

JOINT PAIN SYMPTOM CHECKER

	YES	NO
Do you have pain in your joints?		
Do you have pain in your wrists and hands?		
Are your hands or wrists swollen?		
Do you have trouble making a fist?		
Are your joints stiff in the morning?		
From the time you wake in the morning does it take more than 60 minutes for your joints to move freely?		
Are the same joints involved on both sides of your body?		
Have you ever been told that you have rheumatoid arthritis (RA)?		
Does anyone in your family have RA?		
Have you been diagnosed with a rash called psoriasis?		
Have you had these symptoms for more than six weeks and less than a year?		
Have important activities in your life been affected because of bone or joint problems, such as having difficulty with personal care or having to make a change regarding leisure or work activities?		

With permission from Dr. Mary Bell, "Self-administered inflammatory arthritis detection tool," Journal of Rheumatology 2013, 40:4. Copyright Dr. Mary J. Bell & Sunnybrook Health Sciences Centre.

If you answered YES to many of these questions you might want to make an appointment to talk to your health-care provider.

SUPPLEMENTARY JOINT PAIN SYMPTOM CHECKER

The following additional information may be useful to your health-care provider.

	YES	NO
Has your persistent joint pain been in your larger, weight-bearing joints, such as hips or knees?		
Has your persistent joint pain been in your smaller joints, non-weight-bearing joints, such as hands, feet?		
Have you had persistent pain or stiffness in your buttocks, thighs, chest, shoulders/upper arms or neck?		
Do you have pain after a period of inactivity or while in bed?		
Does your joint pain get better as your day progresses?		
Have you felt unwell for no apparent reason, such as a fever or flu-like symptoms?		
Have you unexpectedly lost weight or noticed a decreased appetite?		
Are your nails pitted and/or discoloured?		
Has anyone in your family been told that they have psoriatic arthritis, ankylosing spondylitis, rheumatism, osteoarthritis (OA), lupus or another form of arthritis?		