

TMJ PAIN EVALUATION

Rate the Intensity of your USUAL PAIN during the LAST WEEK by placing a slash (/) somewhere on the line below:

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No pain	Most intense pain imaginable

INSTRUCTIONS: Please check the appropriate answer to the following questions:

JAW PAIN QUESTIONS:	Doesn't hurt at all	Hurts a little	Hurts a lot	Almost unbearable	Unbearable pain without relief
Does it hurt when you open wide or yawn?					
Does it hurt when you chew or use the jaws?					
Does it hurt when you are not chewing or using the jaw?					
Is your pain worse on waking?					
Do you have pain in front of the ears or ear aches?					
Do you have jaw muscle (cheek) pain?					
So you have pain in the temples?					
Do you have pain or soreness in the teeth?					

JAW FUNCTION QUESTIONS:	NO	Maybe a little	Quite a lot	Almost all the time	All the time without stopping
Do you jaw joints make noise so that it bothers you or others?					
Do you find it is difficult to open your mouth wide?					
Does your jaw ever get stuck (lock) as you open it?					
Does your jaw every lock open so you cannot close it?					
Is your bite uncomfortable?					

INSTRUCTIONS: Please check in the columns below. How much do these activities USUALLY CAUSE PAIN? (Does not include unusual or prolonged activity, e.g., driving on a long trip.)

ACTIVITY:	Doesn't hurt at all	Hurts a little	Hurts a lot	Almost unbearable	Unbearable pain prevents activity
1. Walking					
2. Eating soft food					
3. Eating hard food					
4. Jaw opening					
5. Sleeping					
6. Chewing					
7. Swallowing					
8. Talking					
9. Pushing or pulling					
10. Resting					
11. Driving					
12. Dressing					
13. Sports					
14. Reading					
15. Watching TV					
16. Household chores					
17. Gardening					
18. Employment					