

# ✓ OSTEOARTHRITIS 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?	<input type="radio"/>	<input type="radio"/>
2. Have you noticed any changes in your dog's behaviour?	<input type="radio"/>	<input type="radio"/>

## OA has both physical and emotional aspects.

For a dog, OA can be very painful. Just like in humans, pain can negatively impact dogs physically and emotionally. The good news is that this pain can be managed. In a recent study, dogs showed significant improvement in their emotional and physical well-being with the pain under control.<sup>1</sup>



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, circle 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 			
	0	1	2	3	4	5	6	
Energetic & enthusiastic?	0	1	2	3	4	5	6	
Happy & content?	0	1	2	3	4	5	6	
Active & comfortable?	0	1	2	3	4	5	6	
Calm & relaxed?	0	1	2	3	4	5	6	

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.

## Sharing additional history can help your veterinary team help your dog.

	YES	NO
1. Has your dog ever been injured?	<input type="radio"/>	<input type="radio"/>
2. Have you ever given your dog medication for pain, such as aspirin?	<input type="radio"/>	<input type="radio"/>
3. Has your dog gained weight in the past year?	<input type="radio"/>	<input type="radio"/>

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 assist 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. This will allow them to identify if your dog might be suffering from OA. It will also support them in monitoring your dogs progress 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. It is recommended to discuss medical concerns with your veterinarian.