

Do I Have TMJ?

Please check the boxes that describe your TMJ symptoms:

- Frequent headaches
- Popping, clicking, or cracking sounds when you chew
- Grating sound (like crumpling newspaper) when you chew
- Stuffiness, pressure, or blockage in the ears
- Frequent dizziness
- Jaws that “catch” when they open or close
- Jaws that are tight or difficult to open
- Mouth can't open as wide as it used to
- Tongue thrust/bite tongue to separate teeth
- Aching teeth
- Tooth sensitivity, especially to cold temperatures
- Sore facial muscles in the morning
- Clenching or grinding teeth in moments of frustration or concentration
- Grinding teeth at night

- Ear pain
- Jaw is painful when moved sideways
- Pain in the shoulders, neck, or back of head
- Jaw trauma
- Recent sleep sedation for surgery
- Whiplash injury
- Unexplained headaches or neck pain that have been seen by a neurologist, chiropractor, psychologist, or psychiatrist
- Aching jaws after eating
- Under a lot of stress
- Been told that you might have TMJ

If you have checked any of the boxes above, you may be suffering from a TMJ disorder and should speak with Dr. Carl McMillan about your symptoms. You are welcome to call 801-756-0900 today to schedule an appointment.