

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)

0

1

2

3

4

5

6

7

8

9

10

0 = No Pain5 = Moderate10 = Worst Possible

Joint Pain & Stiffness Log

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

Date	AM Stiffness (min)	Pain (0-10)	Joints Affected	Swelling?	Warmth?	Function

Joint-by-Joint Tracking

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

Date	Hands	Wrists	Elbows	Shoulders	Knees	Ankles	Feet

Functional Impact

Date	Grip Strength	Stairs	Buttons/Zippers	Jar Opening	Walking	Writing

Medication Response & Doctor Notes