

TMD DISABILITY INDEX

Patient Name _____ Date: _____ Initial Visit _____ Final Visit _____

Please check the one statement that best pertains to you (not necessarily exactly) in each of the following categories.

1. Communication (talking)

- I can talk as much as I want without pain, fatigue or discomfort.
- I talk as much as I want, but it causes some pain, fatigue and/or discomfort.
- I can't talk as much as I want because of pain, fatigue and/or discomfort.
- I can't talk much at all because of pain, fatigue and/or discomfort.
- Pain prevents me from talking at all.

2. Normal living activities (brushing teeth/flossing).

- I am able to care for my teeth and gums in a normal fashion without restriction, and without pain, fatigue or discomfort.
- I am able to care for all my teeth and gums, but I must be slow and careful, otherwise pain/discomfort, jaw tiredness results.
- I do manage to care for my teeth and gums in a normal fashion, but it usually causes some pain/discomfort, jaw tiredness no matter how slow and careful I am.
- I am unable to properly clean all my teeth and gums because of restricted opening and/or pain.
- I am unable to care for most of my teeth and gums because of restricted opening and/or pain.

3. Normal living activities (eating, chewing).

- I can eat and chew as much of anything I want without pain/discomfort or jaw tiredness.
- I can eat and chew most anything I want, but it sometimes causes pain/discomfort and/or jaw tiredness.
- I can't eat much of anything I want, because it often causes pain/discomfort, jaw tiredness or because of restricted opening.
- I must eat only soft foods (consistency of scrambled eggs or less) because of pain/discomfort, jaw fatigue and/or restricted opening.
- I must stay on a liquid diet because of pain and/or restricted opening.

4. Social/recreational activities (singing, playing musical instruments, cheering, laughing, social activities, playing amateur sports/hobbies, and recreation, etc.).

- I am enjoying a normal social life and/or recreational activities without restriction.
- I participate in normal social life and/or recreational activities but pain/discomfort is increased.
- The presence of pain and/or fear of likely aggravation only limits the more energetic components of my social life (sports, exercising, dancing, playing musical instruments, singing).
- I have restrictions socially, as I can't even sing, shout, cheer, play and/or laugh expressively because of increased pain/discomfort.
- I have practically no social life because of pain.

5. Non-specialized jaw activities (yawning, mouth opening and opening my mouth wide).

- I can yawn in a normal fashion, painlessly.
- I can yawn and open my mouth fully wide open, but sometimes there is discomfort.
- I can yawn and open my mouth wide in a normal fashion, but it almost always causes discomfort.
- Yawning and opening my mouth wide are somewhat restricted by pain.
- I cannot yawn or open my mouth more than two finger widths (28-32 cm) or, if I can, it always causes more than moderate pain.