

# How to Be Your Pet's Pain Advocate



**Look**  
for changes  
in normal



**Learn**  
the signs



**Take**  
a video



**Write**  
it down

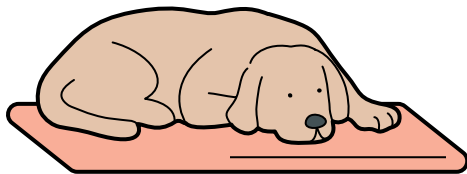


**Share**  
with your  
veterinary team

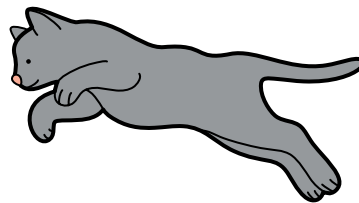


**Monitor**  
and adjust

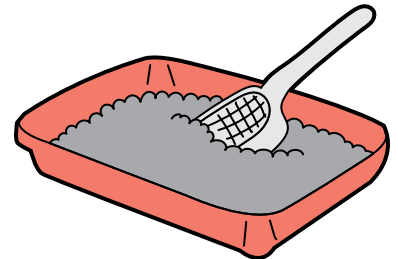
## Signs of Potential Pet Pain



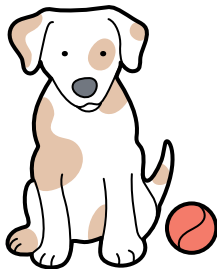
Slow  
to rise



Changes in how cat  
goes up/down steps or  
jumps on/off things



Going outside  
the litterbox



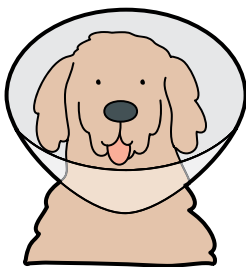
Less interest  
in play



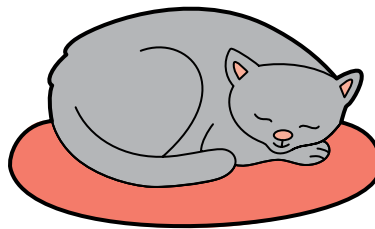
Decreased  
grooming



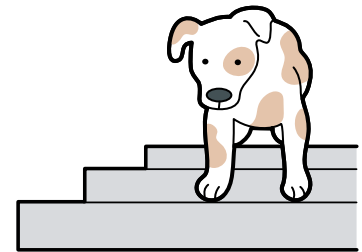
Irritability  
or hiding



Licking or chewing  
a certain spot

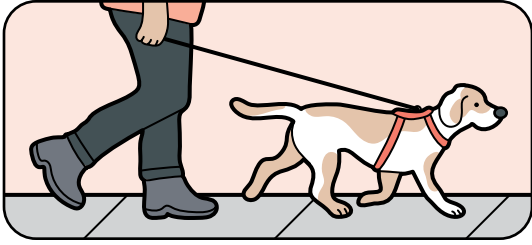


Less energy, increased  
sleeping



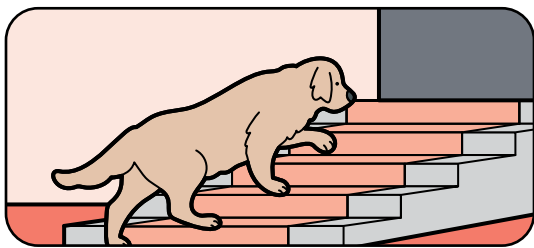
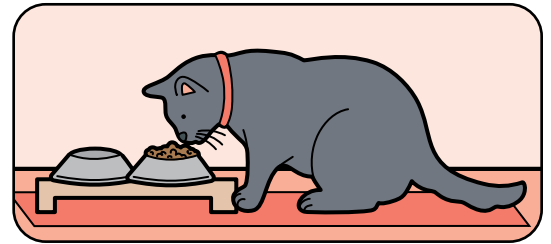
Difficulty with or  
avoiding stairs

# 5 Ways to Pain Proof Your Pet's Home



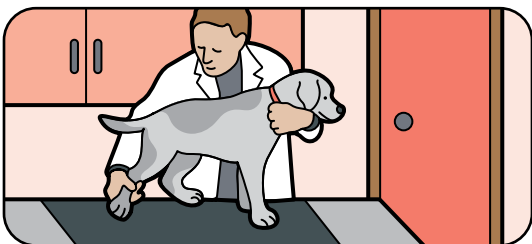
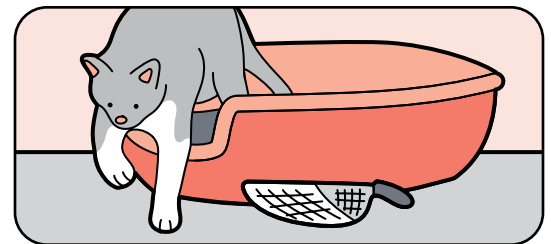
**Make low-impact exercise routine.** Get the OK from your vet first, but many pets benefit from regular low-impact exercise to keep muscle strength up and body weight down.

**Keep bowls on the floor, slightly elevated,** and with a rug beneath their feet so they can safely and securely eat and drink. The cat that used to jump onto a counter for food and water may not be able to... or only muster one jump a day.



**Non-slip flooring is a must!** The most fashionable homes include lots of rugs with pet hair, right? Add non-slip flooring like rugs, carpet or yoga mats to your pet's most traveled areas and especially on stairs to prevent slippage.

**Keep it on the down low: litterbox entry.** Many cats with arthritis and hidden pain will have difficulty climbing in and out of litterboxes, or find them too constrained to comfortably “assume the position.” Make sure to have low entry boxes, and ideally one more than the number of cats in your household.



**Regular veterinary visits.** Your veterinary team can make specific recommendations for your pet's home based on their exam, and may suggest special food, treats, supplements or medications that may help.