

JAW

TMJ DISABILITY INDEX

1. Rate your pain at this time, please draw an X on the line below.

0 _____ 10

2. Because of your Jaw, Today, do you or would you have any difficulty with:

1. Do you or would you have difficulty with	No Difficulty		Some Difficulty			Complete Inability	
Ø Eating	0	1	2	3	4	5	6
Ø Eating <u>chewy</u> foods (steak, bagels, gum)	0	1	2	3	4	5	6
Ø Eating <u>hard</u> foods (nuts, carrots, apple, corn-on-the-cob)	0	1	2	3	4	5	6
Ø Eating <u>moderately soft</u> foods (fish, noodles, peas)	0	1	2	3	4	5	6
Ø Eating <u>soft</u> foods (mashed potatoes, pudding, creamed corn, porridge)	0	1	2	3	4	5	6
Ø Eating/drinking <u>liquids</u> (soups, tea, milk)	0	1	2	3	4	5	6
Ø Talking or carry on a conversation	0	1	2	3	4	5	6

2. Do you or would you	None of the time		Some of the time			All of the time	
Ø Limit how <u>often</u> you eat	0	1	2	3	4	5	6
Ø avoid talking or carrying on a conversation	0	1	2	3	4	5	6
Ø limit how <u>long</u> you eat	0	1	2	3	4	5	6
Ø change how you communicate (i.e. Gesture, write notes)	0	1	2	3	4	5	6
Ø change the way in which your jaw moves during eating (i.e. Chewing mostly on one side, avoid biting large foods)	0	1	2	3	4	5	6
Ø limit how <u>often</u> you talk or carry on a conversation	0	1	2	3	4	5	6
Ø limit how <u>long</u> you talk or carry on a conversation	0	1	2	3	4	5	6
Ø avoid eating certain foods	0	1	2	3	4	5	6
Ø change the way in which your jaw moves while talking (i.e. Talk with little/no jaw movement or clenched teeth)	0	1	2	3	4	5	6

3. Are you satisfied with your ability to	Yes Absolutely		Some what			Not at all	
Ø talk or carry on a conversation even though you have a jaw problem	0	1	2	3	4	5	6
Ø eat even though you have a jaw problem	0	1	2	3	4	5	6

4. Do you or would your jaw muscles get tight when	None of the time		Some of the time			All of the time	
Ø talking	0	1	2	3	4	5	6
Ø eating	0	1	2	3	4	5	6

Total Score: _____ / 120