



Feline Pain Observation Checklist

Cats hide pain. This helps you see what they're not telling you · one page per week

PETSLIKEMINE
ARTHRITIS & MSK SPACE

| | | |
|------------|----------------|--------------------|
| CAT'S NAME | WEEK BEGINNING | CURRENT TREATMENTS |
| _____ | _____ | _____ |

Cats are masters at hiding pain, so arthritis often shows up as small changes in everyday behaviour rather than an obvious limp. **The signs are in what they stop doing.** A few seconds of noticing each day builds a picture your vet can act on.

THINGS TO WATCH FOR THIS WEEK

The specific things that matter for your cat. For example: jumping onto the windowsill, using the cat flap, climbing the stairs, settling on a favourite high shelf, grooming the lower back, greeting you in the morning.

| DAY | COMFORT 0 settled · 5 clearly uncomfortable | MOVEMENT & JUMPING jumping up/down, stairs, stiffness, gait | GROOMING, TRAY & APPETITE coat condition, litter tray, eating | MOOD & NOTABLE EVENTS hiding, interaction, anything new |
|------|--|--|--|--|
| Mon | 0 1 2 3 4 5 | | | |
| DATE | _____ | | | |
| Tue | 0 1 2 3 4 5 | | | |
| DATE | _____ | | | |
| Wed | 0 1 2 3 4 5 | | | |
| DATE | _____ | | | |
| Thu | 0 1 2 3 4 5 | | | |
| DATE | _____ | | | |
| Fri | 0 1 2 3 4 5 | | | |
| DATE | _____ | | | |
| Sat | 0 1 2 3 4 5 | | | |
| DATE | _____ | | | |
| Sun | 0 1 2 3 4 5 | | | |
| DATE | _____ | | | |

Reading your cat's face *The Feline Grimace Scale — five things to glance at when your cat is resting and relaxed*

| | | | | | | | | | |
|-------------------------------|--|----------------------------|--|--------------------------------------|-----------------------------------|-------------------------------------|--|---------------------------------------|--------------------------|
| Ears | | Eyes | | Muzzle | | Whiskers | | Head | |
| | | | | | | | | | |
| COMFORTABLE Forward | WATCH Flattened, rotated out | COMFORTABLE Open | WATCH Squinted, tightly closed | COMFORTABLE Relaxed, round | WATCH Tense, elliptical | COMFORTABLE Loose, curved | WATCH Straight, stiff, forward | COMFORTABLE Above shoulders | WATCH Held low |

For photographs of each feature at every grade, see our **Feline Grimace Scale** visual reference — a printable guide you can pin up and compare against.

How to use. Spend a few seconds each day noting how your cat moved and behaved. Draw a line through the comfort number. Use the face guide when your cat is resting calmly, not just after handling. A scruffy, ungroomed coat over the back or hips is one of the most reliable arthritis signs in cats — worth noting if you see it. Bring this to your next vet appointment.

THE SIGNS ARE IN WHAT THEY STOP DOING.

Based on the Feline Grimace Scale. Evangelista MC, Watanabe R, Leung VSY, Monteiro BP, O'Toole E, Pang DSJ, Steagall PV. Facial expressions of pain in cats: the development and validation of a Feline Grimace Scale. Scientific Reports 2019;9:19128. Licensed under CC BY 4.0.