

Arthritis Pain Tracker

Track joint pain, stiffness, swelling, and mobility. For RA, OA, and psoriatic arthritis.

Name: _____

Date Range: _____

Pain Scale Reference (0–10 NRS)



Joint Pain & Stiffness Log

Track morning stiffness duration (minutes) and affected joints. Note swelling (S) and warmth (W).

Joint-by-Joint Tracking

Rate pain 0–10 for each affected joint. Leave blank if not affected.

Functional Impact

Date	Grip Strength	Stairs	Buttons/Zippers	Jar Opening	Walking	Writing

Medication Response & Doctor Notes