



AIRWAY HEALTH &
TONGUE TIE CENTER
OF OKLAHOMA

CHILD / ADULT TONGUE RESTRICTION QUESTIONNAIRE (TRQ)

Please check any issues that apply to help us determine if a tongue restriction may be present

- Frustration with communication
- Trouble with speech sounds, hard to understand, or mumbling
- Speech delay
- Slow eater or trouble finishing a meal
- Choking or gagging on liquids or foods
- Spitting out food or packing food in cheeks
- Crooked, crowded teeth, or high arched palate
- Thumb or finger sucking or prolonged pacifier use
- Restless sleep (kicking or moving while asleep)
- Grinds teeth at night
- Picky eater, especially with textures (e.g. meat, mashed potatoes)
- Sleeps with mouth open
- Jaw joints (TMJ) issues (popping, clicking, or pain)
- Snores (quiet or loud)
- Frequent headaches or neck pain
- Mouth breathing during the day
- Enlarged tonsils and/or adenoids
- Recurrent ear infections
- Hyperactivity or inattention
- Frequent sinus issues/upper respiratory infections

To Be Completed by Healthcare Provider:

Tongue Elevation Exam: Grade 1(>80%) / Grade 2(50-80%) / Grade 3(<50%) /
Grade 4(<25%)

Referral Recommended: YES / NO / MAYBE