

Appointment discussion guide: joint symptoms



When discussing new or worsening symptoms with a healthcare provider, they will want to know how your symptoms are impacting your day-to-day life. Use the questions below to reflect on your experience, and then write down your answers to help you discuss your concerns with your healthcare provider. Be sure to include any other questions you might have for your provider that you don't want to forget to ask during your appointment.

Questions

1. How long have you been having pain, discomfort, swelling, inflammation, or other symptoms affecting your joints? List out all symptoms you have been experiencing.
2. Have you had any recent injuries that have affected your joints or joint movement?
3. Are you currently experiencing pain? If so, how would you rate your pain on a scale from 1-10, with 1 being no pain, and 10 being the worst pain you can imagine?
4. Does your pain or other symptom(s) come and go, or is it constant?
5. Does your pain level change with activities or movement? What makes it better, or worse?
6. Have you taken any medication for your pain or other symptoms (over the counter, prescription, or natural products)? If so, what have you taken, and was it helpful? Did it raise or lower your pain level? By how much? Consider using a [medication tracker sheet](#) to list all the medications you have taken.
7. What level of impact do your symptoms have in your daily activities? Have you had to change any part of your daily routine because of pain, discomfort, or a change in physical ability?
8. Have you used massage, physical therapy, or another complementary health treatment to manage your symptoms? If so, how did it affect your symptoms?
9. Have your symptoms affected your mood, energy levels, or other aspects of your life?
10. To your knowledge, does anyone else in your family have arthritis? If so, do you know what kind?

When talking with your doctor or medical provider, be sure to ask if you can continue to participate in your regular activities, and what steps you can take to improve symptoms on your own.

In the meantime, use our [Symptom Checker](#) to find more information about the symptoms you are experiencing and visit our Signs of Arthritis page to learn more about early joint pain symptoms related to arthritis.

Arthritis Society Canada has lots of resources to help you navigate your [patient journey](#).

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