Please indicate all the regions you are experiencing pain *currently.*

If you do not have current pain check here: \_ No Current 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

Copyright 2015 Regents of the University of Michigan

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.