



Temporomandibular Dysfunction (TMD)

Journal Hand Out

Thank you for taking the time to watch the Kaiser Permanente video on Temporomandibular Dysfunction (TMD). Please take the time to complete the information below to help facilitate the best care possible. The goal is that the below therapies are attempted for 4-6 weeks. If your pain does not get better, please contact the HNS department for next steps.

Please complete the following information :

I have the following symptoms (please circle items that affect you):

1. Difficulty opening the mouth
2. Jaw catching
3. Locking or shifting
4. Noises, clicking or popping
5. Pain in the TMJ region

My above symptoms worsen when I am (circle items that affect you):

1. Clenching or grinding my teeth
2. Stressed
3. Anxious
4. Depression
5. Bite my nails
6. Chew gum / hard candy / tough meat

Self-Management is often considered to be the most successful treatment. I have tried (circle what you have completed):

1. Relaxing my jaw
2. Chewing on nonfood items
3. Hyperextending my jaw more than 2 fingers wide
4. Avoid hard food/candy
5. Cold compresses
6. Gentle massage of the jaw
7. Stress management techniques: medications, physical therapy, acupuncture
8. Improving sleep habits

Journal of symptoms :

I completed the Kaiser Permanente Temporomandibular Dysfunction video on __/__/__.

I started jaw stretching exercises, located on the TMD video site, on __/__/__.

I stopped chewing gum, eating hard candy and tough meat on __/__/__.

My pain decreases when I do the following:

- 1.
- 2.
- 3.

If your symptoms worsen or do not improve after 4-6 weeks from completing the video and therapy, then please contact the Head and Neck Surgery office at the following:

Roseville:
916-784-5880

Sacramento:
916-973-5322

Please bring this worksheet to your first appointment