

Self Assessment:

Extraoral

Questions	Yes	No
Do you ever feel dizzy or faint?		
Are you ever nauseous for no apparent reason?		
Do you fatigue quickly or consider yourself chronically fatigued?		
Do your fingers sometimes go numb?		
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?		

Pain

Questions	Yes	No
Do you have sensations of stiffness, 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 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, tongue, or chewing muscles?		
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?		

Sounds during Jaw Movement

Questions	Yes	No
When you chew, do you have a grating, clicking, cracking, or popping sound in either or both jaw joints?		

Deviation in jaw movement

Questions	Yes	No
Is your jaw painful or locked when you get up in the morning?		
Is it hard to move your jaw from side to side or forward and backward?		
Does your jaw deviate to the left or right when you open wide? (Look in mirror)		

Can you vertically insert your first three fingers into your mouth when opened wide?		
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Intraoral

Questions	Yes	No
Are there imprints of your teeth on the side of your tongue?		
Does your tongue go between your front teeth when you swallow?		
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?		