



Robin P Steely DDS
Oral Fitness for Life

TMJ Assessment Form

Welcome to our free and easy TMJ Assessment form. We created this form so that you could quickly evaluate if a TMJ disorder may be the underlying cause of your current jaw pain, headache, earache, facial pain, etc.

Any question where you answer “yes” may represent unstable jaw joints, also known as TMJ dysfunction. The more “yes” answers, the higher the probability for that you have TMJ related issues.

1. My jaw joints pop or click when I open my mouth?
2. My jaw hurts when I open or close my mouth?
3. I have locking or limited opening of my mouth?
4. I have headaches and/or facial pain?
5. I have earaches and/or ringing in my ears?
6. I clench or grind my teeth?
7. My teeth are worn, broken or loose?
8. My teeth hurt when I chew and/or are hot/cold sensitive?
9. I'm experiencing neck, shoulder and/or back pain?
10. My jaws get tired when chewing certain foods or during dental appointments?