

Healthcare Provider Instructions

Indications

1. Clenching and overuse of jaw and neck muscles and associated tension headaches.
2. Mild cases of whiplash, headache and/or concussion from a motor-vehicle crash, sports-related injury, or work-related injury.
3. Blow to the jaw, chin lacerations, or slip-and-fall accidents.
4. Flare-ups of existing head, neck or TMJ musculoskeletal disorders.
5. Accidental or prolonged stretching of the temporomandibular joints (TMJ), ligaments and/or muscles of mastication caused by events such as biting into something hard or large, yawning, or from procedures such as intubation, general anesthesia, or extensive dental procedures.

First Appointment

Step 1: Initial Evaluation

Review the [Jaw Pain Questionnaire](#) with your patient. If this is a telehealth consult, instruct your patient to perform an initial examination that you observe. This should take 2-3 minutes.

- Jaw range of motion (1 finger to 3 fingers)
- Neck range of motion on both sides, forward and back
- Jaw joint sounds
- Jaw joint and muscle tenderness

If none of the exclusionary symptoms listed are present, the Speed2Treat Home Healing Kit treatment is appropriate for acute cases of head, neck and jaw injury or flare-ups of existing jaw-pain conditions and tension headaches. Instruct the patient to order the Kit at www.QuickSplint.com for delivery to the patient's home via USPS, UPS or FedEx, unless they can pick it up in your office. They can use the discount code "MyProvider" for free shipping. Check out the "Provider Recommendation for Patient" letter you can download and print or email to your patient.

Exclusionary Criteria

- Presence of infection or cellulitis with redness, swelling, tenderness
- Pericoronitis to partially impacted teeth
- Signs of fracture
- Bleeding and bruising in tissues
- Open wounds or lesions in mouth or on lips
- Open jaw-locking (with shifting of jaw to the side to close it)
- Closed jaw-locking (catching of jaw due to disk displacement)



Step 2: Discuss the Patient Education on Self-Care Measures

Your patient will receive an email providing access to Online Resources (20+ educational videos), and a 4-Week Care Plan with step-by-step printed instructions of self-care measures that may be helpful in easing symptoms and reducing risk factors for chronic pain.



IMPORTANT: Direct the patient to discontinue use of QuickSplint if pain worsens and contact you for evaluation. Advise the patient that QuickSplint should not be worn on a long-term basis due to the risk of super-eruption of the posterior teeth (open bite).

Second Appointment

Patient assessment in 7 to 14 days

If the patient's pain resolves prior to this follow-up, they do not need further examination unless grind marks are present on the surface of the **QuickSplint**. If present, they can discuss the results with you or their dental provider.

If the patient's pain levels fluctuate, be supportive and encourage the patient to continue self-care measures and continue to use **QuickSplint** for an additional 3 weeks. Remind the patient that a normal recovery period can be 4+ weeks.

- Is patient performing the self-care measures? (Do they need clarification on exercises or other aspects?)
- Is patient wearing the QuickSplint at night? (Document whether patient is tolerant of the QuickSplint, or has concerns, forgot to wear, etc.)
- Is the patient struggling with anxiety, lifestyle stress or other issues?

Schedule a follow up appointment at Week 4 based on your determination of need.

NOTE: If the patient's pain and/or dysfunction is worse or has not improved from the baseline, the patient should be evaluated by a specialist. This guidance is indicated for the patient in their Home Healing Kit.

Third Appointment

Patient assessment at 4 weeks

If the patient's pain resolves prior to this follow-up, they do not need further examination unless grind marks are present on the surface of the **QuickSplint**. If present, they can discuss the results with you or their dental provider.

1. Discuss patient's self-reported progress in the **PainTracker**

- › Is patient performing the self-care measures? (Document which measures provided benefit to patient)
- › Is patient wearing the QuickSplint at night? (What is the patient's experience, are there grind marks on the surface of the QuickSplint?)
- › Is the patient still struggling with anxiety, lifestyle stress or other issues?

2. Ask the patient to examine and report on the QuickSplint for clenching or grinding marks. Experience shows that patients (without significant prior history) who enter this model of care will improve within four weeks.
3. The results will be stratified into one of four groups:
 - a. Symptom resolution without need for further treatment.
 - b. Symptom resolution with signs of simple parafunction (brux or clenching), which merits ongoing protection (splint therapy) to prevent irreversible damage to hard-dental structures. Recommend patient evaluation by a dentist.
 - c. Resolution of symptoms but signs of pathologic parafunction and/or continued symptoms. Depending on your level of training, you or a specialist should direct appropriate imaging, physical medicine, long-term splint therapy, and/or supportive care.
 - d. Non-resolution of pain symptoms, with need for further examination (problem more chronic than a sprain/strain, such as a chronic pain condition or acute fracture or infection). These patients should be referred to a specialist for care that might include imaging, medication and/or integrative care.

Referrals

If you are a generalist healthcare provider and would like assistance in finding the right provider for a delayed recovery or persistent pain patient, we recommend that you go to the Provider Directory at QuickSplint.com/Providers.

This feature is designed to help you and your patient find an appropriate provider in your area. This is a convenient way to identify dentists who provide splint therapy and to compare options and to identify orofacial pain specialists who treat complex cases and can help determine a next step in the differential diagnosis.

Download the Jaw Pain Questionnaire, the Pain Tracker and Patient Recommendation forms at [QuickSplint.com/Resources](https://www.QuickSplint.com/Resources)

Contact us with questions:

Care@Speed2Treat.com

858-252-2264

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