

# **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