**HELKIMO INDEX**

**Jaw mobility**
A) maximal opening of the mouth (vertical incisal edge difference + overbite)
B) maximal laterotrusion to the left
C) maximal laterotrusion to the right
D) maximal protrusion

**Sum of A + B + C + D** → mobility index according to code
- code: 0 points = mobility index 0 = normal range of movement
- 1 – 4 points = mobility index 1 = slightly impaired movement
- 5 – 20 points = mobility index 5 = severely impaired movement

**Sum of A + B + C + D + E**
dysfunction group 0 – 5 according to code

**Clinical dysfunction index D, according to code**
- code: 0 points = dysfunction group 0 = absence of clinical symptoms = D, 0
- 1 – 4 points = dysfunction group 1 = minor dysfunction = D, I
- 5 – 9 points = dysfunction group 2 = moderate dysfunction = D, II
- 10 – 13 points = dysfunction group 3 = severe dysfunction = D, III
- 15 – 17 points = dysfunction group 4 = severe dysfunction = D, III
- 20 – 25 points = dysfunction group 5 = severe dysfunction = D, III

**Symptoms of temporomandibular joint (TMJ) dysfunction**
1. Impaired mobility
2. Altered function
3. Painful function
4. Muscle pain
5. TMJ pain
Impaired mobility

Vertically

<table>
<thead>
<tr>
<th>IED:</th>
<th></th>
<th>Horizontally</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 – 39 mm</td>
<td>slightly impaired movement</td>
<td>4 – 6 mm</td>
</tr>
<tr>
<td>≤ 29 mm</td>
<td>severely impaired movement</td>
<td>≤ 3 mm</td>
</tr>
<tr>
<td>≥ 40 mm</td>
<td>normal range of movement</td>
<td>≥ 7 mm</td>
</tr>
</tbody>
</table>

Altered function

1) unilateral or bilateral clicking/friction laterotrusion (opening/closing of the jaws) ≥ 2 mm = slightly impaired function
2) luxation/locking during movement = severely impaired function (smooth movement, no sound / laterotrusion < 2 mm = normal function)

Painful function

1. Pain associated with one movement = minor disorder
2. Pain associated with two or more movements = severe disorder (painless movement = normal function)

Muscle pain

1. Sensitivity to pressure in 1 – 3 places = minor disorder
2. Sensitivity to pressure in 4 or more places = severe disorder (no sensitivity to pressure = no disorder)

TMJ pain

1. Sensitivity to lateral pressure = minor disorder
2. Sensitivity to posterior pressure = severe disorder (no sensitivity to pressure = no disorder)

HELKIMO, M. (1979)