

## TMJ Self-Examination

Below is a more complete list of symptoms associated with TMJ//MPD. Look at it carefully. Did you ever think that these might be related to your bite?

You may run a preliminary diagnostic screening on yourself by answering these questions.

On a pain scale of 0 -10, 10 being the worst pain you have ever experienced with this problem, where are you now?

Complete Comfort = 0 • 1 • 2 • 3 • 4 • 5 • 6 • 7 • 8 • 9 • 10 = Severe Pain

- Do you have a grating, clicking, cracking or popping sound in either or both jaw joints when you chew?
- Do you have sensations of stuffiness, pressure or blockage in your ears? Is there excessive wax production?
- Do you ever have a ringing, roaring, hissing or buzzing sound in your ears?
- Do you ever feel dizzy or faint?
- Is your jaw painful or locked when you get up in the morning?( )
- Are you ever nauseous for no apparent reason?
- Do you fatigue easily or consider yourself chronically fatigued?
- Are there imprints of your teeth on the side of your tongue?
- Does your tongue go between your front teeth when you swallow?
- Do your fingers sometimes go numb?
- Do you have pain or soreness in any of the following areas: jaw joints( ), upper jaw( ) or teeth( ), lower jaw( ) or teeth( ), side of neck( ), back of head( ), forehead( ), behind eyes( ), temples( ), cheek muscles( ), swallowing muscles( ), tongue( ) or chewing muscles( )?
- Is it hard to move your jaw from side to side or forward and backward?
- Do you have difficulty in chewing your food?
- Do you have any missing back teeth?
- Have you had extensive dental crowns and bridgework?
- Do you clench your teeth during the day?
- Do you grind your teeth at night?
- Do you ever awaken with a headache? ( )
- Have you ever had a whiplash injury?
- Have you ever worn a cervical collar or had neck traction?
- Have you ever experienced a blow to the chin, face or head?
- Have you ever reached the point where drugs no longer relieve your symptoms?
- Does chewing gum start your symptoms?
- Is it painful, or is there soreness, when you press on your jaw joints or on the cheek just below them? ( )
- Is it painful to stick your little finger into your ears with your mouth open wide and then close your mouth while pressing forward with those fingers? ( )
- Does your jaw deviate to the left or right when you open wide? (Look in mirror)

- Are you unable to insert your first three fingers vertically into your mouth when it is opened wide?
- Have you ever had regular cosmetic orthodontic treatment (braces) or extensive dental treatment?
- Have you had jaw surgery combined with orthodontic treatment?
- Has your bite changed?
- Has your chin moved backwards or shifted off center?
- When you touch the lower jaw line, do you feel the antegonial notch in either or both side of the lower jaw? The antegonial notch is the depression along the jawline. To feel for the antegonial notch, place your thumb under your ear and against the back of your jaw. Slide your thumb along the border of the jaw as if tracing the jawline from your ear to your chin. Your thumb will slide down the back of the jawline (mandible), and then turn a corner at the angle of the jaw. Just in front of this angle, your thumb will feel a depression; this is the antegonial notch.
- Do your teeth hit unevenly
- Have you heard popping sounds in your ears?
- Has the popping stopped?
- Do you have sensations of stuffiness, pressure or blockage in your ears?
- Is your jaw painful or locked when you get up in the morning? ( )
- Do your jaw fatigue easily or consider your jaw feeling chronically fatigued?
- Do you find holding your tongue between your front teeth often?
- Do you find holding your front teeth together edge to edge often?
- Is it painful or hard to move your jaw from side to side, or forward and back? ( )
- Do you have pain or difficulty in chewing your food? ( )
- Has the size of your jaw opening decreased?

As seemingly unrelated as these questions might sound, answering yes to any one of them or experiencing a pain level of two or higher, you may be suffering from acute or chronic symptoms of TMD/MPD. You may know of other people who experience one or several of these symptoms. Share this list of questions with them. Perhaps you'll help friends discover the source of their discomfort which otherwise might go unrecognized. Dr. Yousefian's TMJ therapy can treat most or all of these TMJ related problems permanently.

Please be sure to print the self- examination checklist pages, answer the questions to the best of your accuracy and bring them to your TMJ examination appointment with Dr. Yousefian. Please call the office at 425-562-2921 for an appointment