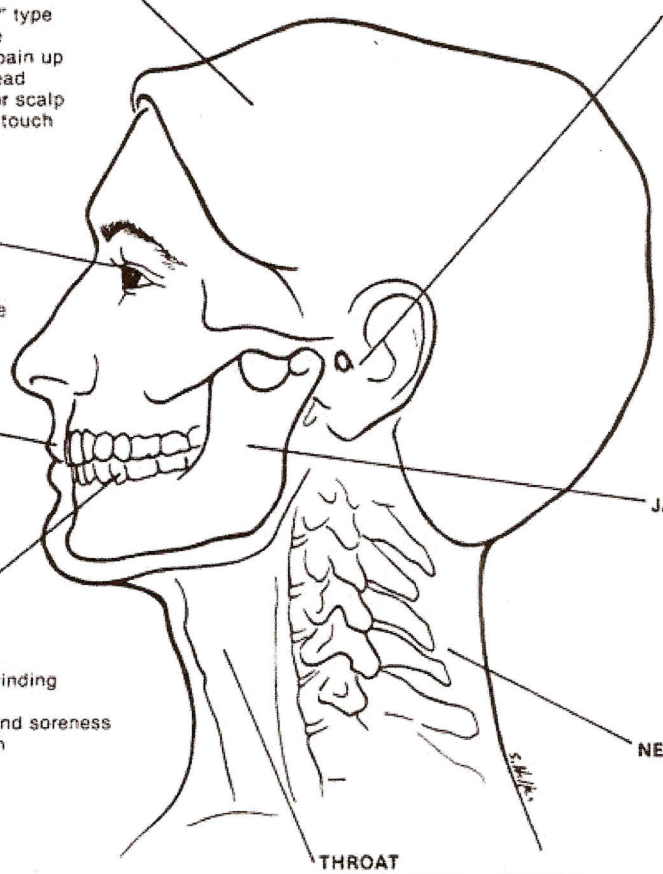
The K-F-S Temporomandibular Joint Visual Index*



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 eye
2. Bloodshot eyes
3. May bulge out
4. Sensitive to sunlite

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. Clinching, 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