

Arthritis Pain Tracker

Comprehensive 6-page arthritis tracking template — joint pain, morning stiffness, swelling, mobility, disease activity, medication response, and rheumatology-ready summaries.

Name: _____

Date Range:

Pain Scale Reference (0–10 NRS)



Pain & Morning Stiffness Log

AM stiffness > 30 min suggests inflammatory arthritis (RA). Track exact duration every morning — this is a key diagnostic indicator.

Joint-by-Joint Tracking

Rate pain 0-10 for each affected joint. Mark S for swelling, W for warmth. Leave blank if not affected.

Disease Activity Assessment

Track these weekly — they mirror the components rheumatologists use to calculate disease activity scores (DAS28).

| Week | Tender Joint Count | Swollen Joint Count | Patient Global (0-10) | AM Stiff Avg (min) | Fatigue (0-10) | CRP/ESR (if known) |
|------|--------------------|---------------------|-----------------------|--------------------|----------------|--------------------|
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Flare Documentation

Document each flare episode. Flare patterns help your rheumatologist adjust treatment.

| Date | Flare Start | Peak Pain | Duration | Joints Involved | Trigger? | Treatment Used |
|------|-------------|-----------|----------|-----------------|----------|----------------|
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Functional Impact

| Date | Grip Strength | Stairs | Buttons / Zippers | Jar Opening | Walking | Writing / Typing |
|------|---------------|--------|-------------------|-------------|---------|------------------|
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Trigger & Environmental Tracking

Check factors present each day. Weather, activity, and stress are common arthritis triggers.

| Factor | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|
| Cold / damp weather | | | | | | | |
| Barometric pressure drop | | | | | | | |
| Over-use of joints | | | | | | | |
| Under-activity / stiffness | | | | | | | |
| High stress | | | | | | | |
| Poor sleep | | | | | | | |
| Illness / infection | | | | | | | |
| Dietary factor: _____ | | | | | | | |

Observations & Patterns

Medication & Treatment Log

Track DMARDs, biologics, NSAIDs, and corticosteroids separately. Note injection dates for biologics. Rheumatologists need precise dosing timelines.

Non-Medication Treatments

Track joint protection techniques, paraffin wax baths, compression gloves, splints, OT exercises, and cold/heat therapy for specific joints.

Treatment Effectiveness Summary

Rate each treatment weekly. For DMARDs/biologics, track over 8-12 weeks. Note which joints respond and which do not.

Functional Impact Assessment

Rate each activity: 0 = Unable, 5 = Significant difficulty, 10 = Full capacity. Track daily or on representative days.

| Activity | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------------------------|-----|-----|-----|-----|-----|-----|-----|
| Hand grip / fine motor | | | | | | | |
| Walking distance | | | | | | | |
| Stair climbing | | | | | | | |
| Reaching / overhead | | | | | | | |
| Dressing (buttons, zippers) | | | | | | | |
| Opening jars / containers | | | | | | | |
| Writing / typing | | | | | | | |
| Standing from chair | | | | | | | |
| Carrying objects | | | | | | | |
| Exercise tolerance | | | | | | | |

Self-Care & Daily Living

Mark: Y = Independent ~ = Modified / used aids X = Unable H = Needed help from another person.

| Activity | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|
| Turning door handles/taps | | | | | | | |
| Buttoning/zipping clothes | | | | | | | |
| Cutting food / cooking | | | | | | | |
| Wringing cloths / cleaning | | | | | | | |
| Carrying shopping bags | | | | | | | |
| Turning steering wheel | | | | | | | |
| Sleep (joint positioning) | | | | | | | |

Joint Protection Strategies & Adaptive Equipment Used

Weekly Summary — Arthritis

Complete at end of each week. Bring to appointments. This page tells your doctor how the week went.

Week of: _____

Average Pain Level (0-10): _____

Worst Day (date + level): _____

Best Day (date + level): _____

Flare Days This Week: _____

Sleep Quality Average (1-5): _____

Avg morning stiffness (min): _____

Tender joint count: _____

Swollen joint count: _____

Pattern Observations

Worst joints this week: _____

New joints affected or resolved: _____

Weather/barometric correlation noticed: _____

Stiffness pattern (morning vs. throughout day): _____

Questions for Next Appointment

1. _____

2. _____

3. _____

4. _____

5. _____

Joint-Specific Changes & Rheumatology Questions
