On the image below, CHECK ALL areas of your body where you have felt *persistent or recurrent pain* present for the last *3 months or longer (chronic pain).*

If you do not have chronic pain check here: \_ No Chronic Pain



Figure 1. Body images for the Michigan Body Map.

Body areas that can be selected:

Image of body front

Face

Right jaw

Left jaw

Right chest/breast

Right upper arm

Right elbow

Right lower arm

Right wrist/hand

Left chest/breast

Left upper arm

Left elbow

Left lower arm

Left wrist/hand

Abdomen

Pelvis

Right groin

Right upper leg

Right knee

Right lower leg

Right ankle/foot

Left groin

Left upper leg

Left knee

Left lower leg

Left ankle/foot

Image of body back

Head

Neck

Left shoulder

Left hip

Left buttocks

Right shoulder

Upper back

Lower back

Right hip

Right buttocks

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Notes:

Instrument is available at the University of Michigan website, at https://medicine.umich.edu/dept/pain-research/clinical-research/michigan-body-map-mbm

A sum score (MBM Total) can be obtained by counting the checked body areas.

Reference:

Brummett CM, Bakshi RR, Goesling J, Leung D, Moser SE, Zollars JW, Williams DA, Clauw DJ, Hassett AL. Preliminary validation of the Michigan Body Map. Pain. 2016 Jun;157(6):1205-12. doi: 10.1097/j.pain.0000000000000506. PMID: 26835782; PMCID: PMC4868633.