

Lifelong protection: A checklist for long-term joint monitoring

A doctor discussion guide focused on preventing joint complications

1 Joint health check-in

Have you noticed any new or worsening joint symptoms since your last visit? These symptoms may signal the need for additional monitoring or preventive care:

- | | |
|---|--|
| <input type="checkbox"/> Increased joint pain or stiffness | <input type="checkbox"/> Increased fatigue after physical activity |
| <input type="checkbox"/> Difficulty with daily activities | <input type="checkbox"/> Reduced range of motion |
| <input type="checkbox"/> Swelling in one or more joints | <input type="checkbox"/> Changes in posture or gait |
| <input type="checkbox"/> Joint warmth or redness | <input type="checkbox"/> Avoiding movement due to discomfort |
| <input type="checkbox"/> Clicking, grinding, or instability | <input type="checkbox"/> More frequent injuries or slower recovery |
| <input type="checkbox"/> Other: _____ | |

2 Looking ahead: Assessing your risk

Proactive care starts with understanding potential future challenges. Consider asking your doctor:

- Am I at increased risk for long-term joint damage?
- Are there early warning signs we should watch for?
- How might my condition affect my joints over time?
- What preventive steps should we begin now?

Use this space to note concerns:

3 Strengthening your prevention strategy

Small adjustments today may help reduce complications later. Talk with your doctor about whether these protective strategies could support your care plan:

- | | |
|---|---|
| <input type="checkbox"/> Preventive physical therapy | <input type="checkbox"/> Activity modifications |
| <input type="checkbox"/> Strength-building or stability exercises | <input type="checkbox"/> Weight management guidance |
| <input type="checkbox"/> Personalized mobility plan | <input type="checkbox"/> Anti-inflammatory strategies |
| <input type="checkbox"/> Protective bracing or supports | <input type="checkbox"/> Pain management approaches |
| <input type="checkbox"/> Fall-prevention planning | |
| <input type="checkbox"/> Other: _____ | |

4 Specialist referrals

Seeing the right specialist early may help detect subtle joint changes and guide preventive care. What specialists does your doctor recommend?

- | | |
|--|---|
| <input type="checkbox"/> Orthopedic specialist | <input type="checkbox"/> Sports medicine physician |
| <input type="checkbox"/> Rheumatologist | <input type="checkbox"/> Pain management specialist |
| <input type="checkbox"/> Physical therapist | <input type="checkbox"/> Occupational therapist |
| <input type="checkbox"/> Other: _____ | |

5 Monitoring and detection

What tests or evaluations could help monitor joint health and identify concerns early?

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> MRI | <input type="checkbox"/> Strength testing |
| <input type="checkbox"/> Ultrasound | <input type="checkbox"/> Gait or mobility assessment |
| <input type="checkbox"/> Other: _____ | |

6 Furthering the discussion

- Do you need to follow up on joint health concerns brought up by your doctor?
- How could joint complications affect long-term mobility or independence?
- What symptoms should prompt a call to the office sooner?
- When should a prevention plan be reconsidered?

Write notes from your conversation:

7 Other notes

Use this space to write down anything else you want to discuss about protecting your joint health.

Want more information?

Read more about building a treatment plan at our interactive patient guide, "[Expect better.](#)"

