



Discovery Checklist

Please check any/all that apply. It is incredibly important to **FULLY COMPLETE** this paperwork **LEGIBLY**, so allow me to best serve you.

Name: _____
 Today's Date: _____
 DOB: _____
 Age: _____
 Were you referred by someone? _____
 Would you like us to communicate with your doctor? Yes / No
 Dr. Name: _____
 Dr. Email: _____
 Where do you live? This helps us know if we have a provider / partner in your area. _____

Infancy/Early Childhood

- Difficulty nursing or used a nipple shield
- Fall asleep while nursing or need to nurse frequently
- Bottle-fed more than 50% of the time
- Had trouble with (or medicated for) reflux
- Colic symptoms or crying a lot, and unhappy
- Spit up often
- Gassy
- Messy feeding
- Chronic congestion
- Gagging/choking/coughing when eating
- Noisy / mouth breathing
- Multiple ear infections
- Tubes placed
- Difficulty transitioning to solid foods
- Other: _____

Airway / Breathing Concerns

- Asthma or any other breathing condition

- Allergies
- Dry, chapped lips
- Chronic congestion, unmedicated
- Chronic congestion, medicated
- Deviated septum
- Nasal surgery completed, details

- Nasal surgery recommended, details

- Tonsils removed
- Adenoid removed
- Tonsils enlarged
- Estimated % of **daytime** NASAL breathing? _____
- Estimated % of **nighttime** NASAL breathing? _____
- Trouble catching breath
- Over breathing/sighing
- Other: _____

Oral Resting Posture

- Full tongue rests on the roof of the mouth
- Full tongue rests in the middle of the mouth
- Full tongue rests on the floor of the mouth
- The tongue pushes on teeth
- Resting mouth posture is mouth closed with lips completely sealed
- Resting mouth posture is mouth closed with lips **MOSTLY** sealed
- Resting mouth posture is mouth open and lips open
- The lips are unable to close
- Other: _____

Digestive / Eating Behaviors / Chewing / Swallowing

- Frequent digestive issues
- Reflux: unmedicated
- Reflux: medicated
- Bloating
- Burping
- Hiccupping
- Gas
- Constipation
- Slow, adequate chewing on **BOTH** sides of the mouth
- Poor, quick chewing or chewing on one side of the mouth
- Slow eating behaviors because eating is a chore
- Rapid eating behaviors because I'm in a hurry to swallow
- Tongue thrusts forward during swallowing
- The back of the tongue doesn't lift during swallowing
- Difficulty with breathing while eating
- Open mouth chewing
- Use of liquids to swallow
- Difficulty swallowing pills
- Strong gag reflex
- Picky with textures
- Choking
- Prefer soft/easy to chew foods
- Eustachian tube concerns?
- Other: _____

Tongue-Tie History

- Lingual frenectomy as a baby
- Family members with tongue-ties
- Tongue-tie previously diagnosed by

- Labial / buccal tie suspected
- Previous frenectomy? When?

- Previous myofunctional therapy? When?

Sucking/ Toxic Oral Habits

- Thumb/finger sucking
- Prolonged pacifier use
- Another habit:

Dental / Orthodontic History

- For children under 18, age of first orthodontic exam?

- Previous orthodontic treatment, when?

- Experiencing orthodontic relapse
- Previous cervical headgear
- Previous expansion completed, when?

- Expansion recommended
- High, narrow palate
- Dental crowding
- Permanent teeth extracted (other than wisdom teeth)
- Wisdom teeth extracted
- Using an oral appliance:
 - Tongue crib or past habit corrector
 - Past jaw surgery, when?

- Recommended jaw surgery

- High decay rate
- Can't reach the back molars with the tip of the tongue
- Small, recessed jaw

Speech

- History of speech therapy
- Trouble with certain sounds, what?

- Difficulty speaking fast
- Speech delay
- Stuttering / mumbling
- Trouble projecting voice

TMJ / TMD

- TMJ treatment past
- TMJ treatment current
- Very strong pain
- Intense, throbbing
- Moderate pain
- Mild pain
- Paresthesia
- Numbness
- Tingling
- Burning
- Acute inflammation (less than 2 weeks)
- Chronic inflammation (longterm, ongoing)
- Sharp and localized pain
- Pain on movement
- Pain reduced with rest
- Dull ache
- Diffuse (spread out) pain/ache
- Stiffness
- Deep ache, often at rest
- Inconsistent, variable pain
- Tenderness of the skin in area of pain

- "Knife-like" pain symptoms

Sleep

- Quiet sleeping at night with mouth closed, lips sealed
- Occasional snoring
- Frequent, snoring/loud breathing > 3 nights per week
- Loud snoring can be heard through a wall or door
- Has anyone ever reported that you occasionally gasp or stop breathing?
- Sleep in strange positions
- Wakes easily or often
- Prolonged bedwetting
- Wakes tired and not refreshed
- Restless sleeping
- Tooth grinding/clenching
- Grinding appliance
- Sleeps with mouth open
- Sleep apnea test taken, when?

- Previous sleep-disordered breathing diagnosed, when and what?

- Fatigue/daytime drowsiness
- Snoring appliance
- Frequent urination
- Night terrors
- Night sweats
- Wakes with headache
- Mouth taping at night?
- Sleep aid/CBD/melatonin at night?
- Are you male with a collar size > 17 inches?
- Are you female with a collar size > 16 inches?
- BMI greater than 30
- Being treated for hypertension
- Being treated for diabetes
- Being treated for heart disease
- Being treated for Alzheimer's/ dementia
- Being treated for anxiety
- Being treated for depression
- Being treated for chronic pain

Behavior Challenges / Stress

- Sensory processing
- Oppositional defiance
- Hyperactivity / Inattention
- Average stress level in last month (10 high, 1 low)

- Other:

Head / Neck / Tension (Adults)

- Frequent headaches
- Jaw / facial pain / tension
- Clenching / grinding
- Neck tension / pain
- Shoulder tension
- Forward head posture
- Slouching

Medical Conditions & Medications

Who Else is On Your Healthcare Team? (Chiro, massage therapist, physical therapist, myofascial release, etc)

Any Additional Information