

OA Flare & Symptom Tracker

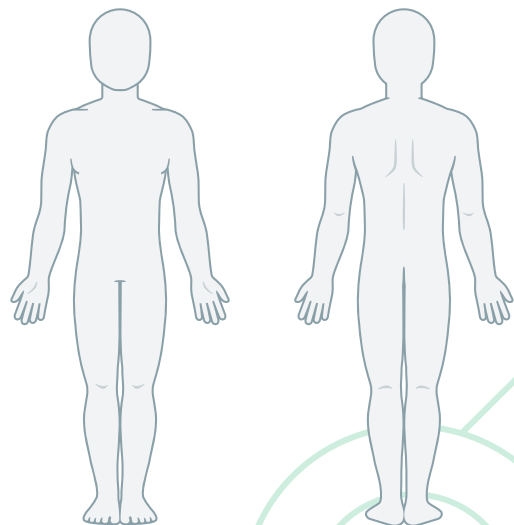
An osteoarthritis (OA) flare is when your symptoms get worse, like more pain, inflammation, stiffness or feeling very tired. Certain activities can even trigger flares. Writing down your symptoms and daily activities can help you notice patterns. Bring this with you to doctor visits and other health care appointments to help explain how you're feeling and use it to be better prepared for future flares.

Flare Onset Date: _____

Mark All Painful Areas With an X:

Duration: _____

Possible Cause(s): _____



Most Painful Joint/Area: _____

Pain Level:

NO PAIN 1 2 3 4 5 6 7 8 9 10 WORST POSSIBLE PAIN

What Activities Increase Pain? _____

Mobility/Function Level:

NO LIMITATIONS 1 2 3 4 5 6 7 8 9 10 WORST LIMITATIONS

What Activities Are Impacted? _____

Fatigue Level:

NO FATIGUE 1 2 3 4 5 6 7 8 9 10 WORST FATIGUE

Other Symptoms: _____

Changes Since Your Last Visit (Check All That Apply):

☐ Missed Medication

☐ Medication Change

☐ Change in Activities

☐ Infection or Illness

☐ Mental Health Change

☐ Other, explain: _____

Nutritional Health:

VERY HEALTHY 1 2 3 4 5 6 7 8 9 10 NOT HEALTHY

Exercise Routine:

EXERCISE MOST DAYS 1 2 3 4 5 6 7 8 9 10 NO EXERCISE

Sleep Quality:

VERY RESTFUL 1 2 3 4 5 6 7 8 9 10 VERY POOR

Stress Level:

NO STRESS 1 2 3 4 5 6 7 8 9 10 HIGH STRESS

List Any Additional Symptoms, Concerns or Questions You May Have for Your Healthcare Provider(s):
