

Referral Cues — Temporomandibular Joint Disorder (T

When to consider referral

- Jaw fatigue or pain with chewing/speaking.
- Bruxism/clenching with related neck or shoulder tension.
- Limited opening not explained by joint disease.
- Tension-type headache with muscular contribution.
- Orthodontic/appliance history with lingering muscular discomfort.
- No acute fracture, swelling, or systemic illness.
- Cleared for adjunct care by dentist/physician.
- Patient open to self-care alongside treatment.
- Consent available for interprofessional communication.
- Massage provided as supportive care within RMT scope.