



Dentistry for Life.



TMJ/TMD • Sleep Apnea

Aligners • Non-Braces Orthodontics

Jaw Pain • Jaw Clicking • Limited Opening

Non-Extraction Dentistry • Gentle Expanders

Dear Doctor,

We would like to introduce ourselves to professionals in the DC/VA/MD area for the mutual benefit for our patients. Our office is able to help many patients with underlying TMJ disorders and sleep issues which can prevent a range of problems for their future. By working together, we hope to spread TMD awareness and create a referral network for our wonderful patients. Please see the TMD screening we have provided below.

We look forward to working with you soon!

-the team at Sleep & TMJ Therapy

Measuring ROM:



### Basic TMD Pre- Screening Guide

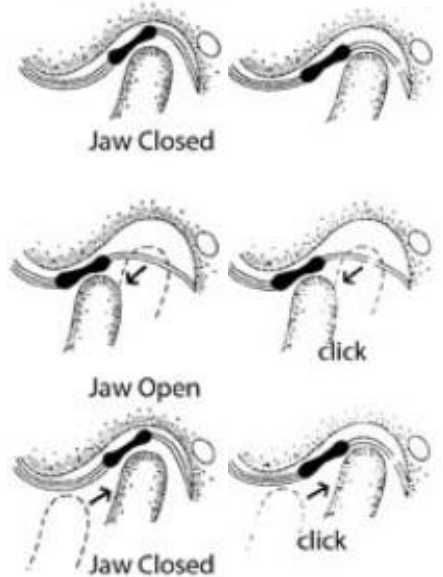
- 1.) Limited opening of the jaw?
  - a. 50 mm minimum for adults
  - b. 54 mm minimum for children

*\*If less, there is likely a slipped disc in the jaw joints*
- 2.) Jaw popping and/ or clicking?
- 3.) Restricted frenums?
- 4.) Clenching and/ or grinding of the teeth?
- 5.) Ringing/pain in the ears?
- 6.) Headaches and/ or migraines?
- 7.) Head, neck, jaw or shoulder pain?

*If your patient answered YES to one or more of these questions, your patient may have an underlying TMD problem.*

Normal  
Condyle/Disc  
Relation

Abnormal (TMD)  
Condyle/Disc  
Relation



**Note:** This is a very basic screening test for TMD. If the patient has any of the above symptoms, they need a thorough TMJ evaluation.

Please visit our website and click on the tab "patients" to access our referral slips.

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# Symptoms That Correlate With TMJ/TMD Issues

## Eyes

- Pain behind eyes
- Bloodshot eyes
- May bulge out
- Sensitive to sunlight

## Mouth

- Discomfort
- Limited opening of mouth
- Jaw deviates to one side
- Locks shut or open
- Can't find bite

## Upper Body

- Neck pain
- Upper body aches
- Sore throat, no infection
- Lack of mobility, pain in neck
- Arm or finger numbness or pain
- Voice irregularities or changes
- Frequent clearing of throat



## Head

- Migraines and headaches
- Temples
- Sinus problems
- Shooting pain in head
- Head is painful to touch

