

LINGUAL FRENULUM WOUND HEALING ASSESSMENT SCALE

Authors: Soroush Zaghi, Leyli Norouz-Knutsen, Chad Knutsen, Lesley Kupiec, Loria Nahatis, Richard Baxter

WHIMS - Wound Healing Integration + Maturation Scale

1. WOUND THICKNESS



1-3 mm

THIN (SCORE: 2)

Represents minimal tissue disruption, closely resembling normal healing patterns.



3-5 mm

MILD/MODERATE (SCORE: 1)

Indicates moderate tissue involvement, warranting closer observation. Suggesting a moderate-sized wound.

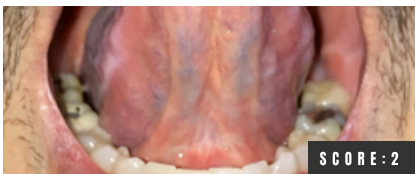


>5 mm

THICK (SCORE: 0)

Indicating a larger wound size with extensive tissue involvement. This thickness suggests a potential for complicated healing processes.

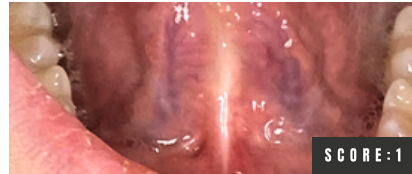
2. COLOR DISCREPANCY



SCORE: 2

WELL INTEGRATED / MATCHING

Not noticeable / slight color discrepancy between the wound and surrounding tissue, signifying excellent tissue integration.



SCORE: 1

INTEGRATING / MILD TO MODERATE

Mild to moderate color discrepancy with some signs of visible integration.

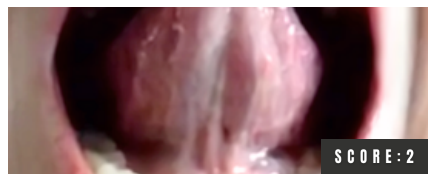


SCORE: 0

DISTINCT COLOR DISCREPANCY

Wound appears distinctly white or discolored, contrasts sharply with surrounding tissue.

3. WOUND TEXTURE



SCORE: 2

SMOOTH / WELL INTEGRATED

Texture is flat and smooth, closely, seamlessly resembling surrounding tissue.



SCORE: 1

SLIGHTLY RAISED

Slightly raised / Irregular, but beginning to blend with adjacent tissue.

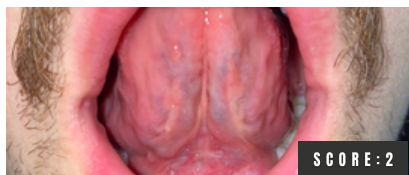


SCORE: 0

NOTICEABLY ROUGH / IRREGULAR

Noticeably raised, rough, with irregular contours, noticeably different from the surrounding tissue.

4. WOUND TIGHTNESS + CONTRACTION



SCORE: 2

FLEXIBLE / GOOD

The wound is smooth and flexible, similar to adjacent tissue, indicating a relaxed and well-healed tissue.



SCORE: 1

MILD TO MODERATE TENSION

Mild to moderate tension observed, indicating ongoing healing but reduced flexibility with some wound constriction.



SCORE: 0

TIGHT / CONTRACTED

Palpable tension, thicker scar tissue present, tissue feels and appears tight, significantly less flexible than surrounding tissue.

5. MOBILITY



NORMAL MOBILITY

Functional tongue mobility without significant limitations or compensation. (Grade 1-2 TRMR)

SCORE: 2



SCORE: 1

COMPENSATED MOBILITY

Limited tongue mobility in the presence of functional compensations and adaptations (Grade 3 compensating to Grade 2 TRMR or with + FOM Hold / DDT)



RESTRICTED MOBILITY

Tongue mobility is restricted significantly without assessing for compensations (Grade 3/4 TRMR)

SCORE: 0

OVERALL GRADING SCALE (0-10)

0-2	Severely Impaired Healing: Indicates critical concerns in almost all aspects of wound healing.
3-4	Significantly Impaired Healing: Shows significant issues in multiple aspects of wound healing.
5-6	Moderately Impaired Healing: Suggests moderate healing challenges.
7-8	Good Healing Progress: Indicates generally good healing with some minor issues.
9-10	Excellent Healing: Reflects optimal wound healing across all categories. Indicates effective treatment and recovery.