

Tennis Elbow Symptom & Flare Checklist

Use this checklist to track symptoms, possible triggers, medications, and when to contact your rheumatologist.

✓ Symptoms (check all that apply)

- Pain on the outside of the elbow
- Pain radiating into the forearm
- Tenderness over the outer elbow
- Pain with gripping objects
- Pain with lifting items
- Pain with twisting motions such as opening jars or turning handles
- Pain with wrist extension
- Weak grip strength
- Stiffness in the elbow or forearm
- Pain that worsens with repetitive hand or wrist use
- Difficulty holding a cup, pen, phone, or tools
- Pain when shaking hands
- Pain that affects work, sports, or household activity
- Pain that disturbs sleep
- Swelling near the elbow
- Redness or warmth near the area
- Numbness or tingling in the forearm, hand, or fingers
- Reduced arm function
- Sudden severe increase in pain
- Other: _____

✓ Possible Triggers (past 24–72 hours)

- Repetitive gripping or wrist motion
- Heavy lifting or overuse
- Racquet sports or gym activity
- Repetitive work using tools, mouse, or keyboard
- Recent strain or sudden arm injury
- Poor sleep / high stress
- Recent medication change

- Missed pain-relief medication
- Repeated household tasks
- Other: _____

✓ Current Medications

Medications taken for symptoms (today/this flare):

Dose and time taken:

Long-term medication(s) (if any):

Last dose taken (date/time):

When to Call Your Rheumatologist (or seek urgent care)

- Rapid worsening of elbow pain or swelling
- Severe pain making it hard to use the arm
- Unable to move the elbow or arm normally
- New swelling, discoloration, redness, or heat around the elbow
- Numbness, tingling, or weakness in the hand or fingers
- Fever with worsening local symptoms or concern for infection
- Pain becoming more frequent, more severe, or affecting sleep or daily function
- Side effects from medications (rash, shortness of breath, severe GI symptoms)
- No improvement despite rest and basic home care
- Questions about medication safety, bracing, injections, therapy, or activity limits
- Sudden major loss of grip strength or arm function

Contact Information

Rheumatology Care Associates

Phone: [Call \(352\) 717-0603](tel:3527170603)

Contact / Request Appointment: [Contact Us](#)

Address: 2611 S US Hwy 27, Clermont, FL 34711

Website: [rheumatologycareassociates.com](https://www.rheumatologycareassociates.com)

Book Appointment: [Schedule Online](#)

Quick Action Plan

During a symptom flare:

1. Take your prescribed symptom-relief medication exactly as directed by your clinician.
2. Rest the affected arm and avoid repeated gripping, lifting, or wrist-extension activities.
3. Use ice or supportive care if recommended by your clinician.
4. Consider a brace or strap if your clinician has advised one.
5. Keep track of pain level, grip strength, swelling, and trigger activities.
6. Stay hydrated and prioritize sleep and recovery.
7. Contact your rheumatologist promptly if pain, swelling, weakness, or function worsens.
8. Seek urgent care for severe swelling, fever, numbness, or sudden loss of arm function.

Prevention tips:

- Take long-term medication consistently as prescribed.
- Keep a simple flare log (date, pain level, activity triggers, grip difficulty, swelling).
- Pace repetitive hand and wrist activity and avoid overuse during active flares.
- Use proper technique, ergonomic support, and bracing when advised.
- Report new weakness, numbness, redness, or persistent swelling early.
- Keep regular follow-ups and review medication side effects with your specialist.

Need Help?

Emergency / urgent concerns:

Call now: [\(352\) 717-0603](tel:(352)717-0603)

Request appointment: [Contact Form](#)

Visit website:

[rheumatologycareassociates.com](https://www.rheumatologycareassociates.com)

© 2026 Rheumatology Care Associates

For educational purposes only. This does not replace professional medical advice. Always consult your healthcare provider for diagnosis and treatment.

Learn more about Tennis Elbow: [Visit our Tennis Elbow Guide](#)

How to Use This Checklist

1. Print this checklist or keep it on your phone.
2. During a flare, check symptoms and possible triggers.
3. Record medications and timing to help monitor treatment response.
4. Bring it to appointments so your rheumatologist can track patterns over time.
5. Call immediately for severe swelling, fever, numbness, major weakness, or rapidly worsening pain.