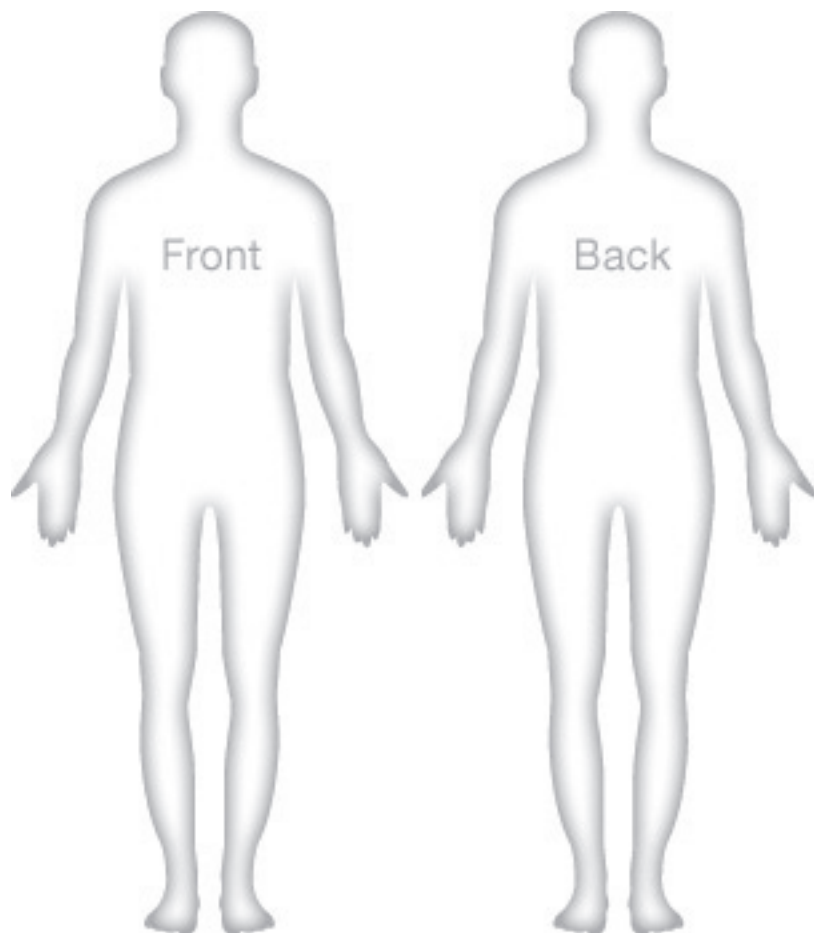


No Pain

Worst Possible Pain

Where I Hurt

Indicate the places on the body diagram to show where you regularly feel pain, tenderness, or both.



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Treatment Tracker

My Medications

Make a list of all of the medications you are taking, including over-the-counter medications, vitamins, and herbal supplements:

My Complementary Therapies

Check the different kinds of complementary or alternative therapies you have tried in the list below.

- Exercise
- Acupuncture
- Massage
- Physical therapy
- Meditation
- Biofeedback
- Chiropractic
- Sauna
- Steam room
- Herbal supplements
- Vitamins
- Other: _____

Healthcare History

My Healthcare Provider History

Check the different types of healthcare providers you have seen in the list below.

- Rheumatologist
- Pain specialist
- Neurologist
- Chiropractor
- Psychologist
- Psychiatrist
- Primary care physician
- Internal medicine
- Physical therapist
- Nurse practitioner
- Naturopath
- None
- Other: _____

