

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

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

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

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

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

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

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

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

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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