<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Duration</th>
</tr>
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<tbody>
<tr>
<td>08/11/2010</td>
<td>started pain back of right foot (8/11/10 - 16/11/10)</td>
<td>9 days</td>
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<tr>
<td>11/11/2010</td>
<td>pain starting in knee again</td>
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<tr>
<td>20/11/2010</td>
<td>return of gout: pain slowly coming back in back of feet; no pain on walking; v. slight pain while lying</td>
<td>1 day</td>
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<tr>
<td>30/11/2010</td>
<td>swelling and slight pain just above the ankle on the front</td>
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<td></td>
<td>slight pain for approx. 2 days</td>
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<tr>
<td>02/12/2010</td>
<td>ankle fully swollen but no pain</td>
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<td></td>
<td>also started to feel some pain on the joint of the big toe</td>
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<tr>
<td>03/12/2010</td>
<td>swelling on the ankle continues with pain in the big toe worse at night when sleeping</td>
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<tr>
<td></td>
<td>pain behind leg in the knee area starting</td>
<td></td>
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<tr>
<td>04/12/2010</td>
<td>pain behind leg in the knee area and big toe painfull gets worse on lying and slightly eases when walking/sitting</td>
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<tr>
<td></td>
<td>12pm+ part of the top right feet swollen, ankle swelling partially down but still swollen on both sides</td>
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<tr>
<td>05/12/2010</td>
<td>swelling on top of feet gone, some pain near ankle, under right knee back of leg, new pain developed</td>
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<td></td>
<td>left side of knee on left leg, pain in big toe gone on right feet</td>
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<tr>
<td></td>
<td>11pm + oncoming pain middle of ankle right leg; pain on both side of knee, left leg</td>
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<tr>
<td>06/12/2010</td>
<td>right leg: ankle still swollen and pain in the middle</td>
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<tr>
<td></td>
<td>diclofenac taken at 12:45am did not work</td>
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</tbody>
</table>
06/12/2010 3pm all pain gone, swelling remaining

07/12/2010 some pain top of ankle

08/12/2010 mostly no pain all day. Some pain in big toe at 5pm

9 days of pain in ankle

18/12/2010 right ankle, left side swollen continuously but no pain

19/12/2010 mild pain above ankle on right leg after sleeping for 10-20 mins in front of pc

20/12/2010 moderate - severe pain on right leg ankle on right side, went to GP Dr Odet, prescribed co-codamol:
  taken 2x co-codamol at 12pm and 2x ibuprofen 1pm then 2x ibuprofen at 7.30pm
  ibuprofen takes 2.5hrs to take full effect, co-codamol 20 mins to 1hr - pain under control

21/12/2010 another 2x 200mg ibuprofen at 11.45am plus co-codamol at 1.10pm another 3pm
  pain under control for rest of day but inflammation only slightly down
  now both sides of right leg ankle swollen but no pain

23/12/2010 pain left leg of left side of knee, no pain in ankle only swelling

27/12/2010 knee pain, left leg, ibuprofen gives stomach discomfort

28/12/2010 pain on knee of left leg under control by meds. Ibuprofen stopped for 24h, stomach discomfort gone

29/12/2010 more pain left leg of left side of knee and some pain right leg right side of ankle - returned

30/12/2010 pain in left leg knee almost gone. Pain free most of the day; until 11.30pm. Pain slowly sneaks-up on right leg ankle. 12.35am 2x paracetamols taken after supper

7 days pain left leg knee

10 day gap and pain back in ankle

right leg right side of ankle - returned
01/01/2011  no pain, swelling improved (right feet, right side)

Pain comes and goes, keeping it in control with paracetamol, mostly 1 tablet at night quiets it down next evening

pain and swelling increases night, usually during the day its sometimes better/less pain

08/01/2011  little pain creeping up on back of left feet

09/01/2011  NO PAIN, all day only some stiffness.

10/01/2011  pain on back of left feet, went to GP, got referred

11/01/2011  almost pain free, no pain on right feet

12/01/2011  pain on back of left feet, controlled by paracetamol

13/01/2011  pain creeping up on side of right feet while in bed; stiffness and slight pain top of right knee

some pain top of mid-ankle joint on the shin on right feet, slightly painful back of left foot

14/01/2011  pain on top of knee muscle which is also causing pain on upper leg muscle resulting in unable to walk properly

most of the pain on the back of left feet has disappeared but only a bit left

pain improves 2 hours after taking 2x Solpadol (2.40pm); and been able to walk properly from 5pm

pain is hard when getting up from sitting position

15/01/2011  very painful right knee with little bits of pain back of left foot

area AROUND the knee quite swollen
16/01/2011 right knee still v. painful, cant walk properly; paracetamol and panadol not work much using solpadol
17/11/2011 right knee still v. painful, same as yesterday
18/01/2011 seemed bit better around 11am while in bed, once out of bed v. painful right knee - cant walk.
    almost cant walk, quite difficult bcoz of pain and swelling the slightest bending the knee while
    walking causes immense pain which goes up to the upper leg muscles.
    it is difficult get up from the chair and stand takes time to straigthen the leg because knee if painful
    similarly is difficult getting in and out of bed. After taking solpadol x2 slightly better after 1 1/2 hours later
    tinges of pain in back of left feet coming and going

19/01/2011 right knee still very painful, controlled with solpadol and ibuprofen
    tinges of pain in back of left feet coming and going

20/01/2011 right knee still very painful, went GP and got Piroxicam gel, used 4 times a day
    tinges of pain in back of left feet coming and going

21/01/2011 knee pain has improved AFTER 7 days; but not gone
    There is now pain on the back of left foot, specially while walking
    walked to mile end hospital and back - 2 miles. Knee pain slowly aggravated and almost in full pain
    next day

22/01/2011 almost in full pain after yesterdays 2 mile walk; took 1 diclofenac in evening and things started to improve
23/01/2011 pain has improved; only pain on left side of knee; using piroxicam 3x diclofenac 2x
    most of all the pain from the knee has gone except for a small corner on the left (inner) side

24/01/2011 pain started to increase throughout the day; after about 10pm - lot of hard pain on inner side of right knee
25/01/2011 98% of all pain gone; some ache on the right side of knee; went shopping for an hour at 1pm
    7.30 tried going shopping again but had to come back home bcoz left side of knee very painfull
    taken 2x solpadols at 8pm

    7.30pm onwards tremendous amount of pain on left side of right knee; feels like as if knee is broken
    almost cant walk at all; can just about walk holding walls and chairs - even 2 Solpadols didn't work
26/01/2011  pain levels back to normal; some pain and inflammation on left corner and side of right knee
realised what happened on 25th; eating beans triggers gout attack; had 425g can of baked beans at 5pm
which was what caused the pain

pain has also increased on back of left foot

27/01/2011  pain level back to normal; using voltarol pain-eze; run out of diclofenac 50mg's

28/01/2011  pain slowly going down

29/01/2011  pain almost gone. Had lunch at 7pm; lamb, potatoe & aubergine; around 10pm noticed pain increase
on a spot on top of knee and back of left foot

30/01/2011  knee pain & inflammation going up and down from nearly all clear. Pain on back left feet has increased
much that I have to limp. 11pm after dinner, left swelled up

31/01/2011  pain has worsened on back of left foot. Very pain full; cant walkl throughout the night right knee pain has also
worsened

01/02/2011  back of left foot still v. painfull, can walk. left foot ankle on right side very swollen but no pain yet
back of left foot very painfull all throughout the day

02/02/2011  still cant walk with left foot because very painful; small white patch on front of ankle with some pain
developing
03/02/2011 still very painful. Used Solpadol; takes 2hrs to take affect; 97% pain gone afta 2hrs on back of left foot but still have to limp for the 3% remaining plus new pain on front of ankle (on the bone?) and full inflammation

04/02/2011 taking solpadol and voltarol, pain almost gone, but the very small amount of pain in one corner makes me limp - cant walk properly

05/02/2011 just take solpadol only; without any constant pain killers the pain slowly creeps back

06/02/2011 pain slowly creeping back to full strength; taken 2 voltarols after breakfast at 1.10pm will take 2 solpadols in 1 hour

10 days of pain on back of left foot with the worst being Mon-Wed will double pain killers todays to 2x solpadol's and 2x voltarols

havent been able to do ANYTHING for the last 10 days; double-action pain killers: taken 2 voltarols + 2 solpadols with a one hour gap; need to go outside today

been out at 4.20pm - cant walk properly, unbearable pain, can just limp had to endure the pain and step on it hard no matter how painful it is

top part of feet was swollen after 8pm

Paracetamol / Solpadol Alone don't work much - anti-inflammatories have a better effect
9 days of pain in ankle

10 day gap and pain back in ankle

3 days pain on right ankle

7 days pain left leg knee

No gap after right ankle pain

p and pain back in ankle

n on right ankle

n left leg knee

up after right ankle pain
8 days gap b4 pain on back of left feet

4 days pain back of left feet

right knee joint pain causes upper leg muscles pain. Knee and leg cant be bent while walking;
- cant get in or out of bed

- no gap b4 pain on back of left foot
19 days right knee pain

in on back of left foot
18 days back of left foot pain & counting