



AIRWAY HEALTH &  
TONGUE TIE CENTER  
OF OKLAHOMA

## INFANT TONGUE RESTRICTION QUESTIONNAIRE (TRQ)

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

- Excessive gassiness or fussiness as a baby
- Painful nursing or shallow latch
- Difficulty bottle-feeding
- Prolonged feeding time at the breast or on a bottle
- Slow or poor weight gain
- Clicking or smacking noise when eating
- Reflux or spitting up often
- Milk dribbling out of the mouth when eating

**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