**TMJD SELF-ASSESSMENT QUIZ**

Temporomandibular joint disorder (TMJD) is known as “The Great Imposter” because it can mimic many other different conditions. Take this quiz to determine if your symptoms may in fact be due to TMJD. The more check marks, the more likely it is that you have TMJD.

|  |  |
| --- | --- |
|  | Headaches |
|  | TMJ pain |
|  | TMJ noise |
|  | Limited opening |
|  | Ear congestion |
|  | Vertigo (dizziness) |
|  | Tinnitus (ringing in ears) |
|  | Dysphagia (difficulty swallowing) |
|  | Loose teeth |
|  | Clenching/bruxing |
|  | Facial Pain (nonspecific) |
|  | Tender, Sensitive teeth (when tapped) |
|  | Difficulty chewing |
|  | Cervical pain |
|  | Postural problems |
|  | Parasthesia of fingertips (tingling) |
|  | Thermal sensitivity of teeth (hot & cold) |
|  | Trigeminal neuralgia |
|  | Bells Palsy |
|  | Nervousness/insomnia |