

1 PATIENT INFORMATION**1 PATIENT DETAILS**

NAME

DOB

AGE / SEX

CREDENTIALS

REFERRAL SOURCE

CC CHIEF COMPLAINT**2 PRIMARY TMJ / JAW CONCERN**

Patient's primary temporomandibular joint or jaw-related concern — location, duration, severity, triggers, and functional impact...

S SUBJECTIVE**3 PATIENT-REPORTED TMJ SYMPTOMS & HISTORY****3a SYMPTOM ONSET, COURSE & PAIN CHARACTERISTICS**

Onset / Course (sudden / gradual / improving / worsening / recurrent / intermittent):

Pain Characteristics (aching / sharp / throbbing / pressure-like / burning / muscle soreness; severity / frequency / duration / timing):

3b JAW FUNCTION SYMPTOMS & PARAFUNCTIONAL HABITS

Jaw function symptoms (clicking / popping / crepitus / locking / limited mouth opening / deviation / jaw fatigue / difficulty chewing or biting):

Parafunctional habits (bruxism / clenching / gum chewing / nail biting / jaw posturing / cheek biting / pen biting):

3c AGGRAVATING / RELIEVING FACTORS & ASSOCIATED SYMPTOMS

Aggravating / relieving: chewing, yawning, talking, clenching, grinding, hard foods, stress, poor sleep, dental work, jaw trauma, posture, heat, ice, massage, splint use, rest, or medications. Associated symptoms: headache, ear pain, tinnitus, dizziness, neck pain, facial pain, dental pain, sinus symptoms, sleep disturbance, anxiety, or muscle tension...

3d DENTAL / ORTHODONTIC & MEDICAL HISTORY, PRIOR EVALUATION & PERTINENT NEGATIVES

Recent dental work, extractions, restorations, orthodontic treatment, occlusal changes, dentures, oral appliances, missing teeth, dental trauma, prior bite guard / splint use. Medical history: arthritis, connective tissue disease, autoimmune disease, fibromyalgia, chronic pain, migraine, trauma, cervical spine disease, sleep apnea, anxiety, depression, or neurologic conditions. Prior evaluation: dental, oral surgery, ENT, neurology, pain management, or PT. Prior imaging, oral appliances, medications, injections, exercises, behavioral interventions, or surgery. Pertinent negatives: denial of facial weakness, facial numbness, unexplained weight loss, fever, jaw swelling, infection symptoms, severe trismus, traumatic malocclusion, progressive neurologic symptoms, or non-mechanical pain...

ROS TMJ / OROFACIAL PAIN REVIEW OF SYSTEMS

4 PERTINENT POSITIVES & NEGATIVES

- | | |
|--|--|
| ☐ Jaw pain / stiffness / locking / clicking / popping / crepitus | ☐ Limited mouth opening or jaw deviation |
| ☐ Pain with chewing / yawning / talking / biting | ☐ Bruxism / clenching / jaw fatigue |
| ☐ Headache / facial pain / ear pain / tinnitus / dizziness | ☐ Neck pain / shoulder tension / posture-related symptoms |
| ☐ Dental pain / malocclusion / recent dental changes | ☐ Sleep disturbance / stress / anxiety / chronic pain |
| ☐ Fever / swelling / numbness / weakness / trauma / systemic symptoms | |

O OBJECTIVE

5 OBSERVED FINDINGS

V VITALS, IF OBTAINED

TEMPERATURE

PAIN SCORE

5a EXTRAORAL EXAMINATION

Facial symmetry or swelling:

TMJ tenderness at rest and with movement:

Jaw deviation or deflection on opening:

Cervical ROM and posture if relevant:

5b INTRAORAL EXAMINATION

Dentition and occlusion:

Mucosal trauma from cheek biting or parafunction:

Bite guard or splint fit if present:

TM TMJ FUNCTIONAL MEASUREMENTS

6 OBJECTIVE JAW FUNCTION

MAXIMUM INTERINCISAL OPENING (MM)

ASSISTED OPENING (MM)

LEFT LATERAL EXCURSION (MM)

DEVIATION OR DEFLECTION

JOINT SOUNDS

FUNCTIONAL LIMITATION (CHEWING / SPEAKING / YAWNING)

DC PAIN / DISORDER CLASSIFICATION

7 SUSPECTED TMJ DISORDER TYPE

☐ Myofascial pain

☐ Arthralgia

☐ Disc displacement with reduction

☐ Disc displacement without reduction

☐ Degenerative joint disease / osteoarthritis

☐ Inflammatory arthropathy

☐ Subluxation / hypermobility

☐ Bruxism-related pain

☐ Trauma-related TMJ disorder

☐ Referred dental / otologic / sinus / cervical /

☐

trauma-related TMJ disorder

☐

referred dental, otologic, orofacial, cervical, or neurologic pain

☐

Neuropathic or centralized pain component

L

DIAGNOSTIC RESULTS

8

REVIEWED DATA

Dental imaging (panoramic / periapical / CBCT):

Laboratory studies (inflammatory markers / autoimmune / rheumatologic):

A

ASSESSMENT

9

TMJ CLINICAL INTERPRETATION

Primary diagnosis or working diagnosis. Differential diagnoses. Laterality and severity of TMJ involvement. Myofascial, joint-based, disc-related, inflammatory, degenerative, trauma-related, dental, otologic, cervical, or neuropathic contributors. Functional impairment. Relationship to bruxism, clenching, stress, posture, occlusion, trauma, systemic disease, or prior dental work. Need for imaging, dental evaluation, oral surgery referral, PT, pain management, or rheumatology evaluation...

P

PLAN

10

TMJ MANAGEMENT

Diagnostic plan (dental evaluation, panoramic / CBCT / TMJ MRI, labs, or specialist referral). Conservative management (soft diet, jaw rest, avoidance of gum chewing and hard foods, heat / ice, posture correction, sleep optimization, stress reduction, avoidance of excessive jaw opening). Home exercise plan (gentle stretching, controlled opening, relaxation exercises, jaw posture training). Medication plan (NSAIDs, acetaminophen, muscle relaxants, topical agents, neuropathic pain medications, or anti-inflammatory therapy). Oral appliance plan (night guard, stabilization splint, adjustment, or referral). Therapy referrals (PT, OT, behavioral therapy, pain psychology, SLP). Procedural / specialist options (trigger point injections, TMJ injections, botulinum toxin, arthrocentesis, oral surgery, maxillofacial surgery, ENT, neurology, rheumatology, or pain management). Patient education...

F

FOLLOW-UP

11 REASSESSMENT PLAN

Follow-up timeframe and purpose:

TB

TIME DOCUMENTATION & BILLING

TOTAL TIME

COUNSELING / COORDINATION TIME

CPT / E/M CODE(S): 99203 / 99204 / 99213 / 99214

PROCEDURE CODE(S), IF APPLICABLE

BASIS FOR BILLING: TIME-BASED / MEDICAL DECISION MAKING / PROCEDURE-BASED

PRIMARY ICD-10 CODE

SECONDARY ICD-10 CODE(S)

SO

PROVIDER SIGN-OFF

PROVIDER NAME

CREDENTIALS

SPECIALTY: ORAL MEDICINE /
DENTISTRY / ORAL SURGERY /
ENT / OROFACIAL PAIN

DATE

TIME