HEAD PAIN

Eyes
1. Pain behind eye
2. Bloodshot eyes
3. May bulge out
4. Sensitive to Sunlight

Mouth
1. Discomfort
2. Limited opening of mouth
3. Inability to open smoothly
4. Jaw deviates to one side when opening
5. Locks shut or open
6. Can’t find bite

TEETH
1. Clinching, grinding at night
2. Looseness and soreness of back teeth

THROAT
1. Swallowing difficulties
2. Laryngitis
3. Sore throat with no infection
4. Voice irregularities or changes
5. Frequent coughing or constant clearing of throat
6. Feeling of foreign object in throat constantly

HEAD PAIN, HEADACHE
1. Forehead
2. Temples
3. "Migraine" type
4. Sinus type
5. Shooting pain up back of head
6. Hair and/or scalp

EAR PROBLEMS
1. Hissing, buzzing or ringing
2. Decreased hearing
3. Ear pa/n, ear ache, no infection
4. Clogged “itchy" ears
5. Vertigo, dizziness

JAW PROBLEMS
1. Clicking, popping jaw joints
2. Grating sounds
3. Pain in cheek muscles
4. Uncontrollable jaw and/or tongue movements

NECK PROBLEMS
1. Lack of mobility, stiffness
2. Neck pain
3. Tired sore muscles
4. Shoulder aches and backaches
5. Arm and finger numbness and/or pain

The K-F-S
Temporomandibular Joint
Visual Index*

*A visual, clinical index correlated from the most frequently seen symptoms documented in cranio mandibular pain patients by Dr. Bruce H. Kinnie (Columbia, South Carolina), Dr. Lawrence Funt (Bethesda, Maryland) and Dr. Brendan C. Stack (Fall Church, Virginia) and patterned after the F-S Index of the Craniomandibular Pain Syndrome.
**HOW TO DIAGNOSE TMJ DYSFUNCTION:**

If you think that TMJ dysfunction may be the cause of your problem(s), there are several tests you can do or questions you can ask yourself. Take a few minutes to take this test. It just might prove to be the best time you're ever spent.

If you have answered “yes” to a substantial number of these questions, it may be beneficial for you to have a thorough dental examination. If your dentist is unfamiliar with TMJ Dysfunction, or claims to know all about it but assures you that it is not your problem, it might behove you to get another opinion. If your dentist (or physician, for that matter) is very well known and tells you that you don’t have TMJ dysfunction, it may be because he is simply unaware of the many advances in TMJ diagnosis that have occurred in recent years.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>1. Do you have a grating, clicking, cracking or popping sound in either or both jaws joints when you chew?</td>
<td>15. Do you gulp your food, swallowing it whole or almost whole?</td>
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<tr>
<td>2. Do you have sensations of stuffiness, pressure or blockage in your ears? Is there excessive ear wax production?</td>
<td>16. Do you have any missing back teeth?</td>
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<td>3. Do you ever have a ringing, roaring, hissing, or buzzing sound in your ears?</td>
<td>17. Have you had extensive dental crowns and bridgework?</td>
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<td>4. Do you ever feel dizzy or faint?</td>
<td>18. Do you clench your teeth during the day?</td>
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<td>5. Is your jaw painful or locked when you get up in the morning?</td>
<td>19. Do you grind your teeth at night? (ask significant other)</td>
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<td>6. Are you ever nauseous for no apparent reason?</td>
<td>20. Do you ever awaken with headache?</td>
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<td>7. Do you fatigue easily or consider yourself chronically fatigued?</td>
<td>21. Have you ever had a whiplash injury?</td>
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<td>8. Are there imprints on your teeth on the sides of your tongue?</td>
<td>22. Have you ever worn a cervical collar or had neck traction?</td>
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<td>9. Is it impossible to swallow quickly five times in a row with the last swallow being as easy as the first swallow?</td>
<td>23. Have you ever experienced a blow to the chin, face or head?</td>
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<td>10. Does your tongue go between your front teeth when you swallow?</td>
<td>24. Have you reached the point where drugs no longer relieve your symptoms?</td>
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<tr>
<td>11. Do your fingers sometimes go numb?</td>
<td>25. Does chewing gum start our symptoms?</td>
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<tr>
<td>12. Do you have pain or soreness in any of the following areas: jaws joints, upper jaw or teeth, lower jaw or teeth side of neck, back of head, forehead, behind eyes, temples, tongue or chewing muscles?</td>
<td>26. Is it painful, or is there soreness, when you press on your jaw joints or on the cheek just below them</td>
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<tr>
<td>13. Is it hard to move your jaw from side to side or forward and backward?</td>
<td>27. Is it painful to stick your “pinkey” fingers into your ears with your mouth open wide and then close your mouth while pressing forward with your “pinkey” fingers?</td>
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<tr>
<td>14. Do you have difficulty in chewing your food?</td>
<td>28. Does your jaw deviate to the left or right when you open wide? (Look in mirror)</td>
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<tr>
<td>15.</td>
<td></td>
<td>29. Are you unable to insert your first three fingers vertically into your mouth when it is opened wide?</td>
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</table>
As a person ages his or her symptoms increase in number and severity. The usual progression of these symptoms for various ages is as follows:

**AGES 4-10**
HEADACHES - forehead and temples
EARS - itchiness or stuffiness - ringing, hissing, or buzzing sounds - earaches with no infection - popping or clicking of jaw joint(s)
TEETH - grinding and excessive wear

**AGES 11-20**
HEADACHES - back and sides
EYES - pain behind eye(s) - bloodshot appearance
NECK AND SHOULDER - intermittent pain
EARS - roaring, ringing - frequent dizziness - intermittent pain
BACK - spinal curvature (Scoliosis)
TEETH - soreness in back teeth - soreness and stiffness of chewing muscles
JAW JOINT - popping or clicking - painful movement - grating sound

**AGES 21-40**
HEADACHES - as previously described - sinus headaches - increasing frequency - can be incapacitating
FACE - asymmetrical changes occurring - eye, eyebrow, ear and corner of mouth high on one side
THROAT - chronic soreness with no infection
SHOULDER - pain mimicking bursitis
ARM AND FINGERS - areas of numbness
BACK - chronic backaches
NECK - chronic neckaches - impedes driving ability
JAW JOINT - degenerative arthritic changes

**AGES 41-60**
HEADACHES - continuous and incapacitating
EYES - pain is severe and continuous
FACE - pain is incapacitating
JAW JOINT - more severe arthritic degenerative changes - limited jaw movement - possible inability to open mouth
NECK - pain is incapacitating
ARMS AND FINGERS - more frequent numbness