

## Headache History Form

Studies show that over 50% of migraine, tension, stress headaches, neck and facial pain are triggered by muscle spasms due to bite irregularities. Bite irregularities can be quickly diagnosed and treated safely and effectively by the dentist with drug free and non-invasive treatment. Completing this form may be the first step towards long term drug free headache relief.

Please take a moment to circle and fill in the answers to the questions below.

Patient Name: \_\_\_\_\_ Sex: M F Age: \_\_\_\_\_

1. I have had any headaches, neck or facial pain for approximately \_\_\_\_\_ years.

2. Number of migraine headaches per month:                    0      1-2    3-5    5+

3. Number of tension / stress headaches per month:                    0      1-2    3-5    5+

4. Number of allergy/sinus headaches per month:                    0      1-2    3-5    5+

5. My headaches are triggered by food or events: (Please list): \_\_\_\_\_  
\_\_\_\_\_

6. I take medication for pain. (prescription & over the counter):      Yes              No

    Name: \_\_\_\_\_ Frequency: \_\_\_\_\_

    Name: \_\_\_\_\_ Frequency: \_\_\_\_\_

7. I am currently being treated by another doctor for headache:      Yes              No

8. I have pain in the temples, jaws, neck or shoulders:              Never    Sometimes    Often

8. I have a sore, stiff or tight jaw upon awakening:              Never    Sometimes    Often

9. My jaws / ears make a popping or clicking noise:              Never    Sometimes    Often

10. I experience ringing / stuffiness in my ears:              Never    Sometimes    Often

11. I have pain / difficulty chewing hard foods:                    Yes              No

12. I was in an accident and suffered a whiplash injury:              Yes              No

13. I have / had difficulty opening or closing my mouth:              Yes              No

14. I have had TMJ treatment in the past:                    Yes              No

*Thank you for taking the time to share this important information.*