

Flex Therapist CEUs

Temporomandibular Joint Disorders - Diagnostics and Treatment Considerations

1. What is the first goal of treatment in patients with muscle related TMD?

- A. Adequate Joint Mobility
 - B. Muscle Relaxation/Reducing Tension
 - C. Strengthening
 - D. Achieving no Clicking
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2. Which muscle is not important to test in strength and length for TMD?

- A. Biceps Brachii
 - B. Suboccipitals
 - C. Anterior Cervical Group
 - D. Trapezius
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3. What is an S shaped mandible depression curve indicative of?

- A. Poor Control of Muscles of Mastication
 - B. TMJ Restriction
 - C. Mandibular Nerve Compression
 - D. Articular Disc Compression
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4. Which of the following are expected outcomes of TMD treatment?

- A. Pain Reduction to Minimal
 - B. Reducing Clicking to None
 - C. Minimizing Headaches
 - D. All of the Above
-

5. What is the normal range of motion for mandibular depression?

- A. 8-12 mm
 - B. 30-40 mm
 - C. 40-60 mm
 - D. 50-70 mm
-

6. Which patient may need a referral to an oral surgeon for TMD?

- A. Mechanical Locking due to Bone Structure
 - B. Muscle Related TMD
 - C. Articular Disc Displacement
 - D. All of the Above
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7. What exercise is most helpful to improve forward head posture?

- A. Cervical Rotation
 - B. Cervical Extension
 - C. Chin Tucks
 - D. Self Massage
-

8. Which group is least likely to seek treatment for TMD?

- A. Adolescent
 - B. 70 Year Old Female
 - C. 40 Year Old Male
 - D. 20 Year Old Female
-

9. The sphenomandibular ligament prevents which direction of excess movement of the mandible?

- A. Anterior
 - B. Posterior
 - C. Lateral
 - D. Medial
-

10. Which of the following is not a strategy to reduce bruxism?

- A. Stress Management
 - B. Strength Training
 - C. Mouth Guard
 - D. Self Massage
-

11. Which exercise may be prescribed for a patient with weakness in mandibular depression?

- A. Resisted Mouth Opening
 - B. Goldfish Exercise
 - C. Resisted Mouth Closing
 - D. Lateral Deviation
-

12. Which symptom is most necessary to seek physical therapy services related to TMD?

- A. Pain
 - B. Headache
 - C. Locking
 - D. All of the Above
-

13. Which nerve root is responsible for cervical lateral flexion?

- A. C1
 - B. C2
 - C. C3
 - D. C4
-

14. What should treatment focus on initially for a patient with joint related TMD with open locking?

- A. Joint Mobility
 - B. Strength
 - C. Headache Management
 - D. Dry Needling
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15. What treatment should be given on the evaluation visit for a patient with TMD and headaches?

- A. Education and Stress Management
 - B. TMJ Manipulation
 - C. Strength Training
 - D. Instructions to Apply Ice
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16. Which muscle attaches from the mandibular condyle and disc to the sphenoid bone?

- A. Temporalis
 - B. Lateral Pterygoid
 - C. Medial Pterygoid
 - D. Masseter
-

17. Which muscle may be affected in a patient with TMD who has severe pain with posterior and lateral condyle movement?

- A. Masseter
 - B. Medial Pterygoid
 - C. Lateral Pterygoid
 - D. Temporalis
-

18. Which patient with the following conditions may benefit from trigger point dry needling the most?

- A. Joint Related TMD
 - B. Muscle Related TMD
 - C. Disc Related TMD
 - D. None of the Above
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19. Which differential diagnosis is characterized by skin color changes and disproportionate pain responses in the face?

- A. Bell's Palsy
 - B. Trigeminal Neuralgia
 - C. Cluster Headaches
 - D. CRPS
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20. What may a C curve be indicative of in patients with TMD?

- A. Hypomobility of the TMJ ipsilaterally to the deviation
 - B. Hypomobility of the TMJ opposite to the deviation
 - C. Deviation of the mandible bilaterally
 - D. Restrictions of the mandible when depressed passively
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