

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.

Pain Level	Visual Description	Behavioral/Physical Signs (B, E, A, P)
0 No Pain		<input type="checkbox"/> B: Breathing normally <input type="checkbox"/> E: Eyes bright and alert <input type="checkbox"/> A: Walks normally on all four legs; no lameness present <input type="checkbox"/> A: Engages in play and all normal activities <input type="checkbox"/> A: Eating and drinking normally <input type="checkbox"/> A: Happy; interested in surroundings and playing; seeks attention <input type="checkbox"/> P: Comfortable at rest and during play; perky ears and wagging tail <input type="checkbox"/> P: Enjoys being touched and petted; no body tension present
1-2 Mild Pain Speak to your vet during your next appointment		<input type="checkbox"/> B: Breathing normally <input type="checkbox"/> E: Eyes bright and alert <input type="checkbox"/> A: Walks normally; may exhibit very subtle lameness when walking <input type="checkbox"/> A: May show first signs of being just a little more slow to lie down or rise up (subtle!) <input type="checkbox"/> A: Eating and drinking normally <input type="checkbox"/> A: Happy and engaged, may seem a little more subdued with some "off" moments interspersed with normal behaviors <input type="checkbox"/> P: May show occasional shifting of position; tail may be down just a little more, ears slightly flatter <input type="checkbox"/> P: Enjoys being touched and petted; no body tension present
3-4 Moderate Pain See your vet to assess pain		<input type="checkbox"/> B: May pant intermittently <input type="checkbox"/> E: Eyes slightly more dull in appearance; can have a slightly furrowed brow <input type="checkbox"/> A: Noticeably slower to lie down or rise up; may exhibit lameness when walking <input type="checkbox"/> A: May be slightly unsettled and more restless; difficulty getting comfortable; shifting weight <input type="checkbox"/> A: Appetite more finicky, such as wanting only treats or "people" food <input type="checkbox"/> A: Subdued; engages less or does not initiate play <input type="checkbox"/> P: Difficulty squatting or lifting leg to urinate, subtle changes in posture; tail more tucked and ears more flattened <input type="checkbox"/> P: Does not mind touch except on painful area; turns head to look where touched; mild body tension
5-6 Moderate to Severe Pain CONCERNING! See your vet		<input type="checkbox"/> B: Panting often noted, possibly with an increased breathing effort <input type="checkbox"/> E: Dull eyes, worried look <input type="checkbox"/> A: Very slow to rise up and lie down; hesitation with movement; difficulty on stairs; reluctant to come when called; more obvious lameness <input type="checkbox"/> A: Not eager to interact but may be in tune with surroundings; obvious lameness when walking; may lick painful area <input type="checkbox"/> A: Will frequently lose appetite <input type="checkbox"/> A: Anxious, unsettled or restless; unable to settle or sleep well <input type="checkbox"/> 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 <input type="checkbox"/> P: Pulls away painful area when touched; moderate body tension when being touched
7-8 Severe Pain VERY CONCERNING! See your vet		<input type="checkbox"/> B: Faster breathing rate with more noticeable effort; frequent panting episodes common <input type="checkbox"/> E: Dull eyes, may also have distressed look <input type="checkbox"/> A: Obvious difficulty rising up or lying down; will not bear weight on affected leg; avoids stairs; obvious lameness <input type="checkbox"/> A: Avoids interaction with family or environment; will often "go off" or hide; may frequently lick painful area <input type="checkbox"/> A: Loss of appetite; may not want to drink <input type="checkbox"/> A: Agitated, fearful, worried, reclusive, potentially aggressive <input type="checkbox"/> P: Tail tucked, ears flattened or pinned back; abnormal posture when standing; more hesitant to move or stand <input type="checkbox"/> P: Significant body tension when painful area touched; may vocalize in pain; guards painful area by pulling away or changing position
9-10 Worst Pain Possible EMERGENCY! See your vet		<input type="checkbox"/> B: Panting; increased breathing rate and effort <input type="checkbox"/> E: Dull eyes; may have panicked look <input type="checkbox"/> 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 <input type="checkbox"/> A: Difficulty in being distracted from pain, even with gentle touch or soothing voice <input type="checkbox"/> A: No interest in food or water <input type="checkbox"/> A: Extremely depressed or minimally responsive ("flat out"); may vocalize in pain; in distress at rest <input type="checkbox"/> P: Prefers lying position or being on side; flat or pinned ears; may prefer to be very tucked up or stretched out <input type="checkbox"/> P: Severe body tension when touched; will not tolerate touch of painful area; becomes fearful when other areas that are not painful are touched

Specific behaviors or physical changes I see:

Breathing: _____

Eyes: _____

Ambulation: _____

Activity: _____

Appetite: _____

Attitude: _____

Posture: _____

Palpation: _____