





Helping you track your comfort, mobility & progress after joint treatment.



# How to Use This Booklet

1. Keep this booklet somewhere safe at home.
2. Fill it in on the days shown inside.
3. Bring it with you for your next appointment.
4. Use it to share your experience with your doctor.

# Day of Treatment (Day 0–7)



Right after your HA23 procedure:

**\* How does your joint feel today?** (circle)

😊 No pain   😊 Mild   😐 Moderate   😞 Severe

**\* Swelling:**  None    Mild    Moderate    Severe

**\* Can you move/walk normally?**

Yes    Yes, but with some difficulty    No

**\* Any other feelings or reactions?**

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# Your Progress Checkpoints



(Fill in on these dates:

*Week 2, Month 1, Month 3, Month 4, Month 5, Month 6)*

At each checkpoint, answer:

**1. Pain today** (circle):

0 1 2 3 4 5 6 7 8 9 10

**2. Can you do your normal activities?**

Yes, fully     Yes, partly     No

**3. Stiffness:**  None     Mild     Moderate     Severe

**4. Swelling:**  None     Mild     Moderate     Severe

**5. Activities that feel easier now:**

Walking     Stairs     Bending  
 Chores     Exercise     Other: \_\_\_\_\_

**6. Notes:** \_\_\_\_\_

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# Quick Progress Table

Date	Pain (0-10)	Stiffness	Swelling	Activities Improved	Notes
Week 2					
Month 1					
Month 3					
Month 4					
Month 5					
Month 6					

# 6-Month Summary



(Fill in before your next HA23 session or at your final review)

**\* Overall improvement:**

- None    Slight    Moderate    Significant  
 Excellent

**\* How long did your joint feel better?**

- Less than 1 month    1–3 months  
 4–5 months    6+ months

**\* Would you recommend HA23?**

- Yes    Maybe    No

**\* Any final thoughts:**

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Keep this booklet handy – it's your record of how well your joint is doing and helps your doctor see how HA23 is working for you.



