

## 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