



You may have a temporomandibular joint (TMJ) condition, please mark all the symptoms you are having below.

**Headache/Head pain:**

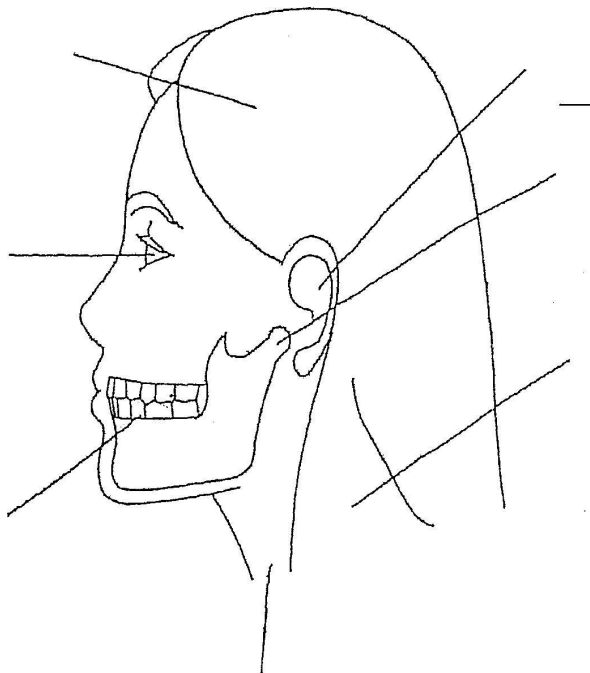
- forehead
- temple
- back of head
- hair/scalp
- tender to touch
- sinus-type
- migraine-type

**Eyes:**

- pain in/behind eyes
- bloodshot eyes
- blurred vision
- visual disturbances
- light sensitivity

**Mouth/Throat:**

- teeth clenching
- grinding teeth
- tooth pain
- loose teeth
- teeth misaligned
- throat pain
- difficulty swallowing
- frequent coughing
- frequent throat clearing



**Ears:**

- ear pain (no infection)
- ear congestion
- ringing/buzzing/hissing
- reduced hearing
- dizziness

**Jaw/Face:**

- jaw pain
- jaw locking/catching
- clicking jaw/jaw popping
- jaw joint noises
- limited mouth opening
- inability to open smoothly
- pain when chewing
- jaw deviates to the side
- pain in face area
- muscle spasm/cramps
- sinus congestion

**Neck/Shoulders:**

- neck pain
- shoulder pain
- back pain
- arm/finger pain
- arm/finger numbness

Please rank your TOP 4 complaints from symptoms above:

1. **Complaint:** \_\_\_\_\_

Describe pain: \_\_\_\_\_

2. **Complaint** \_\_\_\_\_

Describe pain: \_\_\_\_\_

3. **Complaint** \_\_\_\_\_

Describe pain: \_\_\_\_\_

4. **Complaint** \_\_\_\_\_

Describe pain: \_\_\_\_\_

**Here are some examples of words you may use to describe your pain:** aching, acute, clusters, continual, distressing, dull, episodic, excruciating, fluctuating, hissing, incapacitating, intense, intolerable, mild, moving, numbing, pressure, progressive, ringing, roaring, rotational, severe, sharp, shocking/electrical, spinning, tight, tingling, unbearable

**What is the main reason you are seeking treatment?** \_\_\_\_\_

**Have any of these conditions limited your ability to work and/or earn a living?** Yes No

**HISTORY OF SYMPTOMS:**

**When did you first notice these symptoms/condition?** \_\_\_\_\_ month/year

**How often do they occur?**  constantly  a few times a day  a few times a week  a few times a month

**If not constant when do these symptoms typically occur?**  while asleep  immediately upon waking

morning  throughout the day  mid-day  evening  bedtime

**What do you believe is the cause of your pain or condition?**

motor vehicle  motorcycle accident  work related incident  illness  athletic/sport endeavor

fight  accident  injury  unknown  fall  playground incident  other/list: \_\_\_\_\_

**Have you had direct trauma/INJURY to your**  face  head  neck  mouth  teeth  none

Date: \_\_\_\_\_ What happened: \_\_\_\_\_

**What makes your pain/discomfort **WORSE**?**

talking  chewing  stress  bright lights  any head movement  other/list \_\_\_\_\_

**What gives you temporary **RELIEF** from your pain/discomfort?**

OTC pain meds  ice  heat  sleep  holding still  dark/low lights  other/list: \_\_\_\_\_

**PRIOR TREATMENTS/THERAPIES FOR THIS CONDITIONS:**

No treatments have been attempted

x	<b>Treatment/Therapy</b> Mark any treatments or therapies tried with an x	<b>Doctor/Therapist</b> Please provide their name, specialty and city/state	<b>When</b> When was the treatment done?	<b>Did it help?</b> Circle if applicable
	OTC oral device	n/a		yes/no/somewhat
	Self-massage	n/a		yes/no/somewhat
	Ice/hot Pack	n/a		yes/no/somewhat
	Jaw surgery <i>(please describe)</i>			yes/no/somewhat
	Arthrocentesis			yes/no/somewhat
	Nasal or sinus surgery			yes/no/somewhat
	Medications			yes/no/somewhat
	Nightguard			yes/no/somewhat
	Splints			yes/no/somewhat
	Orthotic			yes/no/somewhat
	Retainers			yes/no/somewhat
	Braces <i>(specifically for TMJD)</i>			yes/no/somewhat
	Physical Therapy			yes/no/somewhat
	Massage Therapy			yes/no/somewhat
	Chiropractic care			yes/no/somewhat
	Nutritional therapy			yes/no/somewhat
	Mental health counseling			yes/no/somewhat

**HEALTH HISTORY:**

To know how your problems came to be and for us to address the root cause of your problems, we need to know as much about your medical history as possible. Please be thorough so we can best target your concerns and recommend the best treatment for you.

