

CLUES TO CRANIOMANDIBULAR DYSFUNCTION

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CHECKLIST FOR “CLUES” TO CRANIOMANDIBULAR DYSFUNCTION

SYMPTOMS

- Myalgia and/or myositis of the muscles of mastication
- Facial muscles feel tight constantly (face feels tired)
- Convexity on one or both sides of face. (Usually hypertrophy of muscles of mastication. However, it can be edema from trauma or infection.)
- Headaches in frontal, temporal, parietal, and/or occipital regions
- Pain in TM joints
- Popping in one or both TM joints
- Crepitus in one or both TM joints
- Limited opening with or without pain
- Lateral deviation of mandible when opening and/or closing
- Inability to find a consistent bite (CO)
- Mandible locks closed or open
- Difficulty chewing
- Inability to open and/or close smoothly
- Premature occlusal or incisal tooth contact
- Pain in maxillary and/or mandibular teeth with no apparent etiology (referred pain along with the maxillary and/or mandibular divisions of the trigeminal nerve)
- Teeth tender to percussion
- Tooth mobility (idiopathic periodontal loss)
- Paresthesia or a tingling sensation in any region supplied by the three divisions of the trigeminal nerve, usually unilateral along the mandibular division)
- Sensitivity to brushing (cervical erosion)
- Bruxism
- Clenching AM or PM (AM awareness usually indicates clenching during sleep. PM awareness usually indicates clenching during the day)
- Interproximal contacts separating
- Anterior teeth begin to crowd (patient usually notices the overlapping)
- Fullness in one or both ears
- Ear pain or earache with no infection
- Vertigo (dizziness)
- Tinnitus (ringing in ear)
- Pain behind eyes
- Bloodshot eyes
- Tearing of the eyes
- Eyes feel like they are bulging out
- Photophobia (abnormal visual tolerance to light)
- Dysphagia (difficulty swallowing)
- Pain in tongue
- Pain in throat

- _____ Tongue chewing
- _____ Cheek chewing
- _____ Chronic mouth breathing
- _____ Dry Mouth
- _____ Drooling during sleep
- _____ Loud snoring
- _____ Obstructive sleep apnea
- _____ Insomnia
- _____ Constantly tired
- _____ Lip pursing during a swallow
- _____ Pronounced stress (usually results in clenching)
- _____ Chronic allergies
- _____ Difficulty in nose breathing
- _____ Lisp (dental or lateral)
- _____ Hyponasal speech
- _____ Postural problems (e.g., forward head posture, side bending of head, etc.)
- _____ Cervicalgia
- _____ Trigeminal neuralgia
- _____ Bell's palsey
- _____ Edema in right and /or left joints
- _____ Scalp extremely tender when brushing or manipulating hair

CLUES (Extra-oral)

- _____ Prognathic maxilla or mandible
- _____ Retrognathic maxilla or mandible
- _____ TMJ noise (popping or crepitus)
- _____ Facial asymmetry
- _____ Corners (modiolus) of mouth creased and drooping
- _____ Rolled hypotonic lower lip
- _____ Deep labio-mental fold (due to overclosure)
- _____ Lips dry (usually resulting from chronic mouth breathing)
- _____ Commisural cheilitis (with no vitamin B deficiency or herpetic lesions)(usually prevalent with chronic nocturnal mouth breathing and concomitant drooling)
- _____ Lip habitus (lower lip postured behind maxillary incisors)
- _____ Lip pursing during a swallow
- _____ Open mouth habitus (lips chronically apart)
- _____ Dished out or flat labial profile
- _____ Long lower face (steep Mandibular plane angle)
- _____ Microrhnic dysplasia (small nose usually tilted up)
- _____ Saddle nose
- _____ Painful or strained expression on face
- _____ Malaise (appears tired)

POSTURAL SIGNS

- _____ Gait (manner of walking, e.g., one leg shorter)
- _____ Mandibular torticollis (unilateral contraction of inferior lateral pterygoid posturing mandible to opposite side)
- _____ Cervical torticollis (contracted cervical muscles producing twisting of the neck)
- _____ Head tilted to one side with rotation
- _____ Cervical lordosis (forward head posture)
- _____ Thoracic kyphosis (hump back)
- _____ Scoliosis
- _____ Shoulder lower (compare right shoulder to left)
- _____ Shoulders forward (concomitant with a forward head posture)
- _____ Ala of scapula protruding (concomitant with forward shoulder protruding)
- _____ Pelvic tilt (anterior iliac spine higher on one side)
- _____ Pronation or supination of feet (rotates leg, hip, spine and head)
- _____ Deviated septum (can be related to parturition trauma and/or high V vault)
- _____ Deviated chin
- _____ Scarred chin (indicates probable traumatic blow to the chin)

Upper respiratory allergies (relates to airway obstruction resulting in chronic mouth breathing)

- _____ Allergic shiners (dark circles below the eyes)
- _____ Infraorbital edema (bags below the eyes)
- _____ Conjunctival changes
- _____ Allergic pseudopterygium (bilateral asymptomatic opaque supracorneal patch)
- _____ Allergic gaper
- _____ Chronic mouth breathing
- _____ Responsive inferior turbinates
- _____ Marginal upper eyelid eczema
- _____ Deviated septum (can also be related to parturition trauma)
- _____ Dennies sign (radiating lines from the inner corner of the eye radiating downward along the orbitopalpebral grooves)

CLUES (Intra-oral)

- _____ Centric occlusion clues
 - _____ Anterior open bite
 - _____ Incisal Protrusion with or without diastema (Class I Div I, Class II Div2, Class I malocclusion)
 - _____ Cross bite (posterior and/or anterior)
 - _____ Class III malocclusion
 - _____ Anterior and posterior open bite (only the most posterior teeth occlude in CO)
 - _____ Closed bite

- _____ Premature contact in CO
- _____ Midline discrepancy

_____ Occlusal clues

- _____ Anterior and/or posterior facets
- _____ Anterior keys (notch on cingulum of maxillary incisors)
- _____ Posterior cusp wear
- _____ Depressed curve of Spee
- _____ Bicuspid drop-off
- _____ Crowded maxillary and/or mandibular teeth
- _____ Rotated teeth
- _____ Tilted teeth (lingual, buccal, mesial or distal inclination)
- _____ Fractured teeth
- _____ Potential cusp fractures (unsupported cusps, large amalgams)
- _____ Fremitus (palpable vibration in teeth as they occlude)
- _____ No posterior support (unilateral or bilateral)
- _____ tooth mobility
- _____ Cervical erosion (notching at cemento-enamel junction)
(abfractions)
- _____ Open contacts between teeth
- _____ Sensitivity to percussion
- _____ Thermal sensitivity (hot and/or cold)
- _____ Locked maxillary buccal cusps
- _____ Impacted third molars

_____ Vestibule and cheek clues

- _____ Incisal imprints on lower lip (lip postured behind or below maxillary incisors)
- _____ Dry vermillion border on lower lip (chronic mouth breathing)
- _____ Cheek nibbling (thin keratin film on mucosa of cheek)
- _____ Cheek chewing (linea alba) (linear streak of parakeratin)
- _____ Lesion on lip or cheek (unconscious chronic nibbling)

_____ Tongue and floor of mouth clues

- _____ Scalloped tongue (acts as a splint)
- _____ Tongue chewing
- _____ Ankylotic tongue
- _____ Torus mandibularis
- _____ Lesions
- _____ Tongue thrust (lateral, full fan, or anterior)

_____ Palateal clues

- _____ Torus palatinus
- _____ High V vault
- _____ Narrow palate
- _____ Hyperemia with no infection (mouth breathing)

_____ Hypertrophy of palatal mucosa (mouth breathing and/or poor oral hygiene)

___ Pharyngeal clues

_____ Enlargement of lymphoid tissue of Waldeyer's ring (lingual tonsils, palatine tonsils, adenoids)

_____ Dysphagia (difficulty swallowing)

_____ Obstructive sleep apnea (cessation of breathing, 10 seconds or longer during sleep)

_____ Fauces lumen appears constricted

___ Periodontal clues

_____ Idiopathic periodontal loss (usually hyperocclusion and/or nocturnal bruxing)

_____ Gingival hyperplasia

_____ Torus mandibularis (buttressing bone)

_____ Torus palatinus

_____ Dehiscence (gingival stripping usually on labial and/or buccal)

_____ Abfractions