

# WHAT HAS CHANGED FOR MY DOG?



**canine arthritis**  
management

## General intake information...

Owner Name	
Name of Dog	
Age	
Weight	
Breed	
Sex/ Neuter Status	
Owner Email Address	
Owner Telephone Number	

## What stage of diagnosis are you at?

Does your dog have a diagnosis? If not, what are your initial concerns?	
Please summarise any dates of injuries/ operations/ medication prescribed	Dates/ details...
Does your dog have any other conditions?	E.g. skin/ metabolic/ cardiac etc.

## Some questions about exercise...

How many times per day is your dog walked?	
How long is each walk?	
What is the ratio of on lead to off lead exercise?	
What environment are the walks usually in? E.g. pavement, fields, beach etc.	
Does your dog wear a harness or collar? What lead do you use?	Please specify what types e.g. Halti, slip lead, flexi lead.
Does your dog get walked with other dogs?	
Do they appear tired after this length of walk?	
Are they ever stiff prior to, during or after exercise?	
Do they have a limp? If so, which limb?	
Do they struggle with certain activities? E.g getting in and out of the car, going down garden steps etc.	
Does your dog get excited for exercise? Has the attitude to exercise changed recently?	

## Your dog's behaviour...

Has your dog's general mood changed recently? E.g. do they ever growl/ snarl/ lip lick etc.	
Does your dog repetitively lick any areas of their body?	
Is your dog generally more tired, do they pant after minimal exercise?	
Does your dog self-groom, roll or stretch as they have always done?	
Has your dog stopped any behaviours that they once did? E.g. getting up on the sofa/ getting up to greet visitors etc.	
Does your dog appear more anxious or remove themselves away from contact with humans or dogs?	

## Tell us about your dog's lifestyle...

Does your dog live with any other dogs?	
Where does your dog sleep at night and on what?	
Are they ever restless before, during or after sleep? Any stiffness when they get up?	
What type of flooring is in the main areas your dog has access to?	
Do you ever notice that your dog slips or trips when moving round your house?	

## Lifestyle continued...

Is your dog allowed access to the stairs? Do they ever struggle getting up or down stairs?	
Does your dog jump in and out of the car or are they lifted?	
Have your dog's toilet habits changed at all?	
If male does your dog cock his leg up to urinate? If a female do they squat down to urinate?	
Are your dog's toilet habits as regular as they used to be?	
Do they hold their body in a certain way? E.g. tail position, scuff their pads or drag their toes?	
Has their coat quality, colour or coat direction changed recently?	
Is your dog sensitive to touch anywhere? Has this changed recently?	
Does your dog sit comfortably, do they regularly sit to one side?	
Does your dog ever have trouble rising from a sit or laying down position? Or from their bed?	

## Some questions about diet...

<p>What food does your dog eat and how much per day? Do they get extra treats, if so which/ how many?</p>	
<p>How is the food given? E.g. bowl, mat, Kong, interactive feeder</p>	
<p>Has their appetite increased or decreased?</p>	
<p>Would you say your dog's weight has changed significantly- increased or decreased in recent years?</p>	
<p>From the 5 pictures below how would you describe your dog's body condition? Please also describe what you think of their condition...</p>	

A space to write about any other concerns you have that have not been covered in the questions above...



### Body Condition Score




**UNDER IDEAL**

- 1 Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass.
- 2 Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominences. Minimal loss of muscle mass.
- 3 Ribs easily palpated and may be visible with no palpable fat. Tips of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist and abdominal tuck.

**IDEAL**

- 4 Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.
- 5 Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from side.

**OVER IDEAL**

- 6 Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.
- 7 Ribs palpable with difficulty; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.
- 8 Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present.
- 9 Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distention.

Genovese et al. Comparison of a biopetroleum matrix with dual-energy x-ray absorptiometry for noninvasive assessment of percentage body fat in dogs. *Am J Vet Res* 2017; 78:466-474.  
 Jowett et al. Effect of breed on body composition and comparison between various methods to estimate body composition in dogs. *Res Vet Clin* 2015; 22:127-132.  
 Brady RD, et al. Effect of diet restriction on the lean and egg-yolked changes in dogs. *J Anim Sci* 2012; 115:1102-1105.  
 Laflamme DP. Development and validation of a body condition score system for dogs. *Canine Pract* 1997; 22:10-15.

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