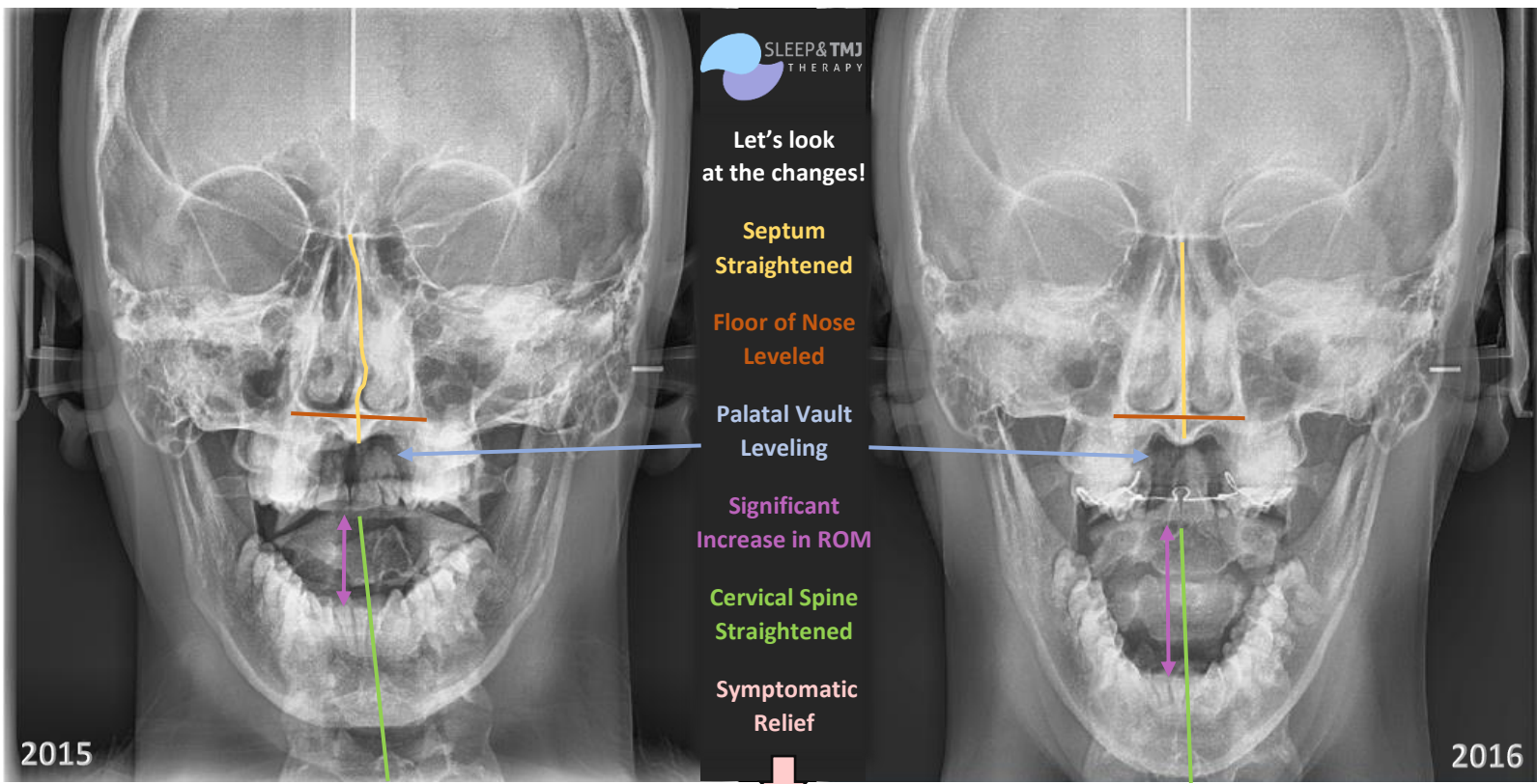
## Ears

- Hissing, buzzing or ringing
- Decreased hearing
- Ear pain without infection
- Clogged "itchy" ears
- Vertigo

## Jaw

- Clicking, popping jaw joints
- Grating sounds
- Pain in cheek muscles
- Uncontrollable jaw and tongue movements

## One Year Into Treatment



SLEEP & TMJ THERAPY

Let's look at the changes!

Septum Straightened

Floor of Nose Leveled

Palatal Vault Leveling

Significant Increase in ROM

Cervical Spine Straightened

Symptomatic Relief

2015

2016

**Before:** Jaw pain, back pain, neck pain, jaw locking, jaw joint noises, dizziness, brain fog and sleep issues.  
**After:** No pain, no jaw joint issues, no longer experiencing dizziness or brain fog and no more sleeping issues.  
*(This patient is now off to college, comes in for yearly dental check ups and sees a body worker as needed.)*