# Dog Osteoarthritis Pain Checklist

Your Dog's Name: _____

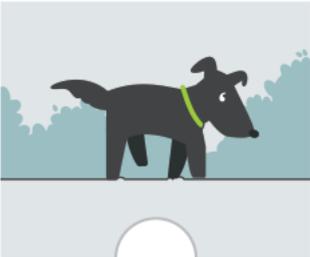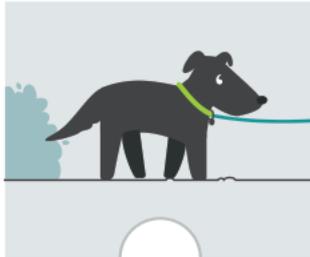Your Name: _____

## Could your dog have osteoarthritis?

This checklist will help your veterinary team identify your dog's activities and behaviours that might be signs of osteoarthritis (OA), a degenerative joint disease that can be painful.

### Is your dog showing signs of OA–related pain?

Think about your dog's activity in the past week. Check all of the signs that you've observed in your dog.
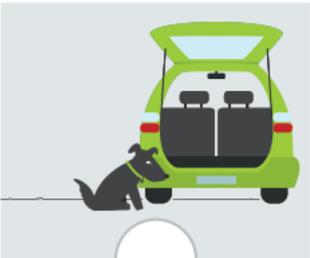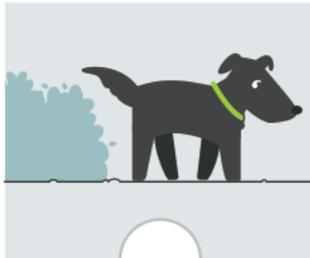


Limping after exercise



Lagging behind on walks
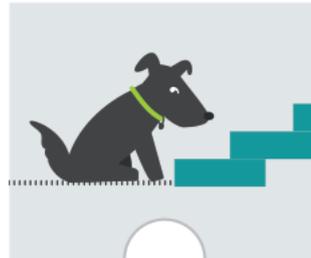


Slow to rise



Difficulty jumping



Feeling stiff



Difficulty with stairs

| | YES | NO |
|---|---|---|
| 1. Do you think your dog shows signs of pain? | ● | ○ |
| 2. Have you noticed any changes in your dog's behaviour? | ● | ○ |

zoetis

## OA has both physical and emotional aspects

For a dog, OA can be very painful. And, just like in humans, pain can negatively impact dogs not just physically, but also emotionally. The good news is that this pain can be managed. In a recent study, dogs showed significant improvement in both their emotional and physical well-being with the pain under control.[1]

Think about your dog's behaviour in the past week. This scale helps measure your dog's pain based on how your dog is feeling. For each statement, tick the number that you think most accurately describes your dog.

| Is your dog... | My dog couldn't be less ↓ | | | | My dog couldn't be more ↓ | | |
|---|---|---|---|---|---|---|---|
| Energetic & Enthusiastic (Vitality) | ✔ | 1 | 2 | 3 | 4 | 5 | 6 |
| Happy & Content (Emotional well-being) | ✔ | 1 | 2 | 3 | 4 | 5 | 6 |
| Active & Comfortable (Comfort) | ✔ | 1 | 2 | 3 | 4 | 5 | 6 |
| Calm & Relaxed | ✔ | 1 | 2 | 3 | 4 | 5 | 6 |

## Sharing additional information can help your veterinary team diagnose and treat OA in your dog.

| | YES | NO |
|---|---|---|
| 1. Has your dog ever been injured? | ● | ○ |
| 2. Have you ever given your dog medication for pain? | ● | ○ |
| 3. Has your dog gained weight in the past year? | ● | ○ |

Osteoarthritis can affect dogs of all ages, breeds, and sizes. If left untreated, the pain can become worse over time. This checklist is designed to help with the recognition of OA pain to help keep your dog happy and active. Your veterinary team will review the results of this checklist with you to identify if your dog might be suffering from OA, or to monitor how your dog is doing if he or she is already being treated for OA. This checklist is not a medical diagnostic tool and is not intended to replace discussions with an animal healthcare professional. Discuss medical concerns with your veterinarian.

**References: 1.** Reid J, Wright A, Gober M, Nolan AM, Noble C, Scott EM. Measuring chronic pain in osteoarthritic dogs treated long-term with carprofen, through its impact on health-related quality of life (HRQL). *Vet Comp Orthop Traumatol.* 2018; 31(S 01): A1-A6.

**zoetis**