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: ____________

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:___

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**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.

Prosthodontic MANAGEMENT

☐ Occlusal Device Deprogrammer
☐ Occlusal Equilibration or Adjustment
☐ Restore Occlusal Vertical Dimension
☐ Restore Incisal-Canine Guidance
☐ Restore Maximal Intercuspation
☐ 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