

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Gender:  M  F

## DIFFERENTIAL DIAGNOSIS OF TMD

### Intracapsular disorders

- TMJ capsule/disc/ligament
- TMJ arthralgia
- TMJ disc derangement disorder
- Anterior displaced disc with reduction
- Anterior displaced disc without reduction
- Anterior displaced disc without reduction + restriction
- TMJ dislocation
- Inflammatory TMJ disorders
- Non-inflammatory TMJ disorders
- Congenital or developmental TMJ disorder
- Trauma
- Joint loading test
- Range of motion testing (occlusion/non-occlusion)
- Other: \_\_\_\_\_

## DIFFERENTIAL DIAGNOSIS OF TMD

### Extracapsular disorders

- Masticatory muscle disorders
- Myofascial pain
- Local muscle pain (myalgia)
- Myositis
- Centrally mediated myalgia
- Myospasm
- Myofibrotic contracture
- Trauma
- Congenital or developmental
- Coronoid process
- Styloid process
- Range of motion testing (occlusion/non-occlusion)
- Other: \_\_\_\_\_

## OROFACIAL PAIN HISTORY

When did the pain start? \_\_\_\_\_

Pain Severity: (least) 1 2 3 4 5 6 7 8 9 10 (worst)

Pain Type: Sharp \_ Dull \_ Throb \_ Refer \_ Shoot \_ Deep \_ Burning \_

Frequency: Occasional \_\_ Intermittent \_\_ Daily \_\_ Weekly \_\_ Monthly \_\_

Duration: Minutes \_\_ Hour \_\_ Day \_\_ Constant \_\_

Temporal: Morning \_\_ Daytime \_\_ Night \_\_ Sleep \_\_

Associated Pain: Headache \_\_ Face \_\_ Neck \_\_ Other \_\_

Pain Location: Localized \_\_ General \_\_ Unilateral \_\_ Bilateral \_\_

What increases pain? \_\_\_\_\_

What decreases pain? \_\_\_\_\_

Analgesics used? \_\_\_\_\_

Pain Impact: Work \_\_ Sleep loss \_\_ Social \_\_ Fatigue \_\_ Irritability \_\_

Frustration \_\_ Anxiety \_\_ Nervousness \_\_ Secondary Gain \_\_

Psychological stressors: \_\_\_\_\_

Pain of Dental Origin: \_\_\_\_\_

Pain of Non-dental Origin: \_\_\_\_\_

Atypical Face Pain: \_\_ Trigger Points: \_\_ Trigeminal Neuralgia: \_\_

## PRELIMINARY MENTAL STATUS ASSESSMENT

- Orientation to: time, place, and person
- Social and occupational level of functioning
- Appearance
- Attitude
- Mood and affect
- Speech
- Thought process and content
- Sensory perceptions
- Mental capacities (cognition, insight, judgment)
- Will underlying psychological disorder impact treatment?
- Will cognitive behavioral therapy be needed?
- Referral to mental health consultant?

## DIFFERENTIAL DIAGNOSIS OF OCCLUSAL DISORDERS (OD)

- Skeletal variation or dental malocclusion
- Occlusal trauma and associated sequelae
- Occlusal plane discrepancy
- Centric occlusion-maximal intercuspation discrepancy
- Posterior deflective occlusal contacts in:
  - Laterotrusion
  - Mediotrusion
  - Protrusion
- Anterior Posturing/Muscle Splinting
- Limited Range of Motion
- Inadequate maximal intercuspation-lack of posterior support
- Inadequate Anterior Guidance
- Inadequate Occlusal Vertical Dimension
- Advanced Attrition – Occlusal Wear
- Erosion/Abrasion/Abfraction
- Parafunction
- Bruxism
- Occlusal Awareness

## TREATMENT PLANNING

- Imaging studies:
  - Panoramic
  - FMX
  - CBCT
  - MRI
  - Other studies

### Consultations

- Orthodontist
- Oral & Maxillofacial Surgeon
- Endodontist
- Neurologist
- Periodontist
- Physical Therapist
- Prosthodontist
- Psychologist
- Other referral

### Management

- Orofacial Pain
- TMD
- Occlusal

## TMD MANAGEMENT

- Patient education and awareness
- Rest and diet
- Physical therapy
- Moist heat packs/vapocoolant "spray and stretch"
- Occlusal device (anterior, full coverage, MORA)
- Other therapy \_\_\_\_\_

### Pharmacotherapy

- Analgesic
- Anti-inflammatory
- Muscle relaxant
- Psychotropic
- Surgical: Arthroscopy/arthrocentesis/orthognathic/etc.
- Orthodontic
- Prosthodontic management
- Referral \_\_\_\_\_

## PROSTHODONTIC MANAGEMENT

- Occlusal Device Deprogrammer
- Occlusal Equilibration or Adjustment
- Restore Occlusal Vertical Dimension
- Restore Incisal-Canine Guidance
- Restore Maximal Intercuspatation
- Provisional Treatment

### Prosthodontic Treatment

- Removable Prosthodontics
- Fixed Prosthodontics
- Implant Prosthodontics

### Occlusal Scheme

- Maximal intercuspation established at centric occlusion
- Maximal intercuspation (acquired)
- Mutually protected articulation
- Group function
- Balanced articulation