

TMD Short Screen Checklist

Clinician Use

Questionnaire

Tick if "yes" IF yes, score

- | | |
|---|-----------|
| 1. Do you have pain in the face, jaw, temple, in front of ear or in the ear in the past month? | 4 |
| 2. Are You older than 36? | 3 |
| 3. During the last 6 months have you had a problem with headache or migraine? | -1 |
| 4. Does your present jaw problem prevent or limit you from chewing or yawning or having your usual facial appearance? | 1 |
| 5. Does your jaw click or pop when you open or close your mouth or when chewing? | 1 |

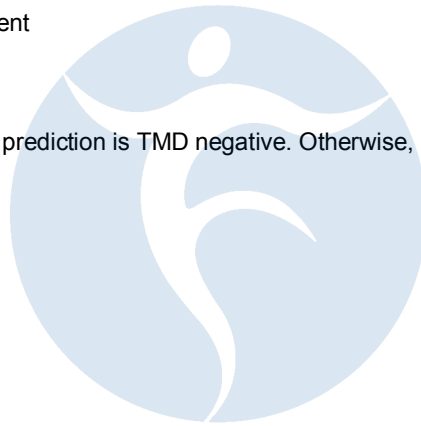
Total

If total score < 3, prediction is TMD negative. If total score \geq 3, patient needs the following exam.

Exam

1. Joint pain on mouth opening
2. Muscle pain on protrusive jaw movement
3. Joint sound on mouth closing
4. Joint pain on palpation

If none of the above exam items is positive, prediction is TMD negative. Otherwise, TMD is predicted.



F R E E D O M
PHYSICAL THERAPY SERVICES, S.C.

Step 1: Questions

Do you have pain in the face, jaw, temple, in front of ear or in the ear in the past month?
How old are you?

Step 2: Questions

Select only those either >36 years or who experienced orofacial pain in the past month

Do you have pain in the face, jaw, temple, in front of ear or in the ear in the past month?
(if yes, score 1; if no, score 0)
Does your jaw click or pop when you open or close your mouth or when chewing?
(if yes, score 1; if no, score 0)
During the last 6 months, have you had a problem with headache or migraines?
(if yes, score -1; if no, score 0)
Does your present jaw problem prevent or limit you from chewing?
(if yes, score 1; if no, score 0)
Does your present jaw problem prevent or limit you from yawning?
(if yes, score 1; if no, score 0)
Does your present jaw problem prevent or limit you from having your usual facial appearance?
(if yes, score 1; if no, score 0)

Step 3: Clinical Examination

Add up scores. If total ≥ 0 , move on to next step. If total score = -1 (i.e. Patients say yes to headache question and no to others) predict them to TMD negative and omit from further investigation.

Joint Pain on mouth opening (if yes, score 2; if no, score 0)
Muscle pain on protrusive jaw movement (if yes, score 2; if no, score 0)
Joint sound on mouth closing (if yes, score 2; if no, score 0)
Joint pain on palpation (if yes, score 2; if no, score 0)
Masseter pain on palpation (if yes, score 1; if no, score 0)

Result

Add up the scores

If total score > 1, predict the patient to be TMD positive. Otherwise, predict negative.