FOOT ARTHRITIS PAIN TRACKER

Name:
Date/Week:

JOINT LOCATION	PAIN LEVEL (1-10)	SYMPTOMS	TRIGGERS/NOTES
Ankle Tibiotalar Joint	1510	Stiffness Swelling	
Midfoot Tarsometatarsal	1510	Warmth Bone Spur	
Great Toe 1st MTP Joint	1510	Redness Locked	
Hindfoot Subtalar Joint	1510	Grinding Instability	
Lesser Toes PIP/DIP Joints	1510	Deformity Numbness	

Daily Activity Impact:

This chart is for personal tracking only and does not constitute medical advice.