Myofascial Pain Examination

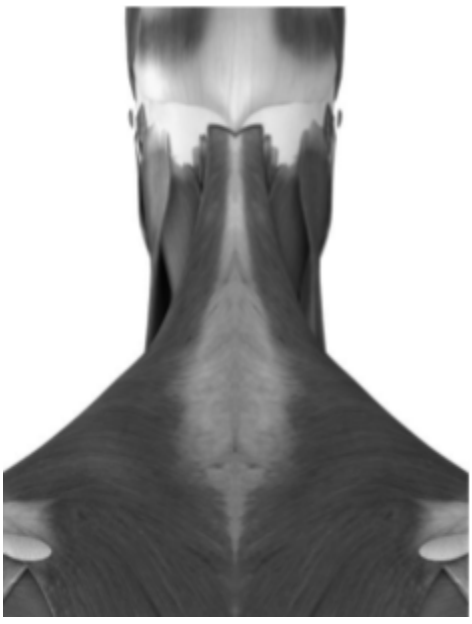
Patient Name:	Date:	Doctor:

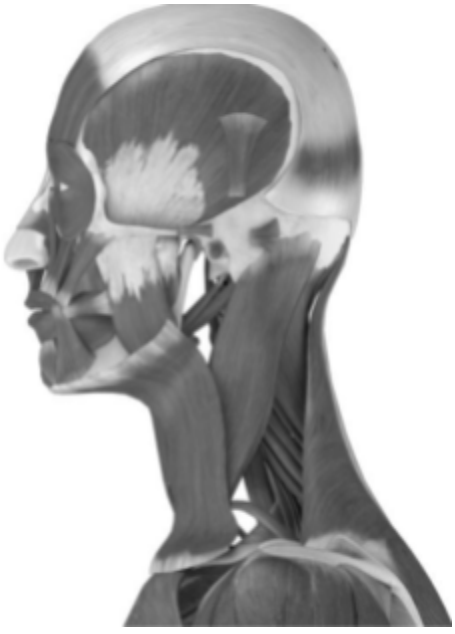
TMJ Examination

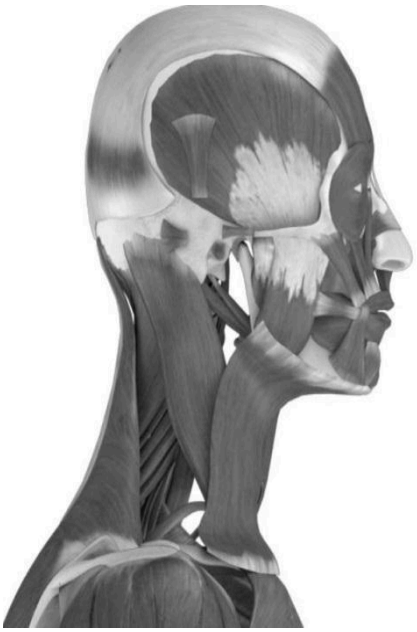
1.Does your Jaw open normal, click, or lock open or shut? Left:	Right or Left
2. Do you have pain in/on the joint itself?	Mild, Moderate or Severe
3. Does your Jaw Make any sounds?	Click, Pop

Muscle Pain with Palpation Examination

Right					Left			
☐ 1-3	☐ 3-6	☐ 7+	☐ Refer	**Trapezius**	☐ 1-3	☐ 3-6	☐ 7+	☐ Refer
☐ 1-3	☐ 3-6	☐ 7+	☐ Refer	**Sternocleidomastoid**	☐ 1-3	☐ 3-6	☐ 7+	☐ Refer
☐ 1-3	☐ 3-6	☐ 7+	☐ Refer	**Splenius Capitus**	☐ 1-3	☐ 3-6	☐ 7+	☐ Refer
☐ 1-3	☐ 3-6	☐ 7+	☐ Refer	**Superficial Masseter**	☐ 1-3	☐ 3-6	☐ 7+	☐ Refer
☐ 1-3	☐ 3-6	☐ 7+	☐ Refer	**Deep Masseter**	☐ 1-3	☐ 3-6	☐ 7+	☐ Refer
☐ 1-3	☐ 3-6	☐ 7+	☐ Refer	**Anterior Temporalis**	☐ 1-3	☐ 3-6	☐ 7+	☐ Refer
☐ 1-3	☐ 3-6	☐ 7+	☐ Refer	**Middle Temporalis**	☐ 1-3	☐ 3-6	☐ 7+	☐ Refer
☐ 1-3	☐ 3-6	☐ 7+	☐ Refer	**Posterior Temporalis**	☐ 1-3	☐ 3-6	☐ 7+	☐ Refer







Mandibular Range of Motion

Jaw opening direction – circle	o Straight o To the side, Right or Left (circle) o Comes back to center, yes or no
Unassisted opening in mm	____ mm, Pain? Yes or No
Maximum opening in mm	____ mm, Pain? Yes or No
Right lateral excursion in mm	____ mm, Pain? Yes or No
Left lateral excursion in mm	____ mm, Pain? Yes or No
Protrusion in mm	____ mm, Pain? Yes or No

Recommendations

Injections	☐ Botox Injections ☐ Nerve Block ☐ TMJ
Splint/Orthotic	☐ Type:
Self-Care	☐ Exercise Diary ☐ Oral Habits ☐ Pain
Medication	☐ Anti-Inflammatory ☐ Muscle Relaxant ☐ Ethyl Chloride Spray
Imaging	☐ Refer ☐ Other:
Physical Therapy	☐ Refer to evaluate and treat ☐ Exercise: ☐ Postural ☐ 6 by 6 ☐ Stretching ☐ Relaxation
Behavioral Health	☐ Refer ☐ Other:
TMJ Surgery	☐ Refer ☐ Other:

Diagnosis (check all that apply)

R L Joint Disorders

☐ ☐ TMJ Ankylosis and Adhesions M26.61

☐ ☐ TMJ Arthralgia and Inflammation M26.62

☐ ☐ TMJ Disc Disorder (reducing) M26.63

☐ ☐ TMJ Disc Disorder (non-reducing) M26.63

☐ ☐ TMJ Dislocated Jaw, closed lock S03.0XXA

☐ ☐ TMJ Dislocated Jaw, open lock S03.0XXA

☐ ☐ TMJ Osteoarthritis, local & 1° M19.91

☐ ☐ TMJ Rheumatoid Arthritis M15.0

☐ ☐ TMJ Traumatic Arthropathy M12.58

Muscle Disorders

☐ Muscle Spasm M62.40

☐ Myofascial Pain: Masticatory M60.9

☐ Myofascial Pain: Cervical M60.9

☐ Fibromyalgia/Chronic fatigue M79.7

Headache

☐ Migraine with Aura G43.109

☐ Migraine without Aura G43.009

☐ Cluster Headache G43.811

☐ Tension-Type Headache G44.209

Neuropathic

☐ Trigeminal Neuralgia G50.0

☐ Atypical Face Pain G50.1

☐ Glossodynia/ Burning Mouth K14.6

Other

☐ Orofacial Dyskinesia G24.4

☐ Bruxism/Teeth Grinding F45.8

☐ Psychological Factors F54

☐ Anomalies of Jaw Size M26.00

☐ ☐ TMJ Strain/Sprain from Overuse S03.4XXA ☐ ☐ TMJ Implant Failure M26.61 ☐ ☐ TMJ Tumor Benign D16.5 ☐ ☐ TMJ Tumor Other: _____	☐ Rebound/Transformed R51	☐ List:
Referral		
Doctor:	**Date:**	