

# Shoulder Pain Symptom & Flare Checklist

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

## ✓ Symptoms (check all that apply)

- Pain in the front, side, or back of the shoulder
- Pain with lifting the arm
- Pain with reaching overhead
- Pain with reaching behind the back
- Stiffness or reduced range of motion
- Shoulder weakness
- Pain when carrying objects
- Pain that worsens with activity
- Night pain or pain that disturbs sleep
- Swelling around the shoulder
- Tenderness when pressing on the area
- Warmth or redness near the joint
- Clicking, catching, or popping
- Feeling of instability or slipping
- Numbness or tingling down the arm
- Pain radiating into the upper arm or neck
- Difficulty dressing, grooming, or lifting
- Bruising after injury
- Sudden severe increase in pain
- Other: \_\_\_\_\_

## ✓ Possible Triggers (past 24–72 hours)

- Repetitive overhead activity
- Heavy lifting or strain
- Recent exercise or sports activity
- Fall, injury, or sudden pulling motion
- Poor posture or awkward sleeping position
- Overuse at work or home
- Recent medication change

- Missed pain-relief medication
- Poor sleep / high stress
- Other: \_\_\_\_\_

## ✓ Current Medications

**Medications taken for symptoms (today/this flare):**

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**Dose and time taken:**

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

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**Last dose taken (date/time):**

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## When to Call Your Rheumatologist (or seek urgent care)

- Sudden severe pain after a fall, injury, or lifting event
- Shoulder looks deformed or out of place
- Unable to move the arm or use the shoulder
- Sudden swelling, major bruising, or rapidly worsening pain
- Redness, warmth, fever, or concern for infection
- Numbness, tingling, or weakness that is new or worsening
- Pain becoming more frequent, more severe, or affecting 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, injections, imaging, therapy, or activity limits
- Shoulder pain with chest pain, chest tightness, dizziness, sweating, or shortness of breath

## 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 shoulder and avoid movements that sharply increase pain.
3. Use ice or supportive care if recommended by your clinician.
4. Keep track of pain level, swelling, bruising, range of motion, and trigger activities.
5. Stay hydrated and prioritize sleep and recovery.
6. Avoid heavy lifting, repeated overhead reaching, and sudden pulling motions.
7. Contact your rheumatologist promptly if pain, weakness, swelling, or function worsens.
8. Seek urgent care for deformity, inability to move the arm, fever with redness, or chest symptoms.

### Prevention tips:

- Take long-term medication consistently as prescribed.
- Keep a simple flare log (date, pain level, movement limits, swelling, activities, possible triggers).
- Pace activity and avoid overexertion during active flares.
- Use proper lifting technique and support posture during work and sleep.
- Report new weakness, numbness, deformity, 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)

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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 Shoulder Pain:** [Visit our Shoulder Pain 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 deformity, inability to move the arm, fever with redness, or chest-related symptoms.