# Symptom checklist oral restrictions children / adolescents / adults

# Name: .....

#### Speech and voice

- Frustration with communication
- □ Inhibitions to speak □ Taciturn
- Difficulty to be understood
- □ Difficulty speaking clearly □ Difficulty speaking rapidly
- □ Hard to understand language in long sentences
- □ Stuttering □ Searches for words
- □ Difficulty with sounds, which? .....
- □ Language development delayed, when? ......
- □ Speech therapy, since/until? .....
- □ Couphing □ Clearing throat when speaking
- □ Speaking quitely □ Mumbling □ Cluttering
- □ Voice little resilient
- □ Others: .....

# Sleep

- □ Difficulty falling asleep
- $\Box$  Sleeps on  $\Box$  Belly  $\Box$  Side
- □ Overextends □ Wriggles
- □ Restless sleep □ Turns
- □ Sleep in strange positions, which? .....
- □ Plunges □ Drools □ Sweats
- □ Moves a lot at night
- □ Bedding messed
- □ Wetts □ Sleeps too short
- Easily wakes up often
- □ Can not fall asleep again
- □ Wakes up tired □ Circles under the eyes
- □ Wakes up jumpy
- □ Wakes up on the side of the foot
- □ Nightmares □ Headache
- □ Grinds □ Presses with teeth
- □ Sleeps with mouth open
- □ Snorest □ Gasps in sleep
- □ Gasps for air
- □ Stops breathing
- Others:



# Measurements according to Zaghi MD

TRMR-TIP Grade 

1

2

3

4

4 TRMR-LPS Grade 1 1 2 1 3 4 MIMD Grade □ a.>52mm □ b. □ c.<46mm







# Food and drink

Date of birth: .....

- □ Food frustration
- Difficulty with solid food
- □ Slow eater □ Smacks
- Does not finish meal
- Eats throughout the day
- □ Packs food in the cheeks
- Gets food out with finger in mouth
- □ Picky about consistency
- □ Does not chew □ Does not swallow
- Eats with mouth open
- □ Chokes □ Gags
- □ Reflux □ medicated
- □ Spits out food
- Breastfeeding problems as an infant

#### Musculature and skeleton Neck

- □ Shoulder □ In therapy
- □ Tension □ Pain
- □ Blocks where? .....
- □ Headache □ Migräne

#### Mouth

- □ Temporomandibular joint pain
- □ Crackle □ Grating □ Abrasion
- □ Lip □ Tongue-tie □ Gag reflex
- □ Foreign body sensation
- □ Open mouth posture
- □ High □ Narrow palate
- □ Cross- □ Pre- □ Open bite

# **Behavior and attention**

- □ Inattentive □ Unfocused
- □ Lethargisch □ Hyperactiv
- □ Anxious □ Behavioral
- □ Sucks thumb □ Pacifier
- □ Others: .....

#### Ear Nose Throat

□ Tonsils □ Polyps removed □ Ear tubes □ Mouth breathing

Anything else you want to share with us:

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