

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)

0

1

2

3

4

5

6

7

8

9

10

0 = No Pain5 = Moderate10 = Worst Possible

Pain & Morning Stiffness Log

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

Date	AM Stiffness (min)	Overall Pain (0-10)	Joints Affected (count)	Swelling? (Y/N)	Warmth? (Y/N)	Function (0-10)

Joint-by-Joint Tracking

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

Date	Hands / Fingers	Wrists	Elbows	Shoulders	Knees	Ankles	Feet / Toes

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)

Flare Documentation

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

Date	Flare Start	Peak Pain	Duration	Joints Involved	Trigger?	Treatment Used

Functional Impact

Date	Grip Strength	Stairs	Buttons / Zippers	Jar Opening	Walking	Writing / Typing

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.

Date	Medication / Treatment	Dose	Time Taken	Relief (0-10)	Duration of Relief	Side Effects

Non-Medication Treatments

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

Date	Treatment Type	Duration (min)	Pain Before (0-10)	Pain After (0-10)	Helpful? (Y/N)	Notes

Treatment Effectiveness Summary

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

Treatment	Week 1	Week 2	Week 3	Week 4	Continue? (Y/N)	Notes

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/zippering 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

