

## Self Evaluation Test

### 1. Do you suffer from:

- Headaches
- Jaw clicking and pain
- Neck pain
- Muscular stiffness
- Facial pain
- Ear pain

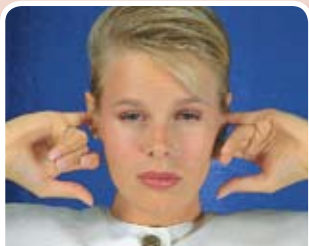
### 2. Test these muscles for tenderness:



Temporalis



Lateral Pterygoid



TMJs



Sternomastoid

### USUALLY ONE SIDE IS MORE TENDER THAN THE OTHER

If you have suffered from the above symptoms for some time and the muscles indicated are tender to palpation, plus the TMJ's hurt when tested, you should ask your doctor or health professionals to test for TMJ Disorder.

PLEASE FILL OUT THIS FORM PRIOR TO YOUR DOCTOR'S CONSULTATION. GIVE THE COMPLETED FORM TO YOUR DOCTOR AT YOUR NEXT VISIT

#### HEADACHES

- Front of head
- Back of head
- Migraines
- Facial pain
- Sinus pain

#### JAW SYMPTOMS

- Clicking or popping jaw joints (TMJs)
  - Right side
  - Left side
- Jaw locking (open or closed)
- Grating sounds
- Pain in either TMJ
  - Right side
  - Left side
- Jaw deviates to one side on opening
- Limited jaw opening

#### THROAT SYMPTOMS

- Throat soreness
- Tongue pain (one side)

#### EAR SYMPTOMS

- Ear pain
  - Right side
  - Left side
- Clogged, itchy ears
- Balance problems
- Hissing, buzzing or roaring sounds in the ears (tinnitus)

#### EYE PAIN

- Pain behind eyes
- Blurred vision

#### NECK SYMPTOMS

- Neck pain
- Lack of mobility (reduced neck rotation)
- Neck stiffness
- Shoulder aches
- Tingling or numbness in arms and fingers



Headache?  
Ear problems?  
Jaw clicking?  
Neck tension?

IT COULD BE  
TMJ DISORDER

IMPORTANT INFORMATION

CONSULT YOUR MEDICAL PROFESSIONAL FOR ADVICE ON TMJ TREATMENT

## What is the TMJ?

The TMJ (Temporo-Mandibular Joint) is where the mandible (the lower jaw) joins the temporal bone of the skull. This joint moves every time you eat, talk and swallow. It is, therefore, one of the most frequently used joints of the body.

You can locate the TMJ and feel it working by pressing your fingertips immediately in front of each ear then fully opening and closing your mouth. You can also feel the TMJ in motion if you put the tips of your little fingers into your ear canal (with the fingernail backwards) then pressing forward as you open and close your jaw. If you have TMJ Disorder this exercise may be painful. Most symptoms, however, are located away from the TMJ.

## Causes of TMJ Disorder

### TEETH

- Misaligned teeth, missing teeth and poor dental work including orthodontics.

### MUSCLES

- Incorrect swallowing habits from childhood which push the jaw back.
- Myofunctional habits such as bruxing (grinding of teeth) and mouth breathing.
- Tension resulting in clenching and grinding.

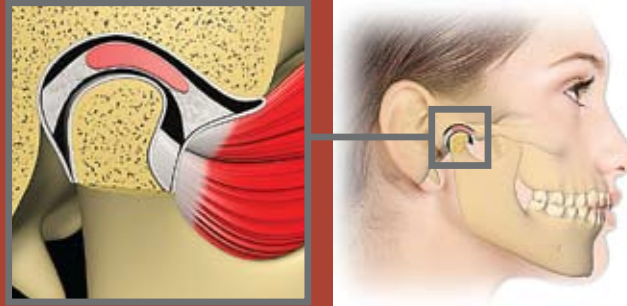
### JAW

- Incorrect jaw growth causing mismatch of the upper and lower jaws.
- Trauma such as a fall or car accident (very common in whiplash injuries).
- Degenerative diseases such as osteoarthritis.

## How the TMJ System™ works

The TMJ System™ is comprised of a series of soft intra-oral appliances specifically designed to assist in the diagnosis and symptom relief of TMJ disorder.

The appliances have a thick section at the back which relieves pressure by gently decompressing the inflamed joints when placed in the mouth. They also automatically correct the alignment of the lower jaw and stretch the tight and painful muscles around the jaws, head and neck area, resulting in an immediate decrease in pain. Over long periods, this helps to decrease long term pain. Bruxing (grinding of teeth) is also prevented by the patented aerofoil shaped base and dual moulded design.



Temporo-Mandibular Joint

## What to expect

The appliance should be used for one hour a day and overnight while sleeping. With good compliance, symptoms should reduce in the first few days but sometimes several weeks of use is necessary before pain relief is experienced. Continue to use the appliance for a minimum of 30 to 60 days after which you can determine how much continued use is needed to maintain symptom relief.

The TMJ System™ relaxes jaw and neck muscles, relieves pressure on the TMJ, limits grinding, and can reduce head and neck pain.

### TMJ™ Appliance

For immediate symptom relief.

- **Tongue Tag and Tongue Guard** – corrects poor oral habits such as mouth breathing and grinding
- **Double mouthguard effect** – limits bruxing
- **Aerofoil shape** – for joint decompression



### TMD™ Appliance

Customisable, easy speech, ideal for daytime use.

- **Mouldable** – for customised bite correction
- **Low profile** – for patient comfort and easy speech
- **Aerofoil shape** – for joint decompression

