

TMJ Evaluation Test

Take this quick TMJ test to see whether you might have TMD and if you need to see a TMJ specialist. All fields are required.

In the last 30 days, which of the following best describes any pain in your jaw or temple area on either side? *

- No pain
- Pain comes and goes
- Pain is always present

In the last 30 days, have you had pain or stiffness in your jaw on awakening? *

- No
- Yes

In the last 30 days, did the following activities change any pain (that is, make it better or make it worse) in your jaw or temple area on either side?

Chewing hard or tough food *

- No
- Yes

Opening your mouth or moving your jaw forward or to the side *

- No
- Yes

Jaw habits such as holding teeth together, clenching/grinding, or chewing gum *

- No
- Yes

Other jaw activities such as talking, kissing, or yawning *

- No
- Yes

Your Name *

Your Email *

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- Yes