

Polymyalgia Rheumatica (PMR) Symptom & Flare Checklist

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

✓ Symptoms (check all that apply)

- Aching in both shoulders
- Shoulder stiffness, especially in the morning
- Hip or thigh aching
- Hip stiffness after rest or inactivity
- Neck pain or stiffness
- Upper arm aching
- Difficulty raising arms overhead
- Trouble rising from a chair or bed
- Trouble getting dressed due to stiffness
- Morning stiffness lasting longer than 45 minutes
- Fatigue or reduced endurance
- Fever or feeling generally unwell
- Loss of appetite
- Unexplained weight loss
- Hand or wrist swelling
- Mild joint pain or stiffness
- Symptoms worse after inactivity
- Trouble walking comfortably due to hip stiffness
- Sleep disturbed by pain or stiffness
- Other: _____

✓ Possible Triggers (past 24–72 hours)

- Missed doses of PMR medication
- Steroid taper or dose reduction
- Recent infection (cold, flu, dental infection)
- High stress / poor sleep
- Overexertion / heavy activity

- Recent medication change
- Long periods of inactivity
- Alcohol intake
- Dehydration or poor recovery
- Other: _____

✓ Current Medications

Medications taken for symptoms (today/this flare):

Dose and time taken:

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

Last dose taken (date/time):

When to Call Your Rheumatologist (or seek urgent care)

- Rapid worsening of shoulder, neck, or hip pain and stiffness
- Unable to rise from a chair, get out of bed, or lift arms normally
- Fever with major worsening symptoms or concern for infection
- New headache, scalp tenderness, or jaw pain when chewing
- Any vision change, blurred vision, double vision, or vision loss
- New severe fatigue, weight loss, or major decline in daily function
- Side effects from medications (rash, shortness of breath, severe GI symptoms)
- Symptoms becoming more frequent, more severe, or harder to control
- No improvement after taking medication as directed
- Questions about medication safety, steroid tapering, bone protection, or vaccines
- New swelling, major weakness, or symptoms that do not fit your usual flare pattern

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. Rest when pain or stiffness is worse, but avoid prolonged inactivity when possible.
3. Use gentle movement as tolerated to reduce stiffness if advised by your clinician.
4. Keep track of shoulder, neck, and hip stiffness, morning symptoms, fatigue, and function.
5. Stay hydrated and prioritize sleep and recovery.
6. Avoid overexertion and pace activity during active flares.
7. Contact your rheumatologist promptly if stiffness, pain, headache, jaw pain, or vision symptoms worsen.
8. Seek urgent care for vision changes, severe headache, jaw pain, or sudden major loss of function.

Prevention tips:

- Take long-term PMR medication consistently as prescribed.
- Keep a simple flare log (date, stiffness duration, pain areas, fatigue level, possible triggers).
- Follow steroid taper instructions carefully and do not adjust doses on your own.
- Pace physical activity and avoid overexertion during active flares.
- Report possible giant cell arteritis symptoms early, especially headache, jaw pain, scalp tenderness, or vision changes.
- Keep regular follow-ups and review medication side effects with your specialist.

Need Help?

Emergency / urgent concerns:

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

Request appointment: [Contact Form](#)

Visit website:

rheumatologycareassociates.com

healthcare provider for diagnosis and treatment.

Learn more about Polymyalgia Rheumatica: [Visit our PMR 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 new headache, jaw pain, scalp tenderness, vision changes, or rapidly worsening stiffness.