



Comprehensive TMD Exam

Symptoms:

- Headache
- TMJ Pain R/L
- TMJ Noise R/L
- Limited Opening
- Ear Congestion R/L
- Vertigo (Dizziness)
- Tinnitus (Ringing in the Ear) R/L
- Dysphagia (Difficulty Swallowing)
- Loose teeth Clenching/ Bruxing
- Facial pain (nonspecific) R/L
- Tender, Sensitive teeth R/L
- Difficulty chewing Cervical pain
- Postural problems
- Paresthesia of fingertips
- Thermal sensitivity (Hot and Cold)
- Trigeminal Neuralgia
- Bell's Palsy
- Nervousness/Insomnia

Posture analysis:

- Eyes
- Shoulders
- Hips

Forward Head Posture

- Yes
- No

Muscles

- Temporalis anterior R/L
- Upper traps R/L
- Masseters R/L
- Lateral Pterygoid R/L
- Medial Pterygoid R/L
- SCM R/L

TMJ Noise

- Pop R/L
- Crepitis R/L

Palatal Shape

- WNL
- Narrow
- Wide
- High palatal Vault

Mandibular Shape

- WNL
- Narrow
- Wide

Mallampatti

- High
- Low

Tongue Posture

- Poor
- Low
- WNL
- Anterior tongue thrust
- Lateral tongue thrust
- Scalloping of the lateral border of the tongue

Occlusion classification Right side

- I/ Molar
- II/ Molar
- III/ Molar
- I/Canine
- II/ Canine
- III/ Canine

Occlusion classification Left side

- I/ Molar
- II/ Molar
- III/ Molar
- Molar N/A
- I/ Canine
- II/ Canine
- III/ Canine

Skeletal classification

- I
- II
- III

Tongue tie

- Anterior
- Posterior

Signs (Extra-oral):

- Facial asymmetry bilaterally
- Short lower third of the face
- Cheilitis
- Abnormal lip posture
- Deep mentalis crease
- Dished-out or Flat labial profile
- Facial Edema
- Mandibular Torticollis
- Cervical Torticollis
- Elongated lower face (Steep mandibular angle)
- Speech Abnormalities

Signs (Intra-oral):

- Crowded lower anteriors
- Wear of lower anteriors
- Lingual inclination of anteriors
- Flared upper anterior teeth
- Lingual inclination of posteriors
- Bicuspid drop
- Depressed curve of Spee
- Depressed curve of Wilson
- Lingually tipped posteriors

- Narrow Maxillary arch
- Midline discrepancy
- Tooth mobility
- Wear facets
- Cervical erosion (Abfractions)
- Locked upper buccal cusps
- Fractured cusps (Particularity CI.I & II non-functional cusps)
- Chipped anterior teeth
- Loss of molars
- Open interproximal contacts
- Unexplained gingival inflammation and Hypertrophy
- Crossbite
- Anterior open bite

Dx

- TMD
- Abnormal closure of mandible
- Muscle spasm
- Possible sleep apnea
- Malocclusion
- Mid-face deficiency

Recommendation

- Sleep Apnea test
- Myoaligner®
- Vivos
- Chiropractic (CS)
- Chiropractic (NUCCA)
- Orthodontic treatment
- PT
- CT scan
- EMG/Sonography/Jaw tracking