

Cingal Injection Follow Up Tracker

Use this tracker after your Cingal injection to record how you are feeling over time. Sharing it with your doctor can help assess how well the treatment is working.

Your Information

Name _____ Injection date _____ Review date _____

Which knee is treated? ☐ Left ☐ Right ☐ Both

Pain Since the Injection

How would you rate your knee pain today?

(0 = no pain, 10 = worst pain imaginable)

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Compared with before my Cingal injection, my pain is:

☐ Much better ☐ A little better ☐ About the same ☐ Worse

Stiffness After the Injection

Have you noticed knee stiffness since the Cingal injection?

☐ Yes ☐ No

If yes, when is stiffness most noticeable?

☐ In the morning ☐ After sitting or resting ☐ At the end of the day

How long does the stiffness usually last?

☐ Less than 10 minutes ☐ 10–30 minutes ☐ More than 30 minutes

Swelling or Injection Site Changes

Have you noticed any swelling or changes around the knee?

☐ Yes ☐ No ☐ Mild ☐ Moderate ☐ Significant

Have you noticed any of the following near the injection site?

☐ Warmth ☐ Redness ☐ Tenderness ☐ None of the above

Mild, short-term changes can be normal. Contact your doctor if symptoms persist or worsen.

Movement and Daily Activities

Since the Cingal injection, how does your knee feel during daily activities?

Tick any that feel easier than before:

☐ Walking ☐ Standing ☐ Going up or down stairs
☐ Getting in or out of a chair ☐ Exercise or gentle activity

Overall, my ability to stay active feels:

☐ Improved ☐ About the same ☐ Reduced

Return to Activity

Have you returned to normal activities yet?

☐ Yes, fully ☐ Partially ☐ Not yet

If not yet, what limits your activity most?

☐ Pain ☐ Stiffness ☐ Swelling ☐ Lack of confidence in the knee

Medications and Self Care

Since the injection, have you used any of the following?

☐ Pain relief medicine ☐ Ice or heat
☐ Gentle exercise or physiotherapy ☐ Knee brace or support

Did these help?

☐ Yes ☐ A little ☐ Not really

Anything You'd Like to Discuss at Your Follow Up

Use this space to note:

- Changes you've noticed
- Questions you want to ask
- Activities you're hoping to get back to



When to Contact Your Doctor

Seek advice if you experience:

- Increasing pain or swelling that doesn't settle
- Fever or signs of infection
- Sudden knee instability or locking

Why track symptoms after a Cingal injection?



Tracking how your knee feels after treatment can:

- Help measure improvement over time
- Support follow up discussions
- Guide decisions about next steps
- Determine if treatment is working.