

RDC-TMD Clinical Examination

Name _____

Date _____

Examiner _____

I. Review History													
Presence of facial pain		0 NONE			1 RIGHT			2 LEFT			3 BOTH		
Location of facial pain		Right	None	Muscle	Joint	Both	Left	None	Muscle	Joint	Both		
			0	1	2	3		0	1	2	3		
II. Opening pattern										(5) Specify:			
Straight		0		Left lateral deviation (uncorrected)				3					
Right lateral deviation (uncorrected)		1		Left corrected				4					
Right corrected		2		Other				5					
III. Vertical ROM			Right side pain				Left side pain						
Incisor used: 8 9		mm	None	Muscle	Joint	Both	None	Muscle	Joint	Both			
Pain-free opening		_____											
Max unassisted opening		_____	0	1	2	3	0	1	2	3			
Max assisted opening		_____	0	1	2	3	0	1	2	3			
IV. Incisal relations		mm											
Vertical overlap		_____											
Horizontal distance		_____											
Midline		_____	mandibular midline is: R L relative to maxilla										
V. Horizontal Excursions			Right side pain				Left side pain						
		mm	None	Muscle	Joint	Both	None	Muscle	Joint	Both			
Right lateral		_____	0	1	2	3	0	1	2	3			
Left lateral		_____	0	1	2	3	0	1	2	3			
Protrusive		_____	0	1	2	3	0	1	2	3			
VI. Joint sounds: open		Noises				Location of click	Eliminate click						
(≥ 2 of 3 trials, by palpation with opening)		None	Click	Coarse crepitus	Fine crepitus		mm	No	Yes	N/A			
Left: OPEN		0	1	1	1	_____	0	1	2				
Left: CLOSE		0	1	1	1	_____	0	1	2				
Right: OPEN		0	1	1	1	_____	0	1	2				
Right: CLOSE		0	1	1	1	_____	0	1	2				
Sounds: horizontal		Right sounds				Left sounds							
(≥ 2 of 3 trials, on excursion)		None	Click	Coarse crepitus	Fine crepitus	None	Click	Coarse crepitus	Fine crepitus				
Excursion right		0	1	1	1	0	1	1	1				
Excursion left		0	1	1	1	0	1	1	1				
Protrusion		0	1	1	1	0	1	1	1				

VII. Muscle & joint pain with palpation										
		RIGHT				LEFT				
		RDC Protocol				RDC Protocol				
		no	mild	mod	sevr	no	mild	mod	sevr	
Non-pain sites										
	Mastoid (lateral superior portion)	0	1	2	3	0	1	2	3	
	Frontal (in-line with pupil, below hair)	0	1	2	3	0	1	2	3	
	Vertex (1 cm lateral to cranial top)	0	1	2	3	0	1	2	3	
Extra-oral & cervical muscles										
	Posterior temporalis (back of temple)	0	1	2	3	0	1	2	3	
	Middle temporalis (middle of temple)	0	1	2	3	0	1	2	3	
	Anterior temporalis (front of temple)	0	1	2	3	0	1	2	3	
	Masseter-origin (cheek, under cheekbone)	0	1	2	3	0	1	2	3	
	Masseter-body (cheek, side of face)	0	1	2	3	0	1	2	3	
	Masseter-insertion (cheek, jaw-line)	0	1	2	3	0	1	2	3	
	Post mandibular region (jaw, throat area)	0	1	2	3	0	1	2	3	
	Submandibular region (under chin)	0	1	2	3	0	1	2	3	
Joint pain										
	Lateral pole (outside)	0	1	2	3	0	1	2	3	
	Posterior attachment (inside ear)	0	1	2	3	0	1	2	3	
Intra-oral muscles										
	Lat pterygoid area (behind upper molars)	0	1	2	3	0	1	2	3	
	Tendon of temporalis (tendon)	0	1	2	3	0	1	2	3	