

HEAD PAIN

1. H

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

Eyes

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

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

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

JAW PROBLEMS

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

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

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 craniomandibular pain patients by Dr. Bruce H. Kinnie (Columbia, South Carolina), Dr. Lawrence Funt (Bethesda, Maryland) and Dr. Brendan C. Stack (Falls Church, Virginia) and patterned after the F-S Index of the Craniomandibular Pain Syndrome.

- 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 -pahi 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