

Functional Yoga Therapy™ - Body-To-Jaw Check-off Guide for Assessment

Name/Date:		Session Number:	Virtual ☐	In-Person ☐
Theory: The level of the hips as a sensitive indicator for correct jaw position and bite discrepancies is shown to be 87% accurate in a clinical review of 1800 dental patients. Approximately 32% of these patients presented with symptoms of TMD/TMJ. This check-off assessment guide is based on the work of Dr. Steven Swidler, DDS, TMJ Specialist, co-founder of Fluid Body Dynamics. (Scientific paper has been submitted for publication 2021) DESCENDING issue: If adjusting the jaw balances the hips; ASCENDING Issue: if jaw adjustments do not balance hips; then look to feet & ankles.				
Assess for Symptoms of TMD/TMJ: __ Soreness or jaw pain; __ Clicking/popping/grinding in ears when open/close jaw; __ Clenching/grinding or resting the teeth together; __ Migraines, headaches, neck-aches; __ Dizziness or loss of balance; __ Ringing in ears; __ Bite feels “off”; __ Deviation of jaw when opens; __ Body stiffness/limited ROM; __ Unlevel hips/body alignment; __ Heart/breathing/digestive issues; __ Depression/anxiety/moody; __ Sleep issues; __ Sciatic pain; __ Scoliosis-type patterns; __ Body therapy corrections that “do not hold”				
Structural Assessment: Client places flat palms down along sides of ilium – looking in mirror, but also just “feeling” for one side higher.		__ Posture Upright; or __ Torso flexes __ Hip Heights Even; __ High Right; __ High Left __ Full foot stand; __ Toe Gripping; __ Stands in heels; __ Bunions __ Foot/Ankle Supinate: __ Right; __ Left; __ Foot/Ankle Pronate: __ Right; __ Left __ Shoulder heights: __ High Right; __ High Left; __ Internal rotation; __ N/A __ Lower Rib Cage Flares/Lifts with breathing or with arm raises __ Breath Holding; __ Overbreathing; __ Reports of apnea __ Facial Structure Symmetrical. __ Asymmetrical; __ Jaw muscles appear tight __ Other _____		
Pinky Test to Ears: Pinky fingers in ears with palms facing forward for self-check; open/close jaw slowly.		__ Client opens/closes jaw several times slowly noting how it feels __ Jaw open/closes symmetrical; __ Jaw opens/closes asymmetric; __ c/o pain __ With Pinkie test open/close jaw feels symmetrical; __ Feels Asymmetric __ Other issues noted: _____ NOTE: in-person, practitioner can do this test for client, thumbs up.		
Q-tip to front teeth assessment: Upper & lower front teeth even; insert Q-tip biting lightly; relax face for 10 seconds; up & down on toes 5 times.		Hip heights recheck: __ No change; __ Hips leveled out; __ New imbalance noted: _____ Keep Q-tip between teeth and walk at least 40 feet. Hip height recheck: __ Hips stay level; __ Hip imbalance to original test Check other imbalances noted from Structural Assessment above with Q-tip in: __ Positive change; __ No change noted. NOTE: If client wears a mouth appliance, have them put it in and re-check hip heights – no Q-tip.		
Yoga Rx: Always check Sacroiliac Stabilizer for potential help in hip balancing. Also Balancing Block. Sometimes need to assign both followed by strengthening around core & glutes. TMJ self-awareness practices and muscle releasing exercises. If client wears a mouth appliance that helps correct the imbalance, have them wear this during movement practices as well as for sleep until the body rebalances. Refer client to their TMJ specialist to have their appliance readjusted if need.				