

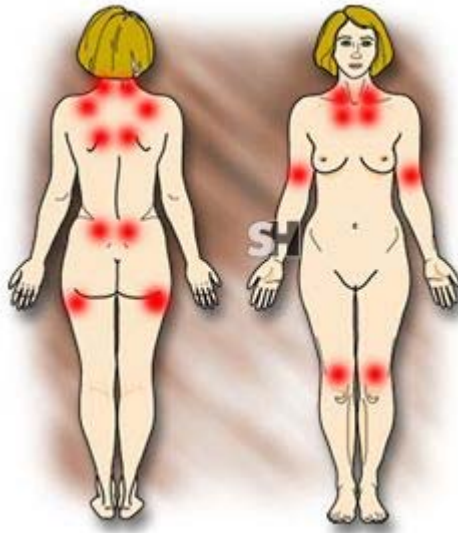
## PAINFULL PRESSURE POINTS IN CASES OF FIBROMYALGIA

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As we've already mentioned in our article on fibromyalgia, the illness is diagnosed by the existence of 11 painful pressure points.

In order to explore these points we exert a firm pressure with the thumb on the following points of both sides of the body.

- 1- OCCIPUT (insertion of occipital muscles)
- 2- LOWER CERVICAL (intervertebral space C6-C7)
- 3- GREATER TROCHANTER (middle point of the superior side)
- 4- SUPRASPINOUS (suprascapular origin)
- 5- SECOND RIB (costochondral articulations)
- 6- LATERAL EPICONDYLUM (2 cm. distal of the epicondyles).
- 7- BUTTOCKS (folding of the upper quadrants of the buttocks).
- 8- GREATER TROCHANTER (protuberance of the trochanter)
- 9- KNEE: (in the grease cushion on the inside of the knee)
- 10- ESCALENOUS MUSCLES



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### For further information:

[www.saludhoy.com](http://www.saludhoy.com)

[www.fibromialgia.net](http://www.fibromialgia.net)

[Spanish society of rheumatology](http://Spanish society of rheumatology)

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