Spondylosis visit notes

Bring your questions about movement, daily tasks and any scan findings.

Name _____ **Visit date** _____

01 **Where do I notice pain, stiffness or other symptoms?**

02 **When do the symptoms start, settle or change?**

03 **What has changed in walking, balance or everyday hand tasks?**

04 **Which activity matters most to me right now?**

05 **Which medicines and previous reports should I bring?**

06 **What question do I want to ask about the next step?**

Your notes are for you to keep and bring to a clinical conversation.
Seek urgent help if you have warning signs.