



# Self-Assessment to see if you have Temporomandibular Jaw Disorder (TMD)



# Do you suffer from Temporomandibular Jaw Dysfunction (TMJD)?

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Email: \_\_\_\_\_

1. Does your jaw make noise when you move your jaw?  POPPING  CLICKING  GRINDING
2. When you wake up, does your jaw feel locked up or painful?  YES  NO
3. Do you notice any increase in facial asymmetry?  YES  NO
4. Have you ever suffered from?  HEADACHES  SHOULDER PAIN  DIZINESS  NECKACHES  EAR PAIN  FACIAL PAIN  Muscle Pain
5. Do you grind or clench your teeth?  YES  NO
6. Does it hurt to move your jaw or open wide?  YES  NO
7. Do you avoid crunchy foods or chewing gum due to pain?  YES  NO
8. Are you often experiencing feelings of anxiety and nervousness?  YES  NO
9. Do your teeth leave imprints on the sides of your tongue?  YES  NO
10. Have you explored various Jaw devices and consulted multiple doctors without finding lasting relief?  YES  NO
11. Do you have symptoms of tinnitus, such as buzzing, ringing, hissing or roaring in the ears?  YES  NO
12. Do you have trouble inserting your first three fingers comfortably into your mouth vertically while your mouth is wide open?  YES  NO
13. Do you feel pain or soreness when pressing on the joints of your jaws or near them on the cheek?  YES  NO

- If you have checked two or more of the above and have a pain level that is a five or higher, it's likely you are experiencing TMJ.



*Have you exhausted all available options in seeking relief for your Jaw pain, only to find yourself feeling unsupported and misunderstood by those around you?*

*Chronic fatigue resulting from disrupted sleep, persistent jaw and neck tension, pain, anxiety, and irregular breathing can contribute to decreased quality of life.*

*Relying on guesswork for progress, a common approach for many, often leads to failure. However, following someone who has already done it can show you the way for success. I have been there, I have done that, and I'd love to show you the way.*



**Vita Zhylyak**

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Therapist

Owner of MYLAVITA

***Take action now and book your  
consultation to discover how  
MYOLAVITA can assist you before your  
Jaw condition worsens.***



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