

## CRANIOFACIAL PAIN – HEADACHES SNORING/SLEEP APNEA CHECKLIST

If you answer “yes” to a number of these questions, it may be beneficial for you to have a comprehensive TMJ examination. Some of the questions may seem unrelated, but they provide a preliminary diagnostic screening to help us discover the source of any chronic pain (headaches, neck/shoulders, ears) you may have.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ None:

- Do you snore or have diagnosed sleep apnea?
- Are you living with painful chronic headaches?
- Do prescription drugs no longer relieve your symptoms?
- Is it painful, or sore, when you press on your jaw joints?
- Do you have a grating, clicking, cracking or popping sound in your jaw joints when you chew?
- Do you have pain or soreness in any of the following areas: jaw, jaw joints, neck/shoulder muscles, temporal muscles, back of head or behind your eyes?
- Do you have sensations of stuffiness, pressure or blockage in you ears?
- Have your jaw joints ever become locked?
- Do your ears produce excessive earwax?
- Do you have ringing, roaring, hissing or buzzing sounds in your ears?
- Do you ever feel dizzy or faint?
- Are you ever nauseous for no apparent reason?
- Do you fatigue easily or consider yourself chronically fatigued?
- Does your tongue go between your front teeth when you swallow?
- Do your fingers go numb for no apparent reason?
- Is it hard for you to move your jaw from side to side, forward or backward?
- Do you have difficulty chewing your food?
- Do you have missing teeth?
- Have you had extensive dental crowns or bridgework?
- Do you clench your teeth during the day or night?
- Do you grind your teeth at night?
- Have you ever had whiplash injury?
- Have you ever worn a cervical collar or had head/neck traction?
- Have you ever experienced a blow to the chin, face or head?
- Does chewing gum start your symptoms?
- Are you unable to comfortably insert your first three fingers vertically into your mouth when it is opened wide?