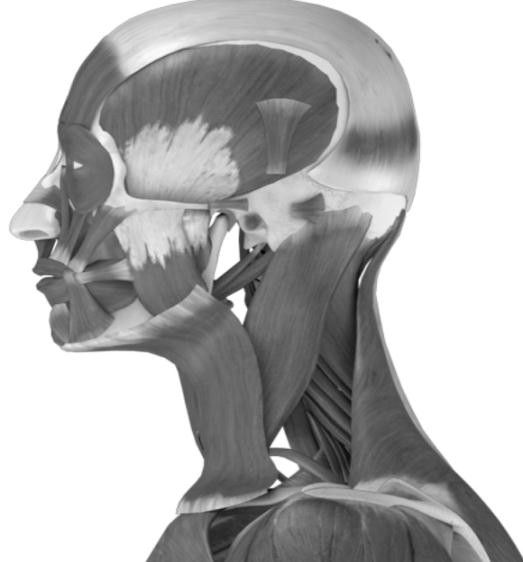
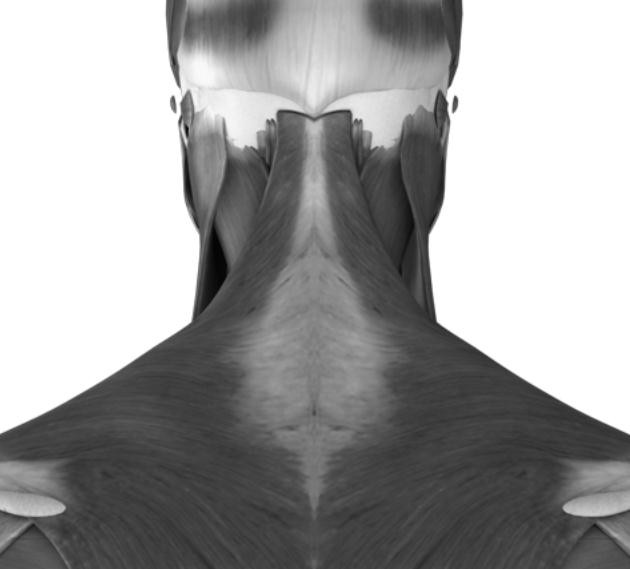
Myofascial Pain Examination



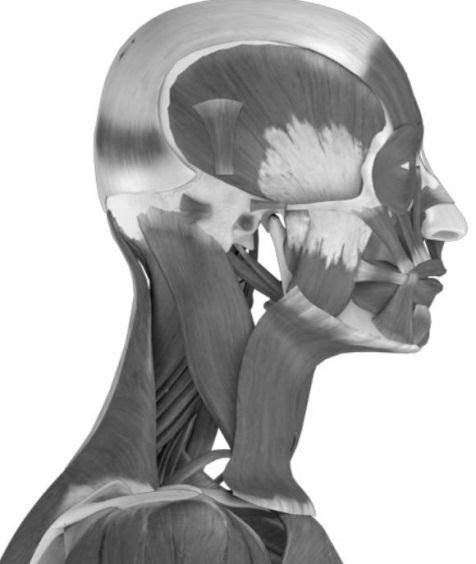
**Patient Name: Date: Doctor:**

**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 40-60mm  Pain? |  | | | 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 excursion  Normal excursion 10mm Pain? |  | | | mm | |
|  no | |  joint  Rt  Lt |  muscle  Rt  Lt |
| 6. Left lateral excursion  Normal excursion 10mm Pain? |  | | | mm | |
|  no | |  joint  Rt  Lt |  muscle  Rt  Lt |
| 7. Protrusion  Normal 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  Pain  Diary |
| 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    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 M79.7  Headache   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 Mouth  K14.6  Other   Orofacial Dyskinesia G24.4   Bruxism/Teeth Grinding F45.8   Psychological Factors F54   Anomalies of Jaw Size M26.00   List: |  |
| Referral |  | | | |
| **Doctor:** | **Date:** | | | |