

Osteoarthritis (OA) Symptom & Flare Checklist

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

✓ Symptoms (check all that apply)

- Joint pain (knees, hips, hands, spine, feet, shoulders, other)
 - Pain during or after movement
 - Stiffness after rest or inactivity
 - Morning stiffness (usually short-lasting)
 - Swelling around a joint
 - Warmth or tenderness near a joint
 - Reduced range of motion
 - Grinding, cracking, or popping with movement
 - Joint feels weak, loose, or unstable
 - Trouble walking, climbing stairs, gripping, or standing up
 - Pain worse later in the day
 - Fatigue due to pain or poor sleep
 - Sleep disruption from joint discomfort
 - Joint looks enlarged or more knobby than usual
 - Other: _____
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✓ Possible Triggers (past 24–72 hours)

- Increased activity / overuse
- Repetitive motion
- Recent injury, strain, or fall
- Heavy lifting
- Long periods on your feet
- Weather change
- Stress / poor sleep
- Weight gain or extra joint strain

- New medication or dose change
 - Other: _____
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✓ Current Medications

Medications taken for symptoms (today/this flare):

Dose and time taken:

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

Last dose taken (date/time):

When to Call Your Rheumatologist (or seek urgent care)

- Severe joint pain/swelling not improving after 24–48 hours with your plan
 - Hot, very swollen joint with fever
 - Unable to bear weight or move the joint normally
 - Sudden major loss of function after a twist, fall, or injury
 - New numbness, weakness, or severe nerve-like pain
 - Significant locking, buckling, or instability
 - Side effects from medications (rash, shortness of breath, severe GI symptoms)
 - Symptoms becoming more frequent, more severe, or limiting daily activity significantly
 - Questions about medication safety, pregnancy planning, infections, or vaccines
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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

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. Reduce aggravating activity and avoid heavy joint loading.
3. Use ice or heat based on what helps you most.
4. Rest the joint briefly, but avoid staying completely inactive for too long.
5. Use supportive shoes, braces, or assistive devices if already recommended.
6. Track what activity or movement seemed to trigger the flare.
7. Contact your rheumatologist if symptoms worsen or red-flag items are present.

Prevention tips:

- Keep a simple flare log (date, joint involved, activity before flare, stiffness duration, pain level).
 - Maintain regular low-impact movement and strengthening as tolerated.
 - Pace repetitive tasks and use joint protection strategies.
 - Maintain a healthy weight to reduce stress on weight-bearing joints.
 - Use supportive footwear and ergonomic tools when needed.
 - Keep regular follow-ups and discuss worsening function early.
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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 Osteoarthritis: [Visit our OA 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 identify what improves pain and stiffness.
4. Bring it to appointments so your rheumatologist can track patterns and treatment response.
5. Call immediately for fever with a hot swollen joint, inability to bear weight, or sudden major worsening after injury.