

■ Two Minute  
**PARAFUNCTIONAL SCREEN**



**ASK :**

- History of clicking, popping, locking or "catching" of the jaw?
- Splint History?
- Headaches? (Tension, Migraines +/- Aura)
- Awareness of teeth/jaw in the mornings?
- Awareness of Parafunction (self/partner)

**FEEL :**

- Masseter (Hypertrophy and/or Tenderness)
- TMJ Palpation (Lateral Pole Tenderness)
- Clicking? (Early / Late)
- Temporalis (Hypertrophy and/or Tenderness)

**OBSERVE :**

- Path of opening (Straight / Deviation / Deflection)
- 3 fingers? (Reduced / Hypermobility)
- Tongue scalloping
- Cheek Ridging
- Tori
- Mechanical failure of restorations
- Wear facets
- Exposed Dentine
- Cracklines and craze lines