
Arthritis Flare-Up Action Plan

A practical checklist for managing flare-up days

How to Use This Plan

Arthritis flare-ups can happen unexpectedly. This action plan is designed to help you recognize early signs, adjust daily activities, and focus on comfort and pacing during a flare.

Keep this checklist somewhere easy to access. You may want to review or update it when symptoms change.

1. Early Warning Signs

Check any signs you notice at the start of a flare

- Increased joint stiffness (especially in the morning)
- Swelling or warmth in one or more joints
- Pain lasting longer than usual
- Increased fatigue or low energy
- Reduced grip strength or mobility
- Brain fog or difficulty concentrating

Notes (optional):

2. Activities to Pause or Modify

Consider slowing down or adjusting the following

- Heavy lifting or carrying
- Repetitive hand movements
- Long periods of standing or walking
- Tight gripping (jars, tools, pens)
- High-impact or fast movements
- Non-essential chores or errands

Tasks I can delay, modify, or ask for help with:

3. Comfort & Support Checklist

Use tools that have worked well for you in the past

Heat (if helpful for you)

- Heating pad
- Warm shower or bath
- Heated gloves or socks

Cold (if helpful for you)

- Cold pack
- Gel wrap

Joint Support

- Braces or compression supports
- Cushions or joint supports
- Mobility aids (cane, walker, etc.)

Use comfort methods recommended by your healthcare provider.

4. Gentle Self-Care & Pacing

Focus on rest, simplicity, and listening to your body

- Take short rest breaks
- Break tasks into smaller steps
- Gentle range-of-motion movements
- Drink water regularly
- Choose easy or prepared meals
- Go to bed earlier if needed

Gentle movements or routines that feel safe for me:

5. Planning & Communication

Preparing ahead can reduce stress during a flare

People I may need help from:

Tasks to delegate or postpone:

Appointments or plans to reschedule if needed:

What others should know when I'm having a flare:

6. Personal Notes

What helps me most during a flare

Triggers I've noticed:

What usually brings relief:

Signs I'm starting to recover:

Reminder

Every flare-up is different. This plan is meant to support day-to-day decision-making and comfort, not to replace medical advice.

Disclaimer

This checklist is for general planning and personal support only. It does not replace medical advice. Always follow guidance from your healthcare provider.

About This Resource

Provided by **ArthritisWares.com**
Practical tools. No hype.