Weight: \_\_\_\_\_ height \_\_\_\_\_

**Have you had Orthodontics (Braces) done on your teeth?** Yes No Year finished? \_\_\_\_\_

**Have you had any teeth extracted within the last 5 years?** Yes No How many? \_\_\_\_\_

**Any Hospitalizations/Surgeries in the last 5 years?** Yes No (If yes, please list.)

\_\_\_\_\_

**STRESS level on a scale of 1-10?** \_\_\_\_\_ **Reason why?** \_\_\_\_\_

**ALLERGIES AND MEDICATIONS:**

**Do you have Allergies to any Medicine or Medical supplies?** Yes No

Please list: \_\_\_\_\_

**List all medications you are currently taking and the reason why?** (Example: Wellbutrin for Depression)

\_\_\_\_\_  
\_\_\_\_\_

**Have you had or are you currently experiencing any of the following?**

- |  |  |
|--|--|
| <input type="checkbox"/> adenoids removed                                    | <input type="checkbox"/> osteoarthritis              |
| <input type="checkbox"/> anxiety   | <input type="checkbox"/> Parkinson's disease         |
| <input type="checkbox"/> chronic fatigue                                     | <input type="checkbox"/> pregnancy                   |
| <input type="checkbox"/> depression  | <input type="checkbox"/> sinus problems              |
| <input type="checkbox"/> difficulty concentrating                            | <input type="checkbox"/> sleep apnea                 |
| <input type="checkbox"/> dizziness   | <input type="checkbox"/> speech difficulties         |
| <input type="checkbox"/> frequent snoring                                    | <input type="checkbox"/> tonsils removed             |
| <input type="checkbox"/> jaw joint surgery                                   | <input type="checkbox"/> tooth clenching or grinding |
| <input type="checkbox"/> muscle cramps/spasms                                | <input type="checkbox"/> wake up unrefreshed         |
| <input type="checkbox"/> needing extra pillows to help you breathe at night? |  |

Primary care physician: \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_

Primary dentist: \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_

Any other doctors and therapist currently treating you: \_\_\_\_\_

**FAMILY HISTORY** (family that is genetically/blood related)

- anxiety
- depression
- high blood pressure
- headaches/migraines
- blood disorders
- chronic infections (HIV, Hepatitis, recurring pneumonia, etc.)
- neurodegenerative diseases
- sleep apnea/snoring
- neuralgias/neuropathy
- heart disease
- bone disorders
- lung disease
- cancer
- diabetes
- long face appearance

**SOCIAL HISTORY**

employed homemaker unemployed retired student part time student full time.

\_\_\_\_\_ # of hours/week. Employer: \_\_\_\_\_

occupation/school: \_\_\_\_\_

single married widowed for \_\_\_\_\_ separated for \_\_\_\_\_ divorced for \_\_\_\_\_

**-Do you have children?** yes no If yes, how many? \_\_\_\_\_ age range \_\_\_\_\_

**-Are you caring for** disabled person parents grandparents grandchildren Adult child spouse

**-Any recent change in lifestyle?** yes no what? \_\_\_\_\_

**-Do you exercise regularly?** yes no occasionally

**-Do you smoke?** yes no **If yes:** cigarettes vaping medical Marijuana

For how long: \_\_\_\_\_ years Average amount per day: \_\_\_\_\_

**-Do you chew tobacco?** yes no

For how long \_\_\_\_\_ years Average amount per day: \_\_\_\_\_

**-Do you drink Alcohol?** yes no **If yes how often:** daily with meals occasional social drinker

What time of day do you usually drink? \_\_\_Morning \_\_\_Afternoon \_\_\_Evening

**-Do you use caffeine?** yes no what kind: soda coffee tea pill form/energy drink

**How often:** Daily Occasionally monthly **average amount and reason?** \_\_\_\_\_

**ACCIDENT?** (LEGAL CASES ONLY)

What happened? Please describe the event in detail. \_\_\_\_\_

\_\_\_\_\_

Date of accident: \_\_\_\_\_ Place of accident: \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_

Did you go to the hospital? yes no Which hospital \_\_\_\_\_

By ambulance? yes no Date released from hospital? \_\_\_\_\_

Attorney's name representing you: \_\_\_\_\_

phone #: \_\_\_\_\_ address: \_\_\_\_\_

Paralegal's name: \_\_\_\_\_ Law firms name: \_\_\_\_\_

**AUTO ACCIDENT?** yes no Case #: \_\_\_\_\_ Ins company: \_\_\_\_\_

**WORKERS COMP?** yes no Representative information: \_\_\_\_\_

