

Bursitis 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 in shoulder, hip, elbow, knee, or heel
- Tenderness around the affected joint
- Swelling near the joint
- Warmth over the painful area
- Redness around the joint
- Pain with movement
- Pain when pressing on the area
- Stiffness after rest
- Reduced range of motion
- Pain when lying on the affected side
- Pain with walking, climbing stairs, or reaching
- Symptoms worse with repeated use
- Muscle tightness around the area
- Trouble lifting, kneeling, bending, or walking comfortably
- Night pain or pain that disturbs sleep
- Limping or favoring the joint
- Fever or feeling generally unwell
- Sudden severe increase in pain
- Drainage or skin changes near the area
- Other: _____

✓ Possible Triggers (past 24–72 hours)

- Repetitive motion or overuse
- Recent heavy activity or exercise
- Prolonged kneeling, leaning, or pressure on the joint
- Minor injury or bump to the area
- Poor sleep or stress
- Recent medication change or missed anti-inflammatory medication
- Poor posture or awkward movement

- Smoking / vaping exposure
- Alcohol intake
- 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 pain, swelling, or redness
- Fever with major worsening symptoms or concern for infection
- Severe warmth, redness, or tenderness suggesting possible infected bursitis
- Unable to walk safely, use the joint, or bear weight due to pain
- New drainage, spreading redness, or skin breakdown near the area
- Sudden major loss of movement or function
- Side effects from medications (rash, shortness of breath, severe GI symptoms)
- Symptoms not improving or becoming more frequent
- New severe joint swelling or pain
- Flares affecting daily function, work, or sleep
- Questions about medication safety, injections, activity limits, or therapy

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 area and avoid repeated motions that worsen pain.
3. Use ice or supportive measures if recommended by your clinician.
4. Keep track of pain level, swelling, redness, movement limits, and activities that trigger symptoms.
5. Stay hydrated and prioritize sleep and recovery.
6. Avoid activities that increase pressure on the affected joint.
7. Contact your rheumatologist promptly if pain, swelling, redness, or function worsens.
8. Seek urgent care for fever, severe redness, drainage, or inability to use the joint safely.

Prevention tips:

- Take long-term medication consistently as prescribed.
- Keep a simple flare log (date, joint involved, pain level, swelling, activities, possible triggers).
- Pace repetitive activity and avoid overexertion during active flares.
- Use proper body mechanics and supportive padding when needed.
- Report new redness, warmth, drainage, or severe 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:3527170603)

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 Bursitis: [Visit our Bursitis 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 fever, spreading redness, drainage, or rapidly worsening pain and swelling.