Myofascial Pain Examination

|  |  |  |
| --- | --- | --- |
| **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. ProtrusionNormal 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:** |