Myofascial Pain Examination

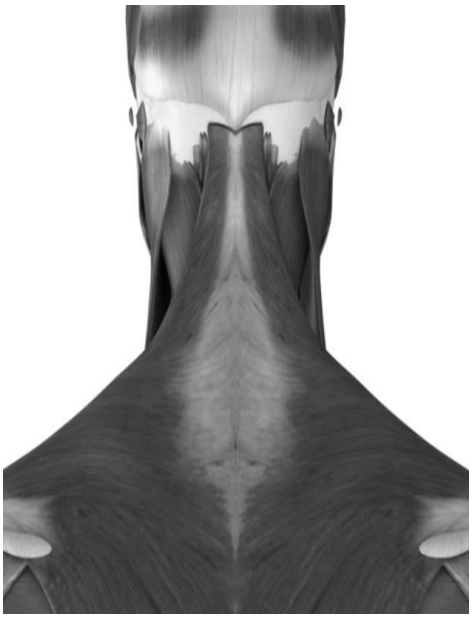
Patient Name:	Date:	Provider:

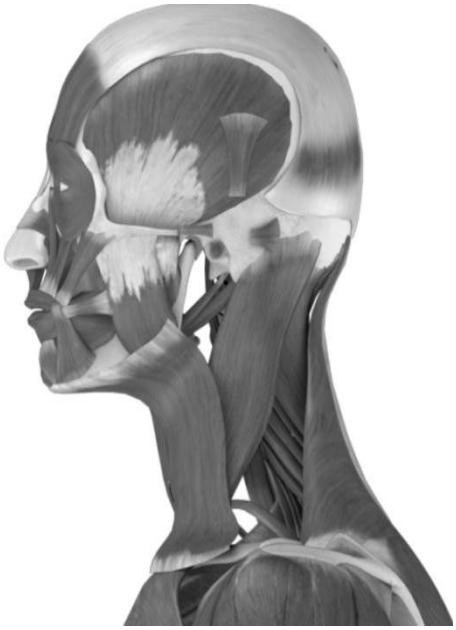
TMJ Examination

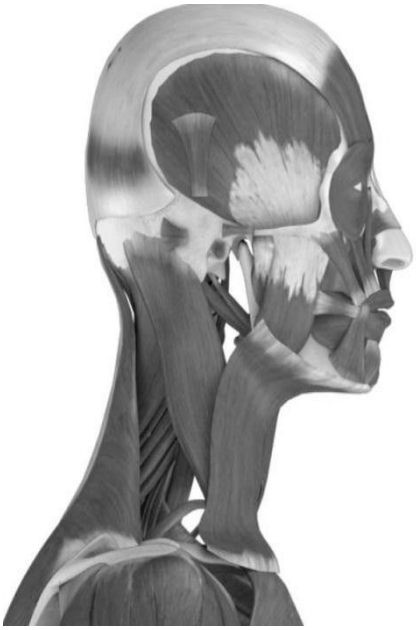
1. TMJ movement on opening	Right:	☐ normal ☐ limited ☐ closed lock ☐ locks open
	Left:	☐ normal ☐ limited ☐ closed lock ☐ locks open
2. TMJ lateral pole tenderness	Right:	☐ normal ☐ mild ☐ moderate ☐ severe
	Left:	☐ normal ☐ mild ☐ moderate ☐ severe
3. TMJ sounds on right	opening click:	☐ none ☐ reproducible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

Muscle Examination

Right		Left
☐ Mild ☐ Moderate ☐ Severe ☐ Refer	**Trapezius**	☐ Mild ☐ Moderate ☐ 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	
Provider:	**Date:**