



TMJ HEALTH QUESTIONNAIRE

NAME _____

DATE _____

PAIN SYMPTOMS

- Do you get headaches?
- Do you get migraines?
- Do you have neck aches or stiff neck muscles often?
- Do you have chronic shoulder or back pain?
- Do you have trouble sleeping soundly?
- Are your jaws tired when you awaken?
- Are your teeth sore when you awaken?
- Have your wisdom teeth been extracted?
- Do you get headaches in right or left sides of your head?
- Do you get headaches in the front or back of your head?
- Do you clench your teeth during the day?
- Do you clench your teeth at night?
- Do you grind your teeth when asleep?

When are your symptoms worse? _____

Does anything you take or do make you feel better? _____

How often do you take medication for relief of pain? a) Never b) Weekly to Monthly c) Weekly d) Daily

TRAUMA OR ACCIDENTS

- Have you ever had a severe blow to the head or jaw?
- Any whiplash or neck injuries?
- Have you ever been involved in any serious accidents, such as a car accident?

JAW JOINT SYMPTOMS

- Does your jaw feel tired after a big meal?
- Are there any foods you avoid eating?
- Do you ever get dizzy?
- Do you ever feel faint?
- Do you ever feel nauseated (sick)?
- Is there a family history of jaw joint (TMJ) problems or headaches?
- Does your jaw ache when you open wide?
- Do you feel or hear a 'clicking', 'popping', or 'cracking' noise from either jaw joint?
- Has your jaw ever locked when you were unable to open or close?
- Do you have difficulty opening wide or yawning?
- Have you ever had pain in either jaw joint?

EAR AND EYE SYMPTOMS

- Do you have any pain in your ears?
- Do you suffer from any loss of hearing?
- Do you have itchiness or stuffiness in either ear?
- Do you hear ringing, buzzing, or hissing sounds either ear?
- Do you wear glasses or contact lenses?
- Are there times when your eyesight blurs?
- Do you get pain in, around, or behind the eye?

BREATHING

- Do you have allergies?
- Do you have sinus problems?
- Do you snore at night?
- Have you had a sleep study done at a Sleep Clinic or Hospital?
- Is your nose stuffed when you don't have a cold?
- Have you been diagnosed with Sleep Apnea?

SIGNATURE _____