

Self-Assessment Test

Here are a few questions you may want to ask yourself, to help determine if you have any symptoms:

Do you get an unusual amount of headaches?	Y	N
Do you have a grating, clicking or popping sound in either or both jaw joints, when you chew or open and close your mouth?	Y	N
Do you have pain or soreness in any of the following areas: jaw joints, upper jaw, lower jaw, side of neck, back of head, forehead, behind the eyes or temples?	Y	N
Do you have sensations of stuffiness, pressure or blockage in your ears? Is there excessive wax buildup?	Y	N
Do you ever have ringing, roaring, hissing or buzzing sounds in your ears?	Y	N
Do you ever feel dizzy or faint?	Y	N
Do your fingers, hands or arms sometimes tingle or go numb?	Y	N
Are you tired all the time, fatigue easily or consider yourself chronically fatigued?	Y	N
Are there imprints of your teeth on the sides of your tongue?	Y	N
Does your tongue go between your teeth when you swallow?	Y	N
Do you have difficulty in chewing your food?	Y	N
Do you have any missing back teeth?	Y	N
Do you clench your teeth during the day or at night?	Y	N
Do you grind your teeth at night? (Ask your family.)	Y	N
Do you ever awaken with a headache?	Y	N
Have you ever had a whiplash injury?	Y	N
Have you ever experienced a blow to the chin, face or head?	Y	N
Have you reached the point where drugs no longer relieve your symptoms?	Y	N
Does chewing gum worsen your symptoms?	Y	N
Is it painful to stick your "pinky" fingers into your ears with your mouth open wide and then close your mouth while pressing forward with your "pinky" fingers?	Y	N
Does your jaw slide to the left or right when you open wide? (Look in a mirror.)	Y	N
Are you unable to insert your first three fingers vertically into your mouth when it is open wide?	Y	N
Is your face crooked and not symmetrical?	Y	N

If you answered yes to some of these symptoms, you may have a TMJ disorder (TMD) consult with Dr. Gorman for an examination.

Here are some ways you can visually check your TM joint:

- Put your fingers inside your ears. Open and close several times. If the jaw clicks or cracks, or if you feel a grinding sensation.
- While looking in a mirror, open very slowly, notice whether or not your jaw swings to one side while opening and closing. Is there any pain present?
- Slide your jaw from side to side, make note of any pain you may experience.

Check for muscle sensitivity:

Place your fingers in front of your ears on the joint and apply pressure.

- Also apply pressure to the cheek area
- If you notice discomfort or pain have your jaw joint checked by a dentist who treats patients with jaw joint disorders!