Myofascial Pain Examination

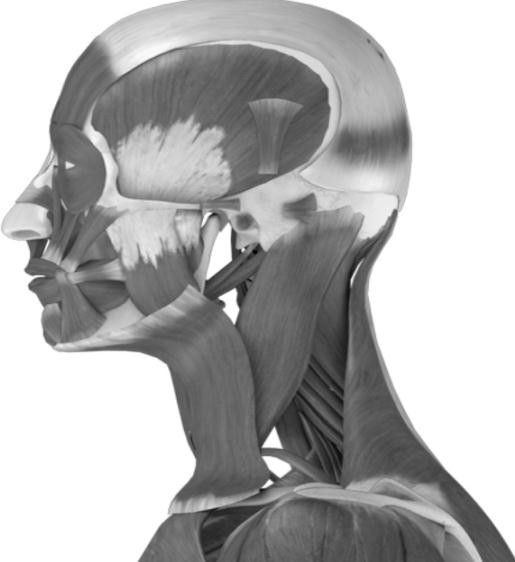
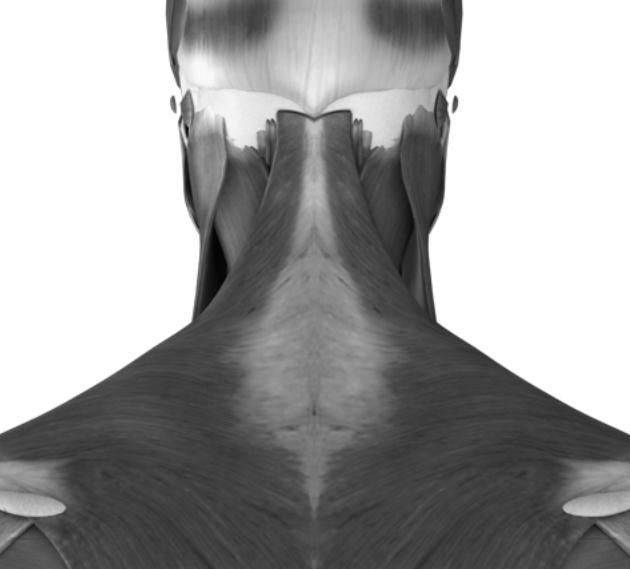
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| --- | --- | --- |
| **Patient** **Name:** | **Date:** | **Provider:** |

**TMJ** **Examination**

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

**Muscle** **Examination**

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



**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 Injections | * Nerve Block | * TMJ |
| Splint/Orthotic | * Type: | | |
| Self-Care | * Exercise Diary | * Oral Habits | * Pain |
| Medication | * Anti-Inflammatory Chloride Spray | * Muscle Relaxant | * Ethyl |
| 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 |  | | |
| **Provider:** | **Date:** | | |