

# TMJ Symptoms Self-Assessment Checklist

## Do You Have TMJ Disorder? A Quick Self-Assessment

TMJ disorders often develop gradually. Many patients live with symptoms for years without realizing that their jaw joint may be the source of their pain.

Use this checklist to see whether your symptoms may be related to TMJ.

### Jaw Symptoms

Do you experience any of the following?

<input type="checkbox"/>	Jaw pain or soreness
<input type="checkbox"/>	Clicking, popping, or grinding sounds when opening your mouth
<input type="checkbox"/>	Jaw stiffness, especially in the morning
<input type="checkbox"/>	Difficulty fully opening or closing your mouth
<input type="checkbox"/>	A feeling that your bite suddenly feels different

### Head and Face Symptoms

TMJ disorders frequently cause pain in nearby areas. Check any symptoms you experience:

<input type="checkbox"/>	Frequent headaches or migraines
<input type="checkbox"/>	Facial pressure or tenderness
<input type="checkbox"/>	Pain around the temples
<input type="checkbox"/>	Pain when chewing
<input type="checkbox"/>	Tightness in the cheeks or jaw muscles

## Ear and Neck Symptoms

Because the jaw joint sits close to the ears and neck, TMJ disorders can also affect these areas. Common symptoms include:

<input type="checkbox"/>	Ear pain without infection
<input type="checkbox"/>	Ringing in the ears (tinnitus)
<input type="checkbox"/>	Neck pain or stiffness
<input type="checkbox"/>	Shoulder tension
<input type="checkbox"/>	Pain behind the eyes

## Teeth and Bite Symptoms

Certain dental issues may signal TMJ dysfunction. Check if you notice:

<input type="checkbox"/>	Teeth grinding or clenching
<input type="checkbox"/>	Worn or flattened teeth
<input type="checkbox"/>	Cracked teeth or dental restorations
<input type="checkbox"/>	Increased tooth sensitivity
<input type="checkbox"/>	Bite misalignment

## Your TMJ Disorder Results

If you checked three or more symptoms, TMJ dysfunction may be contributing to your discomfort.

A professional evaluation can help determine the cause of your symptoms and identify treatment options that may relieve pain and restore healthy jaw movement. Take this evaluation to your appointment to review with your dentist.

Barton Oaks Dental Group is one of the premier TMJ treatment offices in central Texas. We are here to help!

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