

# JAW / TMJ Pain

Do you suffer from any of the following?

## Head Pain, Headache

1. Forehead
2. Temples
3. "Migraine" type
4. Sinus type
5. Shooting pain up back of head
6. Hair and/or scalp painful to touch

## Eyes

1. Pain behind eyes
2. Bloodshot eyes
3. May bulge out
4. Sensitive to sunlight

## Mouth

1. Discomfort
2. Limited opening of mouth
3. Inability to open smoothly
4. Jaw deviates to one side when opening
5. Locks shut or open
6. Can't find bite

## Teeth

1. Clenching, grinding at night
2. Looseness and soreness of back teeth

## Ear Problems

1. Hissing, buzzing or ringing
2. Decreased hearing
3. Ear pain, ear ache, no infection
4. Clogged, "itchy" ears
5. Vertigo, dizziness

## Jaw Problems

1. Clicking, popping jaw joints
2. Grating sounds
3. Pain in cheek muscles
4. Uncontrollable jaw and/or tongue movements

## Neck Problems

1. Lack of mobility, stiffness
2. Neck pain
3. Tired, sore muscles
4. Shoulder aches and backaches
5. Arm and finger numbness and/or pain

## Throat

1. Swallowing difficulties
2. Laryngitis
3. Sore throat with no infection
4. Voice irregularities or changes
5. Frequent coughing or constant clearing of throat
6. Feeling of foreign object in throat constantly

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# Jaw Aches Manual Guide

**VM Jensen**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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