

# ✓ Cat Osteoarthritis Pain Checklist



Your Cat's Name: \_\_\_\_\_

Your Name: \_\_\_\_\_

Your Email & Phone Number: \_\_\_\_\_

Osteoarthritis pain can be a serious health problem for your cat. And cats hide almost everything, especially pain. You know your cat's playful ways and what (s)he loves better than anyone. Changes in these behaviors could be signs of osteoarthritis pain. Your veterinarian relies on you to report changes in your cat's behavior for more accurate diagnoses. If it is found your cat is showing signs of OA-related pain, helping your cat begins by talking to your vet.

## Could your cat have osteoarthritis?

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

## Is your cat showing signs of OA-related pain?

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




**Jumping Up:** hesitates before jumping up, doesn't clear jumps in one leap, &/or uses arms to pull legs up



**Jumping Down:** hesitates before jumping down, makes smaller jumps vs one big one &/or reaches toward ground




**Climbing Up Stairs:** uses 'bunny-hop', with both back legs hopping at the same time &/or stops for a break



**Climbing Down Stairs:** angles body to the side, descends one stair at a time, &/or stops for a break



**Chasing Moving Objects:** slows down or takes breaks during play &/or may have thinner frame near tail



**Running:** moves at a slower speed & alternates between jogging & walking, &/or back feet angle together



# OA has both physical and emotional aspects



Just as in humans, chronic pain negatively impacts your cat's quality of life, not just physically, but also emotionally. The good news is that by identifying your cat's condition, you and your veterinarian can develop a treatment plan for your cat.

A recent peer-reviewed published study demonstrated the initial validity and reliability of a quality-of-life assessment for chronic diseases, such as OA, in cats.<sup>1,2</sup> Using these questions, you can help your veterinarian assess and monitor how well your cat's chronic pain management treatment is working.

Think about your cat's behavior in the past week and help us determine a starting point by completing the following table:

Is your cat...	 My cat couldn't be less				 My cat couldn't be more			
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	

## Sharing additional history can help your veterinarian team help your cat.

	Yes	No
1. Has your cat's personal and sociability changed?	<input type="radio"/>	<input type="radio"/>
2. Has your cat's urination or defecation habits changed?	<input type="radio"/>	<input type="radio"/>
3. Is your cat hiding more or does your cat seem to be "slowing down" ?	<input type="radio"/>	<input type="radio"/>

OA pain can affect cats of any age, and it has been seen in more than 60% of cats that are 6 years or older.<sup>3</sup> 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 cat happy and active. If you checked any of the pictures or if your cat scored 3 or less on any of the behavior questions, reach out to your veterinary team. They will review the results of this checklist with you to identify whether your cat might be suffering from OA, or to monitor how your cat 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. Based on the Musculoskeletal Pain Screening Checklist (MiPSC) 2019 North Carolina State University.
2. Reid J, Nolan AM, Scott EM. Measuring pain in dogs and cats using structured behavioural observation, *Vet J.* 2018 June; 236: 72-79
3. Slingerland LI et al, Cross-sectional study of the prevalence and clinical features of osteoarthritis in 100 cats, *Vet J.* 2011 March, 187(3): 304-9.





### **Solensia Injections (Cats Only)**

Solensia is an FDA-approved and revolutionary treatment specifically designed for cats with OA. Like Librelva for dogs, Solensia targets NGF to effectively reduce pain associated with OA. However, it is formulated to meet the unique physiological needs of cats. These injections can significantly improve mobility and comfort for cats with OA, allowing them to engage in normal activities with less pain.

[Learn More About Solensia](#)



### **Platelet-Rich Plasma (PRP) Therapy**

Platelet-Rich Plasma (PRP) therapy is an innovative regenerative treatment offered by WoofDoctor on Wheels, particularly beneficial for pets with osteoarthritis (OA). This one-time procedure uses donor pet blood to isolate concentrated platelets, which are injected directly into the affected joint. These platelets release growth factors that stimulate tissue repair, reduce inflammation, and promote cartilage regeneration, targeting the underlying cause of OA rather than just masking pain. Performed under anesthesia in our mobile clinic, PRP therapy typically begins to show effects within 1-3 weeks, offering improved mobility and enhanced quality of life for your pet.

[Learn More About PRP](#)



### **In-Home Class 4 Laser Therapy (Tech Team)**

Class 4 laser therapy is a non-invasive treatment that uses intense light beams to stimulate cell regeneration and increase blood circulation in the affected areas. This process, known as photobiomodulation, helps reduce inflammation, alleviate pain, and accelerate the healing of tissues. By offering this service in-home, pets can enjoy the therapeutic benefits of laser therapy in a comfortable and stress-free environment, thereby enhancing the effectiveness of the treatment.

[Learn More About Laser Therapy](#)





### **PEMF (Pulsed Electromagnetic Field Therapy)**

PEMF therapy uses electromagnetic fields to promote natural healing processes in the body. It helps to restore the electrical balance of cells, which can be disrupted in OA. This therapy can reduce inflammation, relieve pain, and improve overall joint function. PEMF is a gentle, non-invasive option that can be used regularly to manage OA symptoms and improve a pet's mobility and quality of life.

[Learn More About PEMF](#)



### **Nutrition Consultation (Weight Management)**

Proper nutrition plays a crucial role in managing OA. Overweight pets experience more stress on their joints, exacerbating the symptoms of OA. A tailored nutrition plan focused on weight management can significantly reduce this stress, slow the progression of OA, and alleviate symptoms. Consultations can identify the optimal diet for a pet's specific needs, ensuring they receive the right balance of nutrients to support joint health and maintain a healthy weight.

[Learn More About Weight Management](#)



### **Custom Quality of Life/Geriatric Planning**

As pets age, their needs change, especially when dealing with chronic conditions like OA. Custom quality of life and geriatric planning involves assessing the specific needs of elderly pets and devising a comprehensive plan that addresses pain management, mobility, nutrition, and overall well-being. This personalized approach ensures that aging pets can enjoy their later years with the highest possible quality of life, despite the challenges of OA.

[Learn More About Custom QoL](#)





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