



# BECHTEL DENTISTRY

HEALTH-CENTERED ■ WELLNESS FOCUSED ■ DENTAL HEALTH COACHING

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## **TMJ ASSESSMENT FORM**

Bechtel Dentistry is honored to provide our effective, holistic approach for TMJ/TMD care. Our self-assessment questionnaire is designed for ease and convenience for all of our patients living throughout Lansing and the surrounding area. This complimentary TMJ/TMD assessment can help you assess if your current TMJ health. Please contact our office at 517-882-7132 as soon as possible if you answer “yes” to one or more of the questions listed below. Dr. Bechtel and our team can provide the individualized, minimally invasive TMD treatment plan for symptom relief and long-term success. The sooner you start TMJ treatment, the risk for permanent damage can be minimized.

Please answer the questions below. If you answer “yes” to any of these questions, keep track of your answers in order to share with our team.

1. Do your jaw joints click or pop when you open or close your mouth?
2. Does your mouth get locked in any position? Have you been experiencing a limited range of motion when trying to open your mouth?
3. Does your jaw or face hurt when you open or close your mouth?
4. Do you have any facial pain?
5. Do you experience headaches?
6. Have you experienced any ringing in your ears or earaches?
7. Are your teeth loose, worn, or broken?
8. Do you grind your teeth or clench your jaw?
9. Are your teeth sensitive to cold and/or hot?
10. Do your teeth experience any pain when chewing?
11. Do you have any pain in your shoulder, neck, and/or upper back?
12. Does your jaw get tired during dental appointments or when chewing certain foods?