



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Functional Score: \_\_\_\_\_ / 20

Pain Scale Score: \_\_\_\_\_ / 100

FOR THERAPIST USE ONLY

## TMJ FUNCTIONAL TOOL

When your *TMJ* hurts, it may be difficult to do some of the things you normally do.

This list contains sentences that people have used to describe themselves when they have TMJ pain. When you read them, you may find that some stand out because they describe you today. As you read the list, if a sentence does not describe you, then leave the space blank and go on to the next one. **Remember** only check the sentence if you are sure that it describes you today.

- \_\_\_ 1. I have chronic headaches.
- \_\_\_ 2. I clench or grind my teeth.
- \_\_\_ 3. I have throbbing or swishing in the ears or earaches.
- \_\_\_ 4. I am under a lot of stress.
- \_\_\_ 5. I have clicking or popping of the jaw while eating, talking, singing or yawning.
- \_\_\_ 6. I have pain and difficulty in opening my mouth very wide.
- \_\_\_ 7. I have shoulder pain and stiffness.
- \_\_\_ 8. I have face and neck pain.
- \_\_\_ 9. I have tooth pain with no apparent cause such as decay.
- \_\_\_ 10. My jaw locks in an open or closed position.
- \_\_\_ 11. My jaw hurts when I get up in the morning..
- \_\_\_ 12. I had recent a whiplash injury or blow to the head or jaw.
- \_\_\_ 13. My hearing is sensitive or I have a hearing loss.
- \_\_\_ 14. My back hurts.
- \_\_\_ 15. I have difficulty swallowing.
- \_\_\_ 16. I have sinus trouble.
- \_\_\_ 17. I feel dizzy.
- \_\_\_ 18. I have poor coordination.
- \_\_\_ 19. I often feel fatigued.
- \_\_\_ 20. I have numbness in my arm.

## VISUAL ANALOG PAIN SCALE

Make a mark ( / ) across the line which describes your pain between  
“No pain at all” and “Worst pain imaginable.”

No pain at all

Worst pain imaginable

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