

TMJ SCREENING RESULTS REFERENCE TABLE

NOTE: No single finding alone should be used to select a splint. See the TMJ Findings Worksheet

| | Patient Questionnaire Findings | Could be suggestive of... | Possible treatment options |
|---|---|--|---|
| 1 | Headaches - upon awakening | Horizontal bruxism and/or clenching during sleep | Short-term use: No more than 8-12 hours: <ul style="list-style-type: none"> • Nighttime wear of a deprogrammer or Anterior occlusal plane splint Long-term use: <ul style="list-style-type: none"> • Full Contact splint w/anterior guide • Full-arch deprogrammer • Flat plane splint |
| | Headaches - late afternoon | Vertical bruxism and/or clenching | Daytime wear: <ul style="list-style-type: none"> • Full Contact splint w/anterior guide • Flat plane splint |
| 2 | Sore/tender muscles | Bruxism and/or clenching Occluso-muscle imbalance | Short-term use: No more than 8-12 hours <ul style="list-style-type: none"> • Deprogrammer Long-term use: <ul style="list-style-type: none"> • Flat plane splint • Full Contact splint w/anterior guide |
| 3 | Joint Pain Some "joint" pain may actually be muscle pain | Analysis of type, location, and severity of pain is needed. <i>Load test to determine type of pain</i> | Muscle pain: <ul style="list-style-type: none"> • Full Contact splint w/anterior guide Short-term use: No more than 8-12 hours <ul style="list-style-type: none"> • Anterior occlusal plane splint Joint pain: Refer to TMJ specialist |
| 4 | Injury to the face Trauma may cause derangement and/or torn ligaments or swelling of retrodiskal tissues | Fractures should be considered | For short term relief of pain, an Aqualizer is recommended. Refer to TMJ specialist |
| 5 | Snapping, clicking or popping noises in the joint | Displacement of disc Early click or click on translation: <ul style="list-style-type: none"> • Displaced disk off lateral pole of the condyle Late click or click on rotation: <ul style="list-style-type: none"> • Displaced disk off medial pole of condyle | Early click or click on translation: <ul style="list-style-type: none"> • Full Contact splint w/anterior guide Late click or click on rotation: <ul style="list-style-type: none"> • Refer to TMJ specialist |
| 6 | Joints get locked on opening/closing Normal ROM: <ul style="list-style-type: none"> • Wide: 40-50mm • Lateral: 7-15mm • Protrusive: 7-15mm | Disk deformation or displacement | Refer to TMJ specialist |

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| 7 | Sensitive, sore, aching, or uncomfortable teeth | Hyper muscle activity may be related to occlusal instability | |
| 8 | Previously wore a splint/nightguard | Patients who have been unsuccessfully treated for TMD are best referred out. A full diagnostic of their joints should be documented by a specialist. | Refer to a TMJ specialist |
| 9 | Medications used for these symptoms in the past | Could be an indication of the severity or duration of pain | |
| 10 | TMJ Specialists seen by patient | Patients who have been unsuccessfully treated for TMD are best referred out. A full diagnostic of their joints should be documented by a specialist. | Refer to TMJ specialist |
| | Patient Exam Findings | Could be suggestive of... | Possible treatment options |
| A | Occlusal Instability <ul style="list-style-type: none"> • Occlusal disease • Hypermobility • Excessive wear • Tooth migration • Abfractions • Cusp fracture | Any of these occlusal signs can indicate either muscle and/or joint issues due to occlusal instability. | |
| B | Jaw Opening Evaluation <ul style="list-style-type: none"> • Deviates to right • Deviates to left • Deviates in protrusion | Limited translation of the right condyle Limited translation of the left condyle Wiggling movements on initial opening are usually related to disk displacements | Full Contact splint w/anterior guide Refer to a TMJ specialist |
| C | Muscle Palpation: <ul style="list-style-type: none"> • Tension/tenderness present <ul style="list-style-type: none"> • Medial Pterygoid • Masseter • Temporalis • Lateral Pterygoid | Occluso-muscle imbalance | Short-term use: No more than 8-12 hours <ul style="list-style-type: none"> • Deprogrammer <ul style="list-style-type: none"> • Full Contact splint w/anterior guide • Flat Plane splint |

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|--|---|---|
| <p>D</p> <p>Evaluating Joint Sounds</p> <p><i>Right Joint:</i></p> <ul style="list-style-type: none"> • Crepitus present on opening • Crepitus present on opening wide • Click present in rotation • Click present in translation <p><i>Left Joint:</i></p> <ul style="list-style-type: none"> • Crepitus present on opening • Crepitus present on opening wide • Click present in rotation • Click present in translation | <p>During rotation - no crepitus is normal</p> <p>Translation - no crepitus is normal</p> <p>Medial pole click or lock - degenerative joint disease</p> <p>Mild crepitus can be treated:</p> <ul style="list-style-type: none"> • Intermittent click • Lateral pole click • Lateral pole lock <p>During rotation - no crepitus is normal</p> <p>Translation - no crepitus is normal</p> <p>Medial pole click or lock - degenerative joint disease</p> <p>Mild crepitus can be treated:</p> <ul style="list-style-type: none"> • Intermittent click • Lateral pole click • Lateral pole lock | <p>Refer to TMJ specialist</p> <p>Full Contact splint w/anterior guide</p> <p>Refer to TMJ specialist</p> <p>Full Contact splint w/anterior guide</p> |
| <p>E</p> <p>Lucia Jig Load Test:</p> <ul style="list-style-type: none"> • Tension/tenderness present <p>Short duration pain which is relieved with deprogrammer</p> <p>Pain which increases with time and becomes more intense</p> | <p>Occluso-muscle imbalance</p> <p>Intracapsular problem</p> | <p>Short-term use:</p> <p>No more than 8-12 hours</p> <ul style="list-style-type: none"> • Deprogrammer • Full Contact splint w/anterior guide • Flat Plane splint <p>Refer to TMJ specialist</p> |



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