

Ankylosing Spondylitis (AS) Symptom & Flare Checklist

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

✓ Symptoms (check all that apply)

- Lower back pain
 - Buttock pain (one side or both sides)
 - Hip pain or stiffness
 - Morning stiffness (lasting 30+ minutes)
 - Pain that improves with movement/exercise
 - Pain worse after rest or inactivity
 - Night pain that wakes you up
 - Neck pain or stiffness
 - Rib/chest wall pain or pain with deep breathing
 - Heel pain / Achilles pain / plantar fascia pain
 - Shoulder pain
 - Knee, ankle, or other joint swelling/pain
 - Extreme fatigue or feeling unwell
 - Eye symptoms (red, painful eye, light sensitivity, blurred vision)
 - Stomach pain, diarrhea, or bowel symptoms
 - Skin rash / psoriasis flare
 - Fever or flu-like worsening during flare
 - Numbness, weakness, or unusual nerve-like pain
 - Other: _____
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✓ Possible Triggers (past 24–72 hours)

- Missed doses of AS medication
- Recent infection (cold, flu, skin infection, dental infection)
- High stress / poor sleep
- Long sitting / travel / inactivity

- Recent injury, strain, or overuse
 - Heavy physical activity
 - Weather change
 - New medication or dose change
 - Smoking / vaping exposure
 - Alcohol intake
 - Other: _____
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✓ Current Medications

Medications taken for symptoms (today/this flare):

Dose and time taken:

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

Last dose taken (date/time):

When to Call Your Rheumatologist (or seek urgent care)

- Severe pain/stiffness not improving after 24–48 hours with your plan
 - New or worsening eye symptoms (red/painful eye, light sensitivity, vision changes)
 - Trouble breathing or chest pain with breathing
 - Unable to stand upright, walk normally, or move due to severe pain
 - New numbness, weakness, balance problems, or severe nerve-like pain
 - Fever with significant worsening symptoms or concern for infection
 - Rapid increase in joint swelling, warmth, or redness
 - New bowel symptoms with severe abdominal pain or persistent diarrhea
 - Side effects from medications (rash, shortness of breath, severe GI symptoms)
 - Flares becoming more frequent, lasting longer, or involving more areas
 - Questions about medication safety, pregnancy planning, infections, or vaccines
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Contact Information

Rheumatology Care Associates

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

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

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

Website: 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. Keep moving gently if able; short walks, stretching, or light mobility may help stiffness.
3. Avoid heavy lifting, high-impact activity, or anything that clearly worsens pain.
4. Use heat for stiffness or ice for more localized pain if that helps.
5. Prioritize sleep, hydration, and stress reduction.
6. Note whether symptoms are worse after rest and whether movement improves them.
7. Watch closely for eye symptoms, chest tightness, bowel symptoms, or nerve symptoms.
8. Contact your rheumatologist if symptoms worsen or red-flag items are present.

Prevention tips:

- Take long-term AS medication consistently as prescribed.
 - Keep a simple flare log (date, back pain severity, morning stiffness duration, affected areas, possible triggers).
 - Avoid long periods of inactivity; change position and stretch regularly.
 - Maintain steady low-impact activity and posture/mobility work.
 - Reduce smoking exposure and moderate alcohol intake.
 - Keep regular follow-ups and report eye, bowel, skin, or chest symptoms promptly.
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Need Help?

Emergency / urgent concerns:

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

Request appointment:

[Contact Form](#)

Visit website:

rheumatologycareassociates.com

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

Learn more about Ankylosing Spondylitis: [Visit our AS 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 track relief and safety.
4. Bring it to appointments so your rheumatologist can monitor patterns and treatment response.
5. Call immediately for eye symptoms, breathing-related chest pain, neurologic symptoms, fever with worsening symptoms, or severe decline in mobility.