Date: _____

TMJ Syndrome and Myofascial Pain Health History Questionnaire

Patient Name: _____ Date of Birth/Age: _____

Sex: M or F (circle one) SSN or SIN: _____

Address: _____ City: _____

State/Province: _____ Zip/Postal Code: _____

CHIEF COMPLAINT(S)

1) Describe what you think the problem is: _____
2) What do you think caused this problem? _____
3) Describe, in order (first to last), what you expect from your treatment: _____

_____

MEDICAL AND DENTAL HISTORY

1) Are you presently under the care of a physician or have you been in the past year? YES ☐ NO ☐

Physician's name: _____ Condition(s) treated: _____

_____

TREATMENT

Name of medication(s) you are currently taking: _____

_____

2) How would you describe your overall physical health? (circle one) Poor Average Excellent
3) How would you describe your dental health? (circle one) Poor Average Excellent

Dentist's name: _____ Date of last appointment: _____

4) Have you had any major dental treatment in the last two years? (circle one) YES NO

If yes, please mark procedure(s): Orthodontics ☐ Periodontics ☐ Oral Surgery ☐ Restorative ☐

Date(s) of Third Molar (wisdom tooth) extraction(s): _____

HISTORY OF INJURY AND TRAUMA

1) Is there any childhood history of falls, accidents or injury to the face or head? YES ☐ NO ☐

Describe: _____

2) Is there any recent history of trauma to the head or face? (Auto accident, sports injury, facial impact)

YES ☐ NO ☐ Describe: _____

3) Is there any activity which holds the head or jaw in an imbalanced position? (Phone, swimming, instrument)

YES ☐ NO ☐ Describe: _____

FACIAL PAIN PAST TREATMENT

1) Have you ever been examined for a TMD problem before? YES ☐ NO ☐ If yes, by whom? When?

_____

2) What was the nature of the problem? (Pain, noise, limitation of movement): _____

_____

3) What was the duration of the problem? Months? Years? _____

Is this a new problem? YES ☐ NO ☐

4) Is the problem getting better, worse or staying the same? _____

5) Have you ever had physical therapy for TMD? YES ☐ NO ☐ If yes, by whom? When? _____

_____

6) Have you ever received treatment for jaw problems? YES ☐ NO ☐ If yes, by whom? When?

_____

What was the treatment? (Please mark below)

Bite Splint ☐ Medication ☐ Physical Therapy ☐ Occlusal Adjustment ☐ Orthodontics ☐

Counseling ☐ Surgery ☐

Other ☐ (Please explain): _____

7) Have you ever had injections for your TMD with muscle relaxants (BOTOX®, Flexeril) cortisone or anti-inflammatories? Yes ☐ No ☐ If yes, were they effective? Yes ☐ No ☐

CURRENT MEDICATIONS / APPLIANCES / TREATMENTS BEING USED

No Pain Moderate Pain Severe Pain

1) Degree of current TMD pain: 0 1 2 3 4 5 6 7 8 9 10

2) Frequency of TMD pain: Daily ☐ Weekly ☐ Monthly ☐ Semi-Annually ☐ Is there a pattern related to pain occurrence? None ☐ Upon Waking ☐ Morning ☐ Afternoon ☐ Evening ☐ After Eating ☐

Is the pain constant, continuous, or intermittent? _____ How long does it last? _____

What is the quality of the pain? Sharp, dull, burning, aching, electrical, etc. _____

What makes it worse? _____

What makes it better? _____

How often does the pain occur? _____

Does the pain occur on its' own or do you need to trigger with function, touching, etc.? _____

If you were to place a Q-tip in your left ear and pushes forward, does that trigger the pain? _____

_____

Can the pain be triggered by touching the skin with a light brush stroke with a Q-tip or pressing on an area with the Q-tip? _____

3) Are you taking medication for the TMD problem? YES ☐ NO ☐ If so, what type? _____

_____

How long? _____ Who prescribed the medication? _____

4) Are the medications that you take effective? Yes ☐ No ☐ Conditional? _____

5) Are you aware of anything that makes your pain worse? Yes ☐ No ☐ If yes, what? _____

_____

6) Does your jaw make noise? Yes ☐ No ☐ If so, where and how?

Right ☐ Clicking/Popping ☐ Grinding ☐ Other ☐ _____

Left ☐ Clicking/Popping ☐ Grinding ☐ Other ☐ _____

7) Does your jaw lock open? Yes ☐ No ☐ If yes, when did this first occur? _____

How often? _____

8) Has your jaw ever locked closed or partly closed? Yes ☐ No ☐ If yes, when did this first occur? _____

How often? _____

9) Have any dental appliances been prescribed? Yes ☐ No ☐ If yes, by whom? _____

When? _____ Describe: _____

When do you wear your dental appliances? _____

How many dental appliances have you worn? _____

10) Are these appliances effective? Yes ☐ No ☐

11) Is there any additional information that can help us in this area? _____

CURRENT STRESS FACTORS (Please mark each factor that applies to you)

☐ Death of Spouse
☐ Business Adjustment
☐ Financial Problems
☐ Fired from Work
☐ Death of Family Member
☐ Marital Separation
☐ Major Illness or Injury
☐ Divorce
☐ Pregnancy
☐ Marital Reconciliation
☐ New Person Joins Family
☐ Major Health Change in Family
☐ Pending Marriage
☐ Career Change
☐ Taking on Debt
☐ Other

CURRENT AND PREVIOUS HABITS (Please mark your answer to each question)

1) Do you clench your teeth together under stress? ..... ☐ YES ☐ NO ☐ DON'T KNOW
2) Do you grind/clench your teeth at night? ..... ☐ YES ☐ NO ☐ DON'T KNOW
3) Do you sleep with an unusual head position? ..... ☐ YES ☐ NO ☐ DON'T KNOW
4) Are you aware of any habits or activities that may aggravate this condition? ..... ☐ YES ☐ NO ☐ DON'T KNOW
Describe: _____

CURRENT SYMPTOMS (Please mark each symptom that applies)

A. HEAD PAIN, HEADACHES, FACIAL PAIN

Forehead ☐L ☐R
Temples ☐L ☐R

☐ Migraine Type Headaches
☐ Cluster Headaches
☐ Maxillary Sinus Headaches (under the eyes)
☐ Occipital Headaches (back of the head with or without shooting pain)
☐ Hair and/or Scalp Painful to Touch

B. EYE PAIN OR EAR ORBITAL PROBLEMS

☐ Eye Pain - Above, Below or Behind
☐ Bloodshot Eyes
☐ Blurring of Vision
☐ Bulging Appearance
☐ Pressure Behind the Eyes
☐ Light Sensitivity
☐ Watering of the Eyes
☐ Drooping of the Eyelids

C. MOUTH, FACE, CHEEK AND CHIN PROBLEMS

☐ Discomfort
☐ Limited Opening
☐ Inability to open smoothly

D. TEETH AND GUM PROBLEMS

☐ Clenching, Grinding at Night
☐ Looseness and/or Soreness of Back Teeth
☐ Tooth Pain

E. JAW AND JAW JOINT (TMD) PROBLEMS

☐ Clicking, Popping Jaw Joints
☐ Grating Sounds
☐ Jaw Locking Opened or Closed
☐ Pain in Cheek Muscles
☐ Uncontrollable Jaw/Tongue Movements

F. PAIN, EAR PROBLEMS, POSTURAL IMBALANCES

☐ Hissing, Buzzing, Ringing or Roaring Sounds
☐ Ear Pain without Infection
☐ Clogged, Stuffy, Itchy Ears
☐ Balance Problems - "Vertigo"
☐ Diminished Hearing

G. NECK AND SHOULDER PAIN

☐ Reduced Mobility and Range of Motion
☐ Stiffness
☐ Neck Pain
☐ Tired, Sore Neck Muscles
☐ Back Pain, Upper and Lower
☐ Shoulder Aches
☐ Arm and Finger Tingling, Numbness, Pain

H. THROAT PROBLEMS

☐ Swallowing Difficulties
☐ Tightness of Throat
☐ Sore Throat
☐ Voice Fluctuations
☐ Laryngitis
☐ Frequent Coughing/Clearing Throat
☐ Feeling of Foreign Object in Throat
☐ Tongue Pain
☐ Salivation
☐ Pain in the Hard Palate

I. OTHER PAIN (Describe):

_____
_____
_____
_____