Myofascial Pain Examination

**Patient Name: Date: Doctor:**

**TMJ Examination**

|  |  |
| --- | --- |
| 1. TMJ movement on opening Right:Left: |  normal  limited  closed lock  locks open normal  limited  closed lock  locks open |
| 2. TMJ lateral pole tenderness Right: Left: |  normal  mild  moderate  severe normal  mild  moderate  severe |
| 3. TMJ sounds on right opening click: closing click: crepitus:Is there pain associated with the TMJ sound?Click eliminated on protrusive? |  none  reproducible  non-reproducible none  reproducible  non-reproducible none  fine  coarse no  yes no  yes |
| 4. TMJ sounds on left opening click: closing click: crepitus:Is there pain associated with the TMJ sound?Click eliminated on protrusive? |  none  reproducible  non-reproducible none  reproducible  non-reproducible none  fine  coarse no  yes no  yes |

**Muscle Examination**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  Mild | **Ri** Moderate | **ght** Severe |  Refer | **Trapezius** |  Mild |  Moderate | **Left** Severe |  Refer |
|  Mild |  Moderate |  Severe |  Refer | **Sternocleidomastoid** |  Mild |  Moderate |  Severe |  Refer |
|  Mild |  Moderate |  Severe |  Refer | **Splenius Capitus** |  Mild |  Moderate |  Severe |  Refer |
|  Mild |  Moderate |  Severe |  Refer | **Superficial Masseter** |  Mild |  Moderate |  Severe |  Refer |
|  Mild |  Moderate |  Severe |  Refer | **Deep Masseter** |  Mild |  Moderate |  Severe |  Refer |
|  Mild |  Moderate |  Severe |  Refer | **Anterior Temporalis** |  Mild |  Moderate |  Severe |  Refer |
|  Mild |  Moderate |  Severe |  Refer | **Middle Temporalis** |  Mild |  Moderate |  Severe |  Refer |
|  Mild |  Moderate |  Severe |  Refer | **Posterior Temporalis** |  Mild |  Moderate |  Severe |  Refer |



**Mandibular Range of Motion**

|  |  |
| --- | --- |
| 1. Maximum incisal pattern on opening |  Straight  Deflection to right Deflection to left Deviation to left  Deviation to right |
| 2. Unassisted opening without pain |  | | | mm |
|  |
| 3. Maximum unassisted opening (by patient) Normal opening 40-60mmPain? |  | | | mm |
|  no |  joint  Rt  Lt |  muscle  Rt  Lt |
| 4. Maximum assisted opening (with stretch)Normal opening 40-60mm Pain? |  | | | mm |
|  no |  joint  Rt  Lt |  muscle  Rt  Lt |
| 5. Right lateral excursionNormal excursion 10mm Pain? |  | | | mm |
|  no |  joint  Rt  Lt |  muscle  Rt  Lt |
| 6. Left lateral excursionNormal excursion 10mm Pain? |  | | | mm |
|  no |  joint  Rt  Lt |  muscle  Rt  Lt |
| 7. ProtrusionNormal excursion 10mm Pain? |  | | | mm |
|  no |  joint  Rt  Lt |  muscle  Rt  Lt |

**Recommendations**

|  |  |
| --- | --- |
| Injections |  Botox  Nerve Block  TMJ Injections |
| Splint/Orthotic |  Type: |
| Self-Care |  Exercise  Oral Habits  PainDiary |
| Medication |  Anti-Inflammatory  Muscle Relaxant  EthylChloride 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  TMJ Strain/Sprain from Overuse S03.4XXA  TMJ Implant Failure M26.61  TMJ Tumor Benign D16.5  TMJ Tumor Other:  | Muscle Disorders Muscle Spasm M62.40 Myofascial Pain: Masticatory M60.9 Myofascial Pain: Cervical M60.9 Fibromyalgia/Chronic fatigue M79.7Headache Migraine with Aura G43.109 Migraine without Aura G43.009 Cluster Headache G43.811 Tension-Type Headache G44.209 Rebound/Transformed R51 | Neuropathic Trigeminal Neuralgia G50.0 Atypical Face Pain G50.1 Glossodynia/ Burning MouthK14.6Other Orofacial Dyskinesia G24.4 Bruxism/Teeth Grinding F45.8 Psychological Factors F54 Anomalies of Jaw Size M26.00 List: |  |
| Referral |  |
| **Doctor:** | **Date:** |