

Many signs of chronic pain are non-specific. Make sure to see your vet to rule out other disease as a cause of these signs.

0

No
Pain



- ☐ **B:** Breathing normally
- ☐ **E:** Eyes bright and alert
- ☐ **A:** Walks normally on all four legs; no lameness present
- ☐ **A:** Engages in play and all normal activities

- ☐ **A:** Eating and drinking normally
- ☐ **A:** Happy; interested in surroundings and playing; seeks attention
- ☐ **P:** Comfortable at rest and during play; perky ears and wagging tail
- ☐ **P:** Enjoys being touched and petted; no body tension present

1-2

Mild
Pain



- ☐ **B:** Breathing normally
- ☐ **E:** Eyes bright and alert
- ☐ **A:** Walks normally; may exhibit very subtle lameness when walking
- ☐ **A:** May show first signs of being just a little more slow to lie down or rise up (subtle!)

- ☐ **A:** Eating and drinking normally
- ☐ **A:** Happy and engaged, may seem a little more subdued with some "off" moments interspersed with normal behaviors
- ☐ **P:** May show occasional shifting of position; tail may be down just a little more, ears slightly flatter
- ☐ **P:** Enjoys being touched and petted; no body tension present

Speak to your
vet during
your next
appointment

3-4

Moderate
Pain



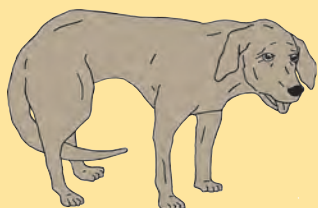
- ☐ **B:** May pant intermittently
- ☐ **E:** Eyes slightly more dull in appearance; can have a slightly furrowed brow
- ☐ **A:** Noticeably slower to lie down or rise up; may exhibit lameness when walking
- ☐ **A:** May be slightly unsettled and more restless; difficulty getting comfortable; shifting weight

- ☐ **A:** Appetite more finicky, such as wanting only treats or "people" food
- ☐ **A:** Subdued; engages less or does not initiate play
- ☐ **P:** Difficulty squatting or lifting leg to urinate, subtle changes in posture; tail more tucked and ears more flattened
- ☐ **P:** Does not mind touch except on painful area; turns head to look where touched; mild body tension

See your vet
to assess pain

5-6

Moderate
to Severe
Pain



- ☐ **B:** Panting often noted, possibly with an increased breathing effort
- ☐ **E:** Dull eyes, worried look
- ☐ **A:** Very slow to rise up and lie down; hesitation with movement; difficulty on stairs; reluctant to come when called; more obvious lameness
- ☐ **A:** Not eager to interact but may be in tune with surroundings; obvious lameness when walking; may lick painful area

- ☐ **A:** Will frequently lose appetite
- ☐ **A:** Anxious, unsettled or restless; unable to settle or sleep well
- ☐ **P:** Abnormal weight distribution when standing; difficulty posturing to eliminate; arched back, tucked belly, head hanging low; tucked tail; frequently shifts positions; ears more flattened
- ☐ **P:** Pulls away painful area when touched; moderate body tension when being touched

CONCERNING!
See your vet

7-8

Severe
Pain



- ☐ **B:** Faster breathing rate with more noticeable effort; frequent panting episodes common
- ☐ **E:** Dull eyes, may also have distressed look
- ☐ **A:** Obvious difficulty rising up or lying down; will not bear weight on affected leg; avoids stairs; obvious lameness
- ☐ **A:** Avoids interaction with family or environment; will often "go off" or hide; may frequently lick painful area

- ☐ **A:** Loss of appetite; may not want to drink
- ☐ **A:** Agitated, fearful, worried, reclusive, potentially aggressive
- ☐ **P:** Tail tucked, ears flattened or pinned back; abnormal posture when standing; more hesitant to move or stand
- ☐ **P:** Significant body tension when painful area touched; may vocalize in pain; guards painful area by pulling away or changing position

VERY
CONCERNING!
See your vet

9-10

Worst
Pain
Possible



- ☐ **B:** Panting; increased breathing rate and effort
- ☐ **E:** Dull eyes; may have panicked look
- ☐ **A:** May refuse to get up; may not be able to (or willing to) take more than a few steps; will not bear weight on painful limb
- ☐ **A:** Difficulty in being distracted from pain, even with gentle touch or soothing voice

- ☐ **A:** No interest in food or water
- ☐ **A:** Extremely depressed or minimally responsive ("flat out"); may vocalize in pain; in distress at rest
- ☐ **P:** Prefers lying position or being on side; flat or pinned ears; may prefer to be very tucked up or stretched out
- ☐ **P:** Severe body tension when touched; will not tolerate touch of painful area; becomes fearful when other areas that are not painful are touched

EMERGENCY!
See your vet

Specific behaviors or physical changes I see:

Breathing: _____

Eyes: _____

Ambulation: _____

Activity: _____

Appetite: _____

Attitude: _____

Posture: _____

Palpation: _____

