



Studies have that found that each indicator below can be associated with muscle pain and discomfort and/or other medical issues.

Against every question, select a response that most represents your dog at the time of assessment. Your score should be measured as follows:

5 Consistently / **4** Often / **3** Sometimes / **2** Occasionally / **1** Rarely / **0** Never

It is recommended that you observe your dog and record their scores for a full week.

If you notice these symptoms frequently (5 or 4) in one area or more, please seek advice initially from your Vet, and if recommended, supported by a Veterinary Physiotherapist.

If your dog is scoring 3's in one area in particular, it would be worth bringing this to the attention of your Vet or Veterinary Physiotherapist at your next scheduled appointment.

If your dog is scoring 1 or 2's, in one or more area, it may be worth continuing to monitor to ensure frequency is not increasing.

Physical	Daily Scores/Observations						
<p>Does your dog seem stiff when getting up?</p> <p>If your dog appears to struggle getting up or appears stiff for a few steps after rest.</p>	M	T	W	T	F	S	S
	Notes						
<p>Does your dog find it hard to or stopped jumping on the sofa, bed or into the car?</p> <p>Hesitating or missing a jump when previously it wasn't a problem. This can be a sign of discomfort or muscle weakness</p>	M	T	W	T	F	S	S
	Notes						
<p>Does your dog slip or stumble more?</p> <p>Sliding more on the flooring or when turning corners.</p>	M	T	W	T	F	S	S
	Notes						
<p>Does your dog sit or lay down on a walk?</p> <p>Having to stop on walks to rest is a sign your dog is struggling with activity</p>	M	T	W	T	F	S	S
	Notes						
<p>Does your dog pant even when it's not hot or during/after exercise?</p> <p>Excessive panting when it is not hot or after exercise can be a sign of pain. Pain and inflammation increase heart rate and respiratory rate.</p>	M	T	W	T	F	S	S
	Notes						

Behavioural	Daily Scores/Observations						
<p>Does your dog scratch, lick or chew parts of their body on a daily basis?</p> <p>Does your dog scratch or lick themselves more when they are not wet or dirty? Have you noticed any changes in colour on their fur particular area (legs, feet etc)</p>	M	T	W	T	F	S	S
<p>Does your dog seem more tired than normal/ sleeping more in the day unsettle at night?</p> <p>When a dog is in pain or discomfort it can be hard to find a comfortable sleeping positions. Other conditions can lead to a change in sleeping pattern completely.</p>	M	T	W	T	F	S	S
<p>Does you dog seem more disobedient?</p> <p>If your dog ignoring you more when you ask your dog to sit, lay down or get off the sofa. When we are in discomfort or pain, we can show reluctance to move because its uncomfortable to do so.</p>	M	T	W	T	F	S	S
Notes							
Notes							
Notes							

Eating and Toileting	Daily Scores/Observations						
<p>Does your dog find it harder to chew?</p> <p>If your dog has dental pan or pain in the Jaw muscles or joint it can become harder to eat solid foods.</p>	M	T	W	T	F	S	S
<p>Does your dog more around when having a poo or struggle to squat?</p> <p>Muscle weakness or joint pain can make it very difficult for a dog to squat and stay still when having a poo.</p>	M	T	W	T	F	S	S
<p>Has your dog started toileting inside?</p> <p>If your dog is toileting inside your dog maybe finding it hard to get up to go outside.</p>	M	T	W	T	F	S	S
<p>Does your dog leak urine when asleep or resting?</p> <p>Leaking at rest can be a sign of core muscle weakness or neurological condition.</p>	M	T	W	T	F	S	S