

✓ Dog Osteoarthritis Pain Checklist



Your Dog's Name: _____

Your Name: _____

Your Email & Phone Number: _____



Could your dog have osteoarthritis?

This checklist will help your veterinary team identify your dog's activities and behaviors 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 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 behavior?	<input type="radio"/>	<input type="radio"/>

Continued on other side →

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 behavior 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 			
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 veterinarian 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 help with the recognition of OA pain to help keep your dog happy and active. If you checked any of the pictures or if your dog 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 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.





Librela (Dogs Only)

Librela is an FDA-approved and highly innovative treatment specifically designed for dogs suffering from OA. It works by targeting nerve growth factor (NGF), a key player in the pain pathway associated with osteoarthritis. By blocking NGF, Librela significantly reduces pain and improves mobility without the side effects commonly associated with NSAIDs. This is recommended for late-stage OA, older dogs, or dogs with no underlying neurological conditions. It's an excellent option for long-term management of OA in dogs, helping them lead more comfortable and active lives. This medication is administered via injection by either Dr. Cifranick or his Technician Team once a month.

[Learn More About Librela](#)



Adequan Injections (Dogs Only)

Adequan is an FDA-approved drug that proactively treats OA by restoring joint lubrication, relieving inflammation, and renewing the building blocks of healthy joint cartilage. Dr. Cifranick typically prescribes this medication at the first signs of OA, to help lubricate the joints and often teaches clients to administer the medication to their pets, removing the need for reoccurring vet appointments.

[Learn More About Adequan](#)



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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