

Arthritis Worksheet

1. What type of arthritis do I have?

2. How did you diagnosis my arthritis?

3. What type of exercises would be best for my arthritis?

4. Could I benefit from physical therapy?

5. Could I benefit from weight loss? How should I accomplish this?

6. If pain is not controlled, what else can be done to control my pain?

7. What non-drug treatment options should I be using?

8. Are there any supplements or alternative treatments that would benefit my arthritis?

9. What medicines are we using to treat my pain and what are the side effects?

10. Could I benefit from a steroid shot or artificial joint fluid injection?

11. How do you see my disease improving/progressing?

12. How often should I follow up with the doctor about my arthritis/Do I need to see a specialist?
