

VA FIBROMYALGIA CLAIMS

ONE-PAGE GUIDE

Document the widespread pattern, treatment, frequency, and qualifying service path.



WIDESPREAD PAIN // DC 5025

Document the widespread pattern, treatment, frequency, and qualifying service path.

01

WHAT THE CURRENT RATING FRAMEWORK ASKS FOR

DC 5025 ASKS HOW WIDESPREAD AND PERSISTENT THE SYNDROME IS

The rating framework centers on widespread musculoskeletal pain and tender points, with associated symptoms, then distinguishes control with continuous medication, episodic symptoms, and symptoms that are constant or nearly constant and refractory to therapy.

WIDESPREAD

Pain involves both sides, above and below the waist, the axial skeleton, and the extremities.

FREQUENCY

Document ordinary days, exacerbations, precipitating stress or overexertion, and how often symptoms are present.

TREATMENT

Show continuous medication, other therapy, response, and whether symptoms remain refractory.

02

SERVICE-CONNECTION PATHS

GULF WAR

Fibromyalgia is a listed MUCMI for qualifying Persian Gulf veterans when the current regulatory requirements are met.

DIRECT

A current diagnosis is linked to service through the veteran's specific history and medical evidence.

SECONDARY

A service-connected disability caused or aggravated fibromyalgia only when veteran-specific medical evidence supports that direction.

03

SYMPTOMS

Medically recognized symptoms. A diagnosis still requires appropriate medical evaluation.



Widespread pain and tenderness

Fatigue



Sleep disturbance

Stiffness



Tingling or numbness

Headache, cognitive, digestive, or mood symptoms

04

BUILD THE RECORD

1

DIAGNOSIS

Qualified clinician's diagnosis and workup addressing other explanations.

2

PAIN DISTRIBUTION

Both sides, above and below the waist, axial skeleton, and extremities.

3

SYMPTOM PATTERN

Frequency, duration, triggers, associated symptoms, and ordinary-day impact.

4

TREATMENT

Medication, therapy, exercise or movement plan, response, and adverse effects.

5

REFRACTORY SYMPTOMS

What persisted despite appropriate treatment and for how long.

6

SERVICE ROUTE

Qualifying Gulf War service or a separate, reasoned direct or secondary nexus.

05

WHY CLAIMS BREAK DOWN

Recurring problems in the reviewed service-connection record, plus condition-specific rating gaps.

A

NO CURRENT DIAGNOSIS

Symptoms were reported without a supported fibromyalgia diagnosis.

B

SERVICE PATH NOT ESTABLISHED

Qualifying Gulf War service or another persuasive nexus route was missing.

C

WIDESPREAD PATTERN UNCLEAR

The record did not show the required distribution across both sides, body regions, and extremities.

D

RATING FACTS MISSING

Medication, frequency, exacerbations, and refractory treatment history were not documented.

06

CONDITIONS THAT MAY COEXIST WITH FIBROMYALGIA

The cause of fibromyalgia is not known. Coexisting symptoms or conditions do not prove that one caused the other.

CONDITIONS SEEN ALONGSIDE FIBROMYALGIA

Rheumatic disease // chronic back pain // depression or anxiety // irritable bowel syndrome

ASSOCIATED SYMPTOMS VA MAY CONSIDER

Fatigue // sleep disturbance // headache // paresthesias // IBS symptoms // depression or anxiety

07

DO THIS, NOT THAT

DO

- Map the widespread pain pattern.
- Document treatment and response.
- Prove the correct service route.

DO NOT

- Assume Gulf War service alone is enough.
- Use a tender-points count as the whole case.
- Double-count the same associated symptom.